

PRODUCE STORAGE GUIDE

GO DURABLE!



2011 SEASON

JUNE 5TH – OCTOBER 30TH
PLUS NOVEMBER 20TH

MONTAVILLA FARMERS MARKET

LOCATED AT 7600 BLOCK OF SE STARK
SUNDAYS FROM 10 AM – 2 PM

WWW.MONTAVILLAMARKET.ORG

Fruit

Apples- store on a cool counter or shelf for up to two weeks. For longer storage use a cardboard box in the fridge, cool garage or basement.

Apricots- store on a cool counter to room temperature or fridge if fully ripe.

Cherries- store in an airtight container. Don't wash cherries until ready to eat, any added moisture encourages mold.

Berries- don't forget, they're fragile. When storing, be careful not to stack too many high and in a single layer if possible. A paper bag works well. Wash just prior to eating.

Melons- store in a cool dry place, out of the sun up to a couple weeks. Cut melons should be in the fridge; an open container is fine.

Nectarines- (similar to apricots) store in the fridge. Okay if ripe but best taken out a day or two before you plan on eating them so they soften at room temperature.

Peaches- (and most stone fruit) refrigerate only when fully ripe. Firm fruit will ripen on the counter.

Pears- will keep for a few weeks on a cool counter, and fine in a paper bag. To hasten the ripening put an apple in with them.

Strawberries- don't like to be wet. Do best in a paper bag in the fridge for up to a week-check the bag for moisture every other day.

Veggies

Always remove any tight bands from your vegetables or at least loosen them to allow them to breathe.

Artichokes- place in an airtight container sealed, with light moisture.

Asparagus- place them loosely in a glass or bowl upright with water at room temperature. (will keep for a week outside the fridge)

Arugula- like lettuce, *should not stay wet!* Dunk in cold water and spin or lay flat to dry. Place dry arugula in an open container, wrapped with a dry towel to absorb any extra moisture.

Basil- is difficult to store well. Basil does not like the cold, or to be wet for that matter. The best method here is an airtight container/jar loosely packed with a small damp piece of paper inside-left out on a cool counter.

Beans, shelling- open container in the fridge, eat ASAP. Some recommend freezing them if not going to eat right away.

Beets- cut the tops off to keep beets firm. (be sure to keep the greens!) Leaving any top on root vegetables draws moisture from the root, making them lose flavor and firmness. Beets should be washed and kept in an open container with a wet towel on top.

Beet greens- place in an airtight container with a little moisture.

Broccoli- place in an open container in the fridge or wrap in a damp towel before placing in the fridge.

Broccoli Rabe- ok left in an open container in the crisper, but best used as soon as possible.

Brussels Sprouts- if bought on the stalk leave them on that stalk. Put the stalk in the fridge or leave it on a cold place. If they're bought loose, store them in an open container with a damp towel on top.

Cabbage- left out on a cool counter is fine up to a week, or in the crisper. Peel off outer leaves if they start to wilt. Cabbage might begin to lose its moisture after a week, so best used as soon as possible.

Carrots- cut the tops off to keep them fresh longer. Place them in a closed container with plenty of moisture, either wrapped in a damp towel or dunk them in cold water every couple of days for longer storage.

Cauliflower- will last awhile in a closed container in the fridge, but they say cauliflower has the best flavor the day it's bought.

Celery- does best when simply placed in a cup or bowl of shallow water on the counter.

Celery root/Celeriac- wrap the root in a damp towel and place in the crisper.

Corn- leave unhusked in an open container if you must, but corn really *is* best the day it's picked.

Cucumber- wrapped in a moist towel in the fridge. If you're planning on eating them within two days after buying, they may be left out in a cool room.

Eggplant- does fine left out in a cool room. Don't wash it, as eggplant doesn't like any extra moisture around it. For longer storage- place loose, in the crisper.

Fava beans- place in an airtight container.

Fennel- if used within a couple days after it's purchased, fennel can be left out on the counter, upright in a cup or bowl of water (like celery). If wanting to keep longer than a few days, place in the fridge in a closed container with a little water.

Garlic- store in a dry and cool, dark place.

Green garlic- store in an airtight container in the fridge or left out for a day or two is fine, best before dried out.

Greens- remove any bands, twist ties, etc. Most greens must be kept in an airtight container with a damp cloth to keep them from drying out. Kale, collards and chard even

do well in a cup of water on the counter or in the fridge.

Green beans- they like humidity, but not wetness. A damp cloth draped over an open or loosely closed container suits them well.

Green Tomatoes- store in a cool room away from the sun to keep them green and use quickly or they will begin to color.

Herbs- store in a closed container in the fridge to keep up to a week. Any longer might encourage mold.

Lettuce- keep damp in an airtight container in the fridge.

Leeks- leave in an open container in the crisper wrapped in a damp cloth or in a shallow cup of water on the counter (just so the very bottom of the stem has water).

Okra- doesn't like humidity. Store in a dry towel, in an airtight container. Doesn't store that well, best eaten quickly after purchase.

Onions- store in a cool, dark and dry place- good air circulation is best, so don't stack them.

Parsnips- store in an open container in the crisper, or like a carrot, wrapped in a damp cloth in the fridge.

Potatoes- (like garlic and onions) store in a cool, dark and dry place, such as a box in a dark corner of the pantry; a paper bag also works well. One layer is best.

Radicchio- place in the fridge in an open container with a damp cloth on top.

Radishes- remove the greens (store separately) so they don't draw out excess moisture from the roots and place them in an open container in the fridge with a wet towel placed on top.

Rhubarb- wrap in a damp towel and place in an open container in the refrigerator.

Rutabagas- best stored in a cool, dark, humid root cellar or a closed container in the crisper to keep their moisture in.

Snap peas- refrigerate and store in an open container.

Spinach- store loose in an open container in the crisper; refrigerate as soon as possible. Spinach loves to stay cold.

Spring onions- remove any band or tie and place in the crisper.

Summer Squash- does fine for a few days if left out on a cool counter, even after cut.

Sweet peppers- wash them right before you plan on eating them as wetness decreases storage time. Store in a cool room if using in a couple of days, otherwise place in the crisper for longer storage.

Tomatoes- never refrigerate. Depending on ripeness, tomatoes can stay for up to two weeks on the counter. To hasten ripeness place in a paper bag with an apple.

Turnips- remove the greens (store separately) same as radishes and beets, and store them in an open container with a moist cloth.

Winter squash- store in a cool, dark, well-ventilated place. Many growers say winter squashes get sweeter if they're stored for a week or so before eaten.

Zucchini- does fine for a few days if left out on a cool counter, even after cut. Wrap in a cloth and refrigerate for longer storage.

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