



# Storing Fresh Vegetables

Fresh vegetables are an important part of a healthy diet. Storing them properly is the best way to ensure they stay fresh and taste great when you go to use them. It can also save money on your grocery bill by reducing waste in your kitchen.

The chart below summarizes the best way to store some common vegetables. A couple of them might surprise you!

| Vegetable                      | How to Store  | How long the veggie should last                          |
|--------------------------------|---|--|
| Bell Peppers                   | Store peppers in a loosely closed plastic bag in the fridge.  | Up to 1 week   |
| Broccoli                       | Store broccoli unrinsed in an open plastic bag in the crisper drawer in the fridge.   | Up to 1 week   |
| Carrots                        | Store carrots, green tops removed, in the crisper drawer in a loosely closed plastic bag or in their original plastic bag.      | Several weeks  |
| Cauliflower                    | Store cauliflower in a plastic bag in the crisper drawer of the fridge.   | Up to 1 week   |
| Celery                         | Wrap celery in aluminum foil and store it in the fridge.  | Several weeks  |
| Cucumbers                      | Store cucumbers in a loosely sealed plastic bag in the fridge.  | Up to 1 week   |
| Garlic                         | Store garlic heads in a cool dark place with plenty of air circulation – a small basket in the pantry is ideal.                 | A couple of weeks  |
| Lettuce<br>Romaine, Green Leaf | Separate the leaves, wash in cold water and dry. Wrap in paper towel and store in a sealed plastic bag in the fridge.           | 1 to 2 weeks   |
| Mushrooms                      | Store loose mushrooms in a paper bag in the crisper drawer of the fridge. Wash just before using.                               | Several days   |
| Cooking Onions                 | Store onions in a cool, dark, place such as the pantry.   | 3 to 4 weeks if stored properly                          |
| Potatoes                       | Keep potatoes in a paper bag in a cool, dark, well ventilated location such as a cellar or pantry, away from onions.            | Several months if stored properly<br>Except new potatoes |
| Sweet Potato                   | Store sweet potatoes in a cool, dark, well-ventilated spot such as a cellar or pantry. Do not store them in a plastic bag.      | 1 to 2 weeks   |
| Tomatoes                       | Do not refrigerate tomatoes. The cold damages the flavour and texture. Store tomatoes in an open container at room temperature. | 3 to 4 days until ripe, then use in 1 to 2 days          |
| Zucchini                       | Store zucchini in a loosely closed plastic bag in the fridge .  | Several days   |



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