



Helping the Harvest Last Longer

- **Arugula**- store in fridge in plastic bag or sealed container; eat before other greens
- **Basil**- cut stems, place stem-end in cup of water, keep out of direct wind and sun, do not refrigerate
- **Beets**- cut off tops (and eat them!), store roots in paper bag in drawer of fridge
- **Blackberries**- store in fridge uncovered, freeze easily too
- **Broccoli**- store in plastic bag or sealed container in fridge
- **Cabbage**- store in fridge
- **Carrots**- cut off tops (and use for soup stock), store clean roots in plastic bag or sealed container in fridge.
- **Cayenne** - if already dried hang out of direct sunlight, if fresh, store in fridge or hang to dry.
- **Chives**- store in sealed container or plastic bag in fridge
- **Cilantro**- store in sealed container or plastic bag in fridge
- **Collards**- store in plastic bag or sealed container in fridge, if wilted, trim stems and place stem end in cup of water for several hours, out of direct wind, or fill sink and soak in cold water (this works for all greens)
- **Cucumbers**- store in drawer of fridge
- **Daikon Radish**- cut off greens (and eat them), store in drawer of fridge
- **Dill**- place base of stem in a small amount of water, keep out of direct wind and sun
- **Eggplant**- store in drawer of fridge
- **Endive**- store in plastic bag or sealed container in refrigerator
- **Fennel**- cut leafy tops off bulb, use tops first in dressings, salads, as an herb; store both in refrigerator in plastic bag or sealed container
- **Flowers**- cut stems and put in water in a cool place, out of direct sun and wind, cutting stems and changing water daily will prolong their beauty
- **Garlic**- keep in a cool dry place, out of sunlight, not in the fridge
- **Green Beans**- store in a paper bag or sealed container in fridge
- **Herbs**- use soon, most can store in plastic bag in fridge, most can also be dried for later use (on the counter or hanging upside down) out of direct sunlight, or freeze in some water in ice cube trays
- **Kale**- store in plastic bag or sealed container in fridge, if wilted, trim stems and place stem end in cup of water for several hours, out of direct wind, or fill sink and soak in cold water (this works for all greens)
- **Kohlrabi**-cut off greens (edible!) and store them in a plastic bag or sealed container in fridge, bulb can be stored in drawer of fridge
- **Leeks**- cut off tops (where the plant begins to fan) and store base (should be mostly white) in a plastic bag or sealed container in fridge



- **Lettuce**- eat soon, wash the rest and store in plastic bag or sealed container in fridge, if wilted, trim stems and place stem end in cup of water for several hours, out of direct wind, or fill sink and soak in cold water (this works for all greens)
- **Mustard Greens**- store in plastic bag or sealed container in fridge, if wilted, trim stems and place stem end in cup of water for several hours, out of direct wind, or fill sink and soak in cold water (this works for all greens)
- **Okra**- eat soon, store in paper bag in fridge
- **Oregano**- can also be dried for later use (on the counter or hanging upside down) out of direct sunlight
- **Pac Choy**- store in plastic bag or sealed container in fridge
- **Parsley**- store in sealed container or plastic bag in fridge
- **Peppers**- store in drawer of fridge, some hot peppers can be strung and dried
- **Potatoes**- store in a cool dry place, not in the fridge, nor with apples
- **Radishes**- cut off green tops (and use in soup), store roots in drawer of fridge
- **Rosemary**- dries easily on counter top or hanging upside down
- **Sage**- dries easily on counter top or hanging upside down
- **Scallions**- use soon, store in plastic bag or sealed container in fridge
- **Summer squash**- store in drawer of fridge
- **Sunchokes (Jerusalem Artichokes)**- store in drawer of fridge
- **Swiss Chard**- store in plastic bag or sealed container in fridge, if wilted, trim stems and place stem end in cup of water for several hours, out of direct wind, or fill sink and soak in cold water (this works for all greens)
- **Thyme**- store in plastic bag or sealed container in fridge, dries easily on counter top or hanging upside down
- **Tomatoes**- store in a cool place resting on the “stem end”, not the refrigerator, will ripen quickly stored together
- **Winter Squash**- store in a cool dry place (dry is more important than cool), not in the fridge
- **Zucchini**- store in drawer of fridge

Produce keeps longer when the water within the plant remains there post-harvest. Sun, wind and temperature all play a part in the prolonged life of produce.

Enjoy the leaves, roots, & fruits of life!