

FALL & WINTER PRODUCE STORAGE GUIDE



40% of food in the U.S. is never eaten. Knowing how to store your fruits and veggies properly will extend their life, buying you time to make sure you can use them up.

GENERAL STORAGE TIPS

- 1 Don't wash fruits or veggies until right before use.
- 2 Keep produce in its packaging.
- 3 Produce past its "freshest" period can still be used! Try cooking it or putting it into smoothies.
- 4 Soak wilted vegetables in ice water for 5-10 minutes to re-crisp.
- 5 Adjust levers on crisper drawers to change humidity levels. Set one to high (closed - less air coming in) and one to low (open - more air coming in). Below is advice on which drawer is best for different items.

PRODUCE	AT FRESHEST	OPTIMAL STORAGE	USE IT UP / REVIVAL
APPLES 	Up to 6 weeks in the fridge	Store in a breathable bag in the low-humidity drawer.	To prevent apple slices from browning, toss with 1 part citrus juice and 3 parts water.
BEETS 	7-10 days for beets, 1-2 days for greens	Store in a breathable bag in the high-humidity drawer. Separate green leafy tops from roots, leaving 1" of stem at the top to keep moisture in.	Beet greens are edible and can be used like chard.
BROCCOLI 	5-7 days	Refrigerate in original wrapping or a breathable bag in the high-humidity drawer.	Eat the stalks! Peel thick outer skin and then grate them and make a slaw, use in stir-fry, or just chop and cook with the florets.
BRUSSELS SPROUTS 	10 days	Store loose Brussels sprouts in a breathable bag in the high-humidity drawer.	Peel away yellowing outer layers—often there is still a significant beautiful sprout inside.
CAULIFLOWER 	5-7 days	Store in original wrapping or a breathable bag in the high-humidity drawer.	Yellowish coloring and small, light brown spots are normal and harmless. Core and green leaves are edible and can be used like cabbage.
CITRUS 	3-8 weeks in fridge	Store loose in the low-humidity drawer. Peeled or cut oranges should be refrigerated in an airtight container or bag.	The inside of citrus may be good even if the peel shows signs of damage. Open and investigate before tossing.
FIGS 	2-3 days	Arrange in a single layer in a cloth-lined, aerated or uncovered container.	Figs that have gotten too soft for your liking, but not showing signs of decay, can be stewed or boiled and made into sauces and marinades.
GINGER 	1-2 months	Refrigerate either unwrapped or in an airtight container, in the dark section of the fridge.	Rough and dry spots are not dangerous – simply cut them away.

PRODUCE	AT FRESHEST	OPTIMAL STORAGE	USE IT UP / REVIVAL
GREEN ONION (SCALLIONS) 	1-2 weeks	Store in a breathable bag in the high-humidity drawer.	Soak root ends in cold water for an hour to revive wilting green onions.
MUSHROOMS 	Up to 1 week, depending on type	Mushrooms should be used as quickly as possible after purchase. Store in original packing or in a paper bag on the lower shelf in the fridge.	Marinate mushrooms that are on the older side in an oil, vinegar, and herb mixture of your choice.
ONIONS 	Several months if whole, 7 days if cut	Store whole onions in a cool, dark, dry, and well-ventilated place. Partially used onions should be stored in an airtight container in the fridge with the peel left on.	Onions sprouting green tops are still safe to eat. Simply remove the green sprouts and peel as usual. Use the green sprout as you would a green onion.
PARSNIPS 	3-4 weeks	Store in a breathable bag in the high-humidity drawer.	Young parsnips and parsnips without a waxed coating do not need to be peeled, just washed well. If you scratch the peel with your fingernail and notice a waxy residue, peel the parsnip and discard the peels.
PEARS 	5 days in fridge after ripe	Leave firm, unripe pears at room temperature to ripen. Place in a closed paper bag to hasten ripening, with apples or banana to hasten them even more. Some pears will only get soft near the stem when ripe.	Browning flesh after a pear is cut is simply oxidation and will not affect taste or quality. To keep pears from browning, dip them in a solution that is half water, half lemon juice.
PERSIMMON (HACHIYA & FUYU) 	1-2 weeks at room temperature, 3-4 weeks when refrigerated	Store at room temperature until ripe, then refrigerate in a breathable bag. Fuyu persimmons are still hard when ripe and will turn a slightly darker orange, whereas Hachiya persimmons soften when ripe.	Skins of Fuyu persimmons are edible, but not Hachiya. If your persimmons are getting soft, puree them.
POMEGRANATE 	1-2 week at room temperature. 2-3 months refrigerated whole and up to 3 days for refrigerated arils and juice	Keep your pomegranates in a cool, dry place out of direct sunlight. Pomegranates are at their sweetest point just when the skin cracks open.	Dry out pomegranate peels and use them in tea.
SQUASH, WINTER (ACORN, PUMPKIN, BUTTERNUT, HUBBARD) 	1 month for acorn, 2-3 months for pumpkin and butternut, 3-6 months for Hubbard	Store unwrapped in a cool, dark, dry, and well-ventilated place.	Skins of most winter squash are edible when cooked. Seeds are also edible and can be toasted just as you would pumpkin seeds.
SWEET POTATOES 	1-2 weeks at room temperature	Store in a cool, dark, dry, and well-ventilated place.	Sweet potato skins are edible.

For more tips, visit [SaveTheFood.com](https://www.savethefood.com).

From Waste Free Kitchen Handbook by Dana Gunders, 2015.
Used with permission from Chronicle Books, San Francisco.

SAVETHEFOOD.COM

