**PRODUCE STORAGE & PREPARATION GUIDE**

***From Farmer Ford Waterstrat at Sustainable Harvest farm***

|  |  |  |  |
| --- | --- | --- | --- |
| Produce Type | Image | Shelf Life  (with proper storage preparation) | Storage Preparation Tips |
| Bok Choy |  | 1 week | Wrap bok choy in a damp towel or place in plastic bag and store in the crisper drawer of the refrigerator |
| Broccoli | Broccoli | Produce Market Guide | 3-5 days | **Short Term**: Store in a plastic bag in the crisper drawer of refrigerator  **Longer Term:** Freeze by cutting into florets and slicing stems. Blanch for 3-4 minutes, rinse in cold water, drain, dry and place in airtight zip lock bag |
| Cabbage | Cabbage | Produce Market Guide | 3 - 8 weeks | Refrigerate cabbage (in or without a plastic bag) in the crisper drawer of refrigerator. Do not remove outer leaves prior to storing. |
| Carrots | Fresh Organic Carrots, Bunch – Central Market | 2 - 4 weeks | **Short Term**: Remove greens immediately and refrigerate carrots in a plastic bag.  **Longer Term**: Freeze by blanching for 3 minutes, rinse in cold water, drain, dry and place in airtight zip lock bag |
| Celery | Organic Celery, ea – Central Market | 2 weeks | **Short Term**: Refrigerate as soon as possible to keep firmness. Place in a plastic bag and store in the crisper drawer.  **Longer Term:** Celery can be frozen by slicing and placing chunks on a baking tray in the freezer. When froze, place celery in an airtight container or zip lock bag. |
| Chard (Swiss) |  | 2-4 days | **Short Term:** Place in a plastic bag and store in the crisper drawer of refrigerator.  **Longer Term:** Chard freezes well. Blanch chopped leaves for 3 minutes, rinse with cold water, drain and lightly dry. Place in an airtight container or a zip lock bag. |
| Collard Greens | Organic Collard Greens - 1 Bunch - Farm Fresh Carolinas | 1 week | **Short Term:** Store unwashed in a plastic bag in the crisper drawer of your refrigerator. Keep moist.  **Longer Term:** Collard greens freeze well. Blanch washed greens for 2-3 minutes, rinse with cold water, drain and store in an airtight container or zip lock bag. |
| Corn | Organic Sweet Corn – Daisy Farms | ASAP | **Short Term:** Refrigerate immediately with husks on and use ASAP for maximum sweetness and flavor.  **Longer Term:** Corn freezes well. Blanch either on or off the cob for 3-5 minutes, rinse with cold water, drain, dry it fully, the store it in an airtight container or zip lock bag. |
| Cucumber | Organic Cucumber-GCC-1 Kg - My247Mart |1ST HALAL STORE WORLDWIDE | 1 week | Refrigerate in the crisper drawer of your refrigerator. Cut or peeled cucumbers will spoil quickly. |
| Eggplant | Fresh Organic Eggplant – Central Market | 1 week | Store unrefrigerated at a cool room temperature or in the crisper drawer of refrigerator |
| Produce Type | Image | Shelf Life  (with proper storage preparation) | Storage Preparation Tips |
| Fennel | Organic Fennel - Farm & Me | 2 weeks | Store fennel in a plastic bag in the refrigerator. |
| Garlic | Fresh Organic Garlic, Cloves And Cutted Garlic Clove Isolated.. Stock  Photo, Picture And Royalty Free Image. Image 68713119. | Several months | **Short Term:** Store garlic in a cool, dark, dry and well-ventilated space. Warmer temps may cause garlic to sprout.  **Longer Term:** Mince and blend with olive oil and freeze in an airtight container. |
| Green Beans | Organic Green Beans Information and Facts | 1 week | **Short Ter**m: Refrigerate in a plastic bag.  **Longer Term:** Beans freeze well. Blanch for 2-3 minutes, rinse in cold water, drain, dry thoroughly. And pack into airtight containers. |
| Kale | Certified Organic Kale | Organic Food Share | 1 week | **Short Term:** Refrigerate in a plastic bag in the crisper drawer. Leaves will wilt if they dry out,  **Longer Term:** Kale can be frozen. Wash, remove the stem, and blanch leaves for 2 minutes. Rinse in cold water, drain and pack into airtight containers or zip lock bags. |
| Kohlrabi | Purple Kohlrabi | Frieda's Inc. - The Specialty Produce Company | 1 month | Store kohlrabi sphere and leaves separately. The sphere should be refrigerated in a plastic bag. The leaves should be placed in a plastic bag and stored in the crisper drawer. |
| Lettuce (Leaf) | Green Leaf Lettuce Filets Information and Facts | Few days | Place lettuce in a plastic bag and store in refrigerator. To maintain freshness longer, place a paper towel in the plastic bag with the lettuce. |
| Onions | HelloFresh recalls onions as part of outbreak control efforts | Food Safety  News | Several months | **Short Term:** Store cut onions in the refrigerator in an airtight container. Use as soon as possible.  **Longer Term:** Store uncut onions in a cool, dry place to prevent sprouting from warmth and moisture. |
| Peppers | Bell Peppers: All About Them - Chili Pepper Madness | 1-2 weeks | **Short Term:** Store peppers unwashed in the crisper drawer.  **Longer Term:** Peppers may be frozen by washing, drying and cutting them into small pieces. Store in an airtight container. |
| Potatoes | Organic Potatoes | Produce Market Guide | Up to two weeks | **Short Term:** Store potatoes at room temperature and away from light.  **Longer Term:** Potatoes keep well at 45-degree temps, higher humidity and in darkness. Sprouting will occur if they are too warm. |
| Radishes | IN SEASON: Radishes - Rachael Ray In Season | 2 weeks | Store radishes in a plastic bag in the refrigerator. Store leafy tops separately wrapped in a damp towel in the crisper drawer. |
| Spinach | Spinach: Health Benefits, Nutrition Facts (& Popeye) | Live Science | 1 week | **Short Term:** Store in a plastic bag in the refrigerator.  **Longer Term:** Spinach may be frozen. Blanch for 1-2 minutes, rinse in cold water, drain and store in airtight container. |
| Summer Squash | Yellow Summer Squash - Ingredient - FineCooking | 1 week | **Short Term:** Store in a plastic bag or the crisper drawer in the refrigerator.  **Longer Term:** Cooked or pureed squash can be frozen in an airtight container. |
| Produce Type | Image | Shelf Life  (with proper storage preparation) | Storage Preparation Tips |
| Sugar Snap Peas | Sugarsnap Peas | VitaMedica | 4-5 days | **Short Term:** Refrigerate in a plastic bag for 4-5 days max. Best used as soon as possible to enjoy their sweet flavor and crispness.  **Longer Term:** Peas can be frozen blanching for 2 mins., rinsing in cold water, draining and storing in airtight containers or zip lock bags. |
| Sweet Potatoes | Organic Sweet Potatoes | Produce Market Guide | Several weeks | Store sweet potatoes in a cool, dry place. Do not refrigerate and avoid excess moisture to prevent rotting and sprouting. Do not wash (scrub) until just before preparation. |
| Tomatoes | Organic Tomatoes - Brick Street Farms | 1 week | **Store Term:** Store tomatoes (out of the sun) at room temperature for up to one week or longer if still ripening. Do not refrigerate.  **Longer Term:** Whole tomatoes can be frozen by coring them and placing on a cookie sheet in the freezer. When froze solid, place in a zip lock bag and store in the freezer. Frozen tomatoes are good for cooking or purees. |
| Turnips |  | 1-2 weeks | **Short Term:** Store turnips unwashed in a plastic bag. Store turnip greens separately wrapped in a damp towel or plastic bag in the crisper drawer of the refrigerator.  **Longer Term:** Turnips may be packed in moist sand and kept in a cool location. |
| Zucchini | Tower Garden Zucchini | Organic Zucchini Seedlings | Aeroponic Zucchini |  True Garden | 3-4 days | **Short Term:** Store in the crisper drawer of refrigerator.  **Longer Term:** Freeze zucchini puree or grated zucchini in an airtight container. |
| **Fruits** | | | |
| Cantaloupe | Organic Cantaloupe — Melissas Produce | 5-7 days | **Short Term:** A whole cantaloupe is best kept on the counter until ready to be cut open. Once ripe, it can be placed into the refrigerator. **Longer Term**: Cantaloupe can be sliced or balled and frozen in an airtight container. |
| Strawberries | Organic Strawberries — Melissas Produce | 3-7 days | **Short Term:** Store freshly picked strawberries in a closed container in the refrigerator, and rinse gentle prior to use.  **Longer Term:** Strawberries can be frozen be washing, drying, hulling the leafy stem, and placing on a cookie sheet to freeze solid.Then, store in the freezer1 in a zip lock bag. |
| Watermelon | Watermelon | Products | 3 days (cut)  2-3 weeks (uncut) | **Short Term:** Store a cut watermelon by wrapping the cut side in plastic, and refrigerate.  **Long Term:** Once picked from the vine, watermelons will not ripen any further. Keep uncut watermelons in the refrigerator. |

