



# Storing Fresh Vegetables

Fresh vegetables are an important part of a healthy diet. Storing them properly is the best way to ensure they stay fresh and taste great when you go to use them. It can also save money on your grocery bill by reducing waste in your kitchen.

The chart below summarizes the best way to store some common vegetables. A couple of them might surprise you!

Vegetable	How to Store	How long the veggie should last
Bell Peppers	Store peppers in a loosely closed plastic bag in the fridge.	Up to 1 week
Broccoli	Store broccoli unrinsed in an open plastic bag in the crisper drawer in the fridge.	Up to 1 week
Carrots	Store carrots, green tops removed, in the crisper drawer in a loosely closed plastic bag or in their original plastic bag.	Several weeks
Cauliflower	Store cauliflower in a plastic bag in the crisper drawer of the fridge.	Up to 1 week
Celery	Wrap celery in aluminum foil and store it in the fridge.	Several weeks
Cucumbers	Store cucumbers in a loosely sealed plastic bag in the fridge.	Up to 1 week
Garlic	Store garlic heads in a cool dark place with plenty of air circulation – a small basket in the pantry is ideal.	A couple of weeks
Lettuce Romaine, Green Leaf	Separate the leaves, wash in cold water and dry. Wrap in paper towel and store in a sealed plastic bag in the fridge.	1 to 2 weeks
Mushrooms	Store loose mushrooms in a paper bag in the crisper drawer of the fridge. Wash just before using.	Several days
Cooking Onions	Store onions in a cool, dark, place such as the pantry.	3 to 4 weeks if stored properly
Potatoes	Keep potatoes in a paper bag in a cool, dark, well ventilated location such as a cellar or pantry, away from onions.	Several months if stored properly Except new potatoes
Sweet Potato	Store sweet potatoes in a cool, dark, well-ventilated spot such as a cellar or pantry. Do not store them in a plastic bag.	1 to 2 weeks
Tomatoes	Do not refrigerate tomatoes. The cold damages the flavour and texture. Store tomatoes in an open container at room temperature.	3 to 4 days until ripe, then use in 1 to 2 days
Zucchini	Store zucchini in a loosely closed plastic bag in the fridge .	Several days

## References

- 1) America's Test Kitchen. *Cooking School Cookbook*. Brookline, MA: America's Test Kitchen, 2013. Print.
- 2) "Home Storage Guide for Fresh Fruits and Vegetables." *Canadian Produce Marketing Association*. n.d. Web. 4 June 2014.  
<http://www.cpm.ca/Files/CPMA.HomeStorageGuide.English.pdf>