



Your Rockstar List to Freshly Stored Veggies!

Vegetable	Storage	Period	Ok to freeze?
Asparagus	Trim bottom rough ends and place in a vase or jar of water in the fridge	up to 10 days	Yes
Beets	Cut to size and store in glass jar with some water	up to 7 days	Yes
Broccoli	Cut to size, keep dry, store in glass jar, wash just before using	up to 14 days	Yes
Brussel sprouts	Cut to size, removing woody ends, rinse and store in glass jar	up to 10 days	Yes
Cabbage	In your crisper whole, cut to size - rinsed and stored in an airtight glass container	up to 2 weeks	Yes
Carrots	Cut the woody ends and place in water - vase or glass jar	up to 3 weeks	Yes
Cauliflower	Cut to size, keep dry, store in glass jar, wash just before using	up to 14 days	Yes
Celery	Cut the woody ends and place in water - vase or glass jar	up to 2 weeks	Yes
Collard greens, Mustard greens	Cut to size, rinse, store in glass jar	up to 2 weeks	Yes
Cucumber	Store in fridge, wash and cut just before using	up to 7 days	No
Eggplant	On your counter or in a cool, dark spot	up to 14 days	No
Garlic	On your counter or in your pantry whole, chopped & in an airtight jar in your fridge	up to 3 weeks	Yes to chopped



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Green beans	Cut to size, keep dry, store in glass jar, wash just before using	up to 10 days	Yes
Herbs (dill, basil, rosemary, parsley, cilantro, & more)	Chop bottom of stems, rinse, place in vase or glass jar with water at the bottom	up to 10 days	Yes
Kale	Cut to size, rinse, store in glass jar	up to 2 weeks	Yes
Lettuce	Keep whole in crisper or cut to size, rinse, store in glass jar	up to 2 weeks	Yes
Mushrooms	Cut to size, keep dry, store in glass jar, wash just before using	up to 7 days	Yes
Onions	On your counter or in your pantry whole, chopped & in an airtight jar in your fridge	up to 2 weeks	Yes to chopped
Peppers	On your counter or in the warmer parts of your fridge	up to 10 days	Yes
Radishes	Cut top and bottom off, store in water in glass jar	up to 10 days	Yes
Sweet potatoes	On your counter or in your pantry	up to 3 weeks	Yes to chopped
Winter squash (butternut, acorn, pumpkin, & more)	On your counter or in your pantry	up to 3 weeks	Yes to chopped
Zucchini	Store in fridge, wash and cut just before using	up to 10 days	Yes to chopped