

# PA VEGGIES STORAGE GUIDE

Avoid forgotten greens and mushy carrots at the bottom of the fridge when you store your produce with care. Use these top tips to make the most of PA veggies all year round.

VEGETABLE	PA SEASON	HOW TO STORE
Asparagus	April - June	Trim stems and store in a glass with about an inch of water. Cover top with plastic bag, and refrigerate for up to 4 days.
Beans, Green	June - Oct.	Store unwashed in the fridge in a sealed plastic bag or container for up to a week.
Beans, Lima	July - Oct.	Store in a tightly sealed plastic bag in the fridge for 2-3 days. If the beans are still in pods, leave them unshucked until right before cooking.
Beets	May - Dec.	Remove green tops and store in sealed container in the fridge for three to four weeks. Put a dry towel in the container to absorb moisture.
Broccoli	May - Dec.	Refrigerate in an open produce bag for up to a week.
Bru. Sprouts	Sept. - Dec.	Store unwashed in a produce bag in the crisper drawer for up to a week.
Cabbage	June - Dec.	Store unwashed and loose in the crisper drawer for up to four weeks. Once the cabbage has been cut, refrigerate in a sealed container for up to a week.
Cantaloupe	July - Oct.	Ripen uncut on the counter for 1-2 weeks. Once cut, store in a sealed container in the fridge.
Carrots	July - Dec.	Remove green tops and store in a sealed container in the fridge for up to four weeks.
Cauliflower	June - July & Sept. - Nov.	Store in a produce bag with holes to allow for air circulation for up to a week.
Celery	July - Feb.	Wrap whole celery stalks in foil to retain moisture, then refrigerate for up to two weeks. Store cut celery with a bit of water in a sealed container for up to a week.
Corn	July - Oct.	Store loose, in the husk, in the crisper drawer for up to a week.
Cucumbers	July - Sept.	Wash and dry each cucumber, then wrap in a dry paper towel or plastic wrap and place in a sealed container. Store on the upper shelf of the fridge for up to a week.
Eggplant	July - Oct.	Store loose on the upper shelf of the fridge or in a cool part of the pantry for up to a week.

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Fun Fact: Carrots become soft and floppy when there is too much air circulation because they get dehydrated! Try placing them in a bowl of cold water to get them firm again.

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Leaf Lettuce	All year!	Refrigerate in a sealed container with a bit of room for air to circulate and a paper towel to absorb moisture. Change the paper towel every day or two.
Onions	May - Dec.	Keep loose in a cool, dry pantry or cabinet for up to four weeks. Make sure onions stay separate from potatoes!
Peas	Jan. - July	Store in a perforated, sealed container in the crisper drawer for three to five days.
Peppers	July - Oct.	Refrigerate in an open produce bag on the upper shelves for up to two weeks.
Potatoes	July - April	Potatoes like it cool, dark, and dry! Store in an open paper bag or cardboard box in the pantry or cabinet for up to two months.
Pumpkins	Sept. - Dec.	Store loose on a piece of cardboard in a cool place like the pantry for three to six months. Make sure to keep pumpkins away from bananas which will make them rot.
Radishes	All year!	Cut green tops off, then refrigerate in a sealed container with a dry paper towel. Radishes can stay fresh for three or more weeks.
Spinach	March - Dec.	Wash and dry, then store it in a sealed container with a paper towel. Spinach should stay fresh in the fridge for up to 2 weeks.
Squash, Summer	July - Oct.	Wrap the summer squash in a damp towel then refrigerate in a plastic bag for 1-2 weeks. Handle with care because summer squash bruise easily!
Squash, Winter	Aug. - March	Store loose in a cool, dry place for three to six months. Keep away from bananas which can cause rot.
Tomatoes	May - Dec.	Store on the counter away from direct sunlight for up to a week. Ripe tomatoes can also be refrigerated for up to three days.
Turnips	Aug. - Feb.	Remove greens, then store in sealed container covered with a damp towel. Turnips will stay fresh in the fridge for 4-5 months.
Watermelon	July - Oct.	Watermelon can remain at room temperature in the pantry for a few days until ripe. Then, refrigerate for up to two weeks.