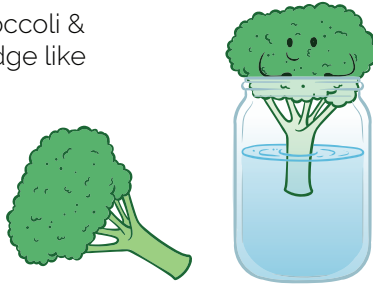


How to Properly Store Produce

Americans waste 40% of the food grown in this country, from fresh produce to eating out. You can help reduce food waste and save yourself money with these storage tips. Stored properly, some fruits and vegetables can go from lasting only days to lasting weeks or months.

Store asparagus, broccoli & cauliflower in the fridge like cut flowers.



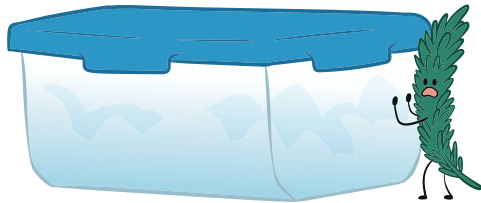
Keep tender herbs like cilantro, dill, and parsley in the fridge in water. Loosely place a reusable bag over the top.



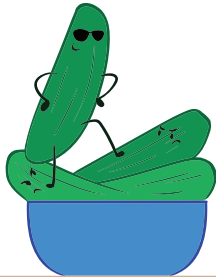
Store basil in a jar with water outside of the fridge.



Wrap woodier herbs like oregano, rosemary & thyme in a damp paper towel. Store in the fridge in an airtight container.

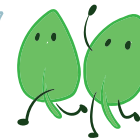
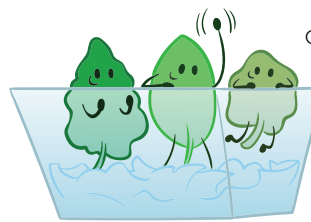


Wash berries in 1 part vinegar and 3 parts water. Dry thoroughly. Store in an airtight container in the fridge with a paper towel.

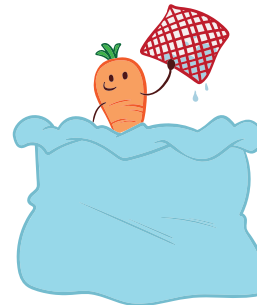
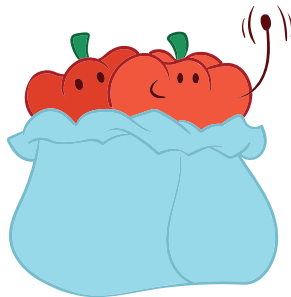


Cucumbers, eggplants, and tomatoes are best stored in a cool place outside the fridge.

Place greens like arugula and baby spinach in a sealed container with paper towels.

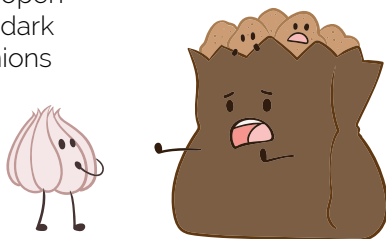


Keep peppers, spicy or not, in a reusable bag in the crisper drawer.



Remove the greens from beets, carrots, and other roots. Store them in a damp paper towel in a reusable bag in the fridge.

Store potatoes in an open paper bag in a cool dark place away from onions and garlic.



Wrap celery in aluminum foil and store it in the fridge.

