

# PLASTIC-FREE PRODUCE STORAGE

*Tips and tricks to extend the life of your produce without plastic.*

## APPLES

- Store in a cool, dark place like a kitchen counter or shelf
- Can also be refrigerated for long-term storage
- 2 weeks to several months



## CITRUS

- Store in a cool, dark place like a kitchen counter or shelf
- It's important to keep them cool and maintain good air flow
- 3-5 days



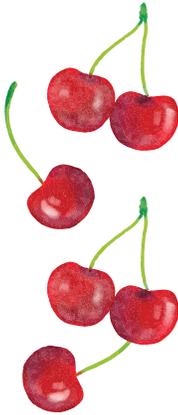
## BERRIES

- Store in a single layer in the refrigerator or in a paper bag; don't wash until ready to eat
- Raspberries should be eaten within 2 days, strawberries with 3, and blueberries within a week



## CHERRIES

- Keep refrigerated or in an airtight container
- Don't wash until ready to eat
- 4 - 10 days



## HERBS

- Store in a closed container in the fridge
- Store basil in a jar loosely packed with damp paper on the counter
- 1 week max for fresh herbs; try drying to extend life



## LETTUCE/GREENS

- Remove bands and twist ties
- Refrigerate in an airtight container with a damp cloth
- 3 - 10 days depending on the type of green



## MELONS

- Store in a cool, dark place like a kitchen counter or shelf
- Don't refrigerate until ripe
- Store cut fruit in the refrigerator upside down on a plate



## POTATOES/ONIONS/GARLIC

- Store each vegetable separately in a cool, dry, and dark place, loose or in a box or paper bag
- Good air circulation will maintain longevity
- Potatoes, 1 - 2 weeks  
Onions/Garlic, 2 - 4 weeks



## ROOT VEGETABLES

- Remove the greens and store separately
- Store in an open container with a damp cloth
- 1 - 2 weeks



## STONE FRUIT

- Should be stored on the counter until ripe; store in a paper bag to accelerate ripening
- Can be refrigerated for 1-2 days once ripe
- 3 - 5 days



## TOMATOES

- Store on the counter until ripe; can store in paper bag with ethylene-emitting fruits to accelerate ripening
- Never refrigerate unless cut
- Up to two weeks depending on ripeness



## ASPARAGUS/CELERY

- Stand upright in Place in a bowl or cup full of water
- Store on the counter top at room temperature
- 5 - 7 days for asparagus, 2 - 3 weeks for celery





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## CARROTS

- Cut off greens, and place in a container with lid and cover completely in water
- Keep container in the refrigerator, changing the water every 4-5 days
- Up to a month



## BROCCOLI

- Mist the heads, wrap loosely in damp paper towels
- Keep in the refrigerator
- 2-5 days



## TIPS:

- Don't mix fruits & veggies – fruits emit ethylene as they ripen; pairing them with veggies will result in premature spoilage.
- Keeping produce cool slows the rate of respiration, which in turn helps keep items fresher, longer.

## AVOCADO

- Place in a paper bag at room temperature
- Put an apple in the bag with avocados to speed ripening
- 2-3 days



## CUCUMBER

- Wrap in a moist towel
- Store in the refrigerator
- 2-4 days



- Paper bags can draw moisture from fruits, so they are not a great long-term storage solution except where noted

- A clean dishtowel is a great substitute for items you're used to storing in plastic bags.

## EGGPLANT

- If you don't intend to eat the eggplant within 2 days, it should be wrapped in a paper towel and placed in the crisper of your refrigerator
- 7 - 10 days



## SQUASH

- Summer squash may be left on a cool counter for a few days or wrapped in a cloth and refrigerated
- Winter squash should be stored in a dark, cool ventilated space
- (Whole) Winter squash, 1 - 2 weeks  
Summer squash, 5 - 7 days



- Water can damage delicate produce, so avoid washing your fruits and vegetables until you're ready to consume them.

- Cut the green, leafy tops from radishes, carrots, beets, turnips, etc. They draw moisture out of the vegetables, causing them to go limp and lose flavor. Store the greens separately in a mesh bag.

## BELL PEPPERS

- Refrigerate peppers, unwashed, in a reusable or paper bag in the vegetable drawer; keep dry
- Red and yellow peppers will last 4 to 5 days; green, about a week



## MUSHROOMS

- Store in an open paper bag in the refrigerator out of crisper drawers
- 4 - 7 days



- Pack vegetables loosely in the refrigerator. The closer they are, the quicker they will rot.

*Sources: Produce Storage Guide by Co+op, stronger together & Berkeley Farmers' Markets How To: Store Fruits and Vegetables Guide*