

How to store veggies so they're fresh and always fabulous



When storing your produce in the refrigerator, aim for temps that sit at 33 – 35 degrees Fahrenheit while giving each item space to breathe. We also recommend that you:

- Store vegetables and fruits separately. Fruit produces something called ethylene gas and it accelerates ripening.
- Remove anything that binds them. This includes twist ties, rubber bands, etc.
- Use your crisper. They are those plastic buckets that sit at bottom of your fridge. Typically, with a few clicks you can adjust airflow within the buckets from 'high' to 'low.'

What goes in the fridge

- **Cruciferous vegetables** like cabbage, cauliflower, brussels sprouts, and broccoli do well in the refrigerator for several days. Store in the crisper, with the humidity set to high.
- **Root vegetables** – like beets, carrots, or turnips – are happiest when you remove their tops.
- **Celery** does well when in a plastic bag or container for about a week.
- **Hearty greens** can live in a plastic bag or airtight container in the coldest region of the refrigerator for 3 - 5 days. A damp cloth keeps them from drying out. Or, store hearty greens in your crisper with the humidity set to high.
- **Lettuce** – rinse and dry. Then refrigerate in a plastic bag or container for up to 5 days.
- **Citrus fruit** can hang out in your fridge for weeks.
- **Apples and pears** produce ethylene gas and do best in a perforated plastic bag or in the crisper, with the humidity set to low.
- **Strawberries** are sensitive to ethylene, so keep these from other fruit. Refrigerate in a paper bag that can “breathe” for up to a week. Check the bag for moisture every other day.
- **Melons** ripen best on your countertop. Once cut, be sure to place it in the fridge.
- **Stone fruit** like peaches, plums, and pears can go into your refrigerator’s crisper – with the humidity set to low.
- **Avocado** goes in the fridge to stop it from ripening. When cut, refrigerate in a sealed container with the seed and a few slices of red onion.