



## Vegetable Storage Tips

### *Tips on Storing the Spring Harvest*

#### **Berries:**

If you do not eat them all immediately, which is most likely what happens, you can put them in a container in the fridge, covered with a cloth, not air tight.

#### **Greens:**

Leafy greens need to have their moisture content controlled. You do not want them to be too wet, or they can get slimy, yet if they are too dry, they will wilt. The dry air of a refrigerator will pull moisture out of greens if left exposed to the air, causing them to wilt.

The best storage for loose salad greens is in an air-tight container, i.e. a tupperware or glass container with a lid, with a paper towel in the bottom, to absorb excess moisture.

For larger cooking greens, like kale and swiss chard, a plastic bag with a puff of air works fine, or you can roll washed greens in a damp tea towel and place in a crisper drawer. In general, loose greens like salad and spinach will keep for 1-2 weeks. Sturdier greens like kale, chard, bok choy, turnip greens, etc. will keep for 2-3 weeks. Cabbage keeps almost indefinitely.

Here are a few good links to check out if you want to get more in-depth info:

[3 Ways to Store Salad Greens](#)

[Storing Greens without Plastic & Freezing Greens](#)

[Making Your Leafy Greens Last Longer](#)

#### **Roots:**

Roots are grown in the ground, and they prefer a humid environment as well, about 80-90% humidity for most. Roots cannot be stored loose in the fridge, even in a crisper drawer, or they will lose their crispness and become rubbery. They can be stored loosely in a bag or wrapped in a damp towel and stored in an air-tight container. Roots stored properly should keep for several weeks, including radishes, turnips, beets, carrots, etc. If edible greens are attached, such as beet or turnip greens, it is best to remove greens and store separately.

#### **Spring Scallions and Garlic Scapes:**

These alliums should be stored loosely in a bag (with air space) or container in the crisper drawer. Scallion will keep up to 2 weeks, garlic scapes are quite hardy, and will keep for several weeks to a month.

#### **Zucchini and Summer Squash:**

Zucchini and summer squash actually prefer to be stored slightly warmer than the fridge, about 50 degrees is ideal. However, since we don't generally have a 50 degree space in our modern houses, you can either leave out on the counter in a cool house for up to a few days, or store loose in the crisper drawer. They do not need to be in a bag or container. These should keep for 1-2 weeks.