



Vegetable Storage Tips

Tips on Storing the Summer Harvest

Cucumbers:

Store loose in the crisper drawer of your fridge, not in plastic bag or container unless cut. Will keep for 1-2 weeks. Great for preserving and making fresh pickles, lacto-fermented pickles, or canned pickles!

Eggplant:

Eggplant prefers to be stored at warmer temperatures than the fridge. We keep it in our "warm" cooler in the barn, which is set to 50 degrees. However, for household storage, you can store it on the counter for 1-4 days. It may start to get wrinkly skins after that time, but it still fine to use. You can also keep them in the fridge, but it may get dark spots, cold damage, after about 4-5 days.

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 airtight 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](#)

Onions and Garlic:

These alliums should be stored in a dry, cool, dark location. In a basket in a kitchen cupboard is a fine location. Sweet onions should be used within 3 weeks. Red onions should keep for 1-2 months.

Melons:

Watermelons can be kept on the counter until ready to eat. Store any uneaten portion in the refrigerator. Muskmelons can be kept on the counter for 1-2 days only. If not going to eat within 1-2 days, it is best to store them in the fridge. We pick them fully ripe, when they turn color and slip easily from the vine, and they will continue to ripen and can become soft and over-ripe if left out for too long. Muskmelon can also be easily frozen, for "Easy Melon Sorbet" or "Melon Smoothies" (recipes are available on the Good Farm website).

Peppers:

Peppers should be stored in the crisper drawer of the fridge, loose, not in a bag. They will keep for 1-2 weeks. They also freeze beautifully. For short term storage, just deseed and chop and put into freezer

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Tips on Storing the Summer Harvest Cont.

Peppers Cont.

bags. For long-term storage (and highest nutritional content), it is best to blanch in hot water first, then cool in an ice water bath, dry and freeze on a tray. Then transfer to freezer bags, squeezing out the air.

Potatoes:

Potatoes prefer cool, dry, and dark storage. They can be kept in a brown bag or basket lined with a plastic bag to hold the dirt, in a kitchen cupboard, or dry basement cupboard. Potatoes keep well if unwashed until ready to use. We generally just rub the dirt off before including them in CSA shares. You can wash them when you take your veggies home for use that week, or store them dirty until ready to cook.

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.

Sweet Corn:

It is best to eat your sweet corn soon after getting your share, within 1-2 days it will be at its sweetest. Store in the fridge until ready to eat! Any unused portions can easily be frozen after blanching in hot water.

Tomatoes:

For maximum flavor, tomatoes should not be stored at less than 50 degrees. A normal refrigerator is 40 degrees, so it is best to store them on the counter. They should keep for a few days up to a week depending on how ripe they are.