

Quick Guide

- Remove roots from tops
- Pre-cut / prep as much as possible
- Store all produce in plastic or glass
- Store top to bottom most to least perishable
- Store prepped food in clear stackable containers

Cooking 101, Fridge Storage

MOST PERISHABLE

Micro greens, shoots, edible flowers-store in very front/top

Herbs-store chopped and ready to use in sealed glass jar

Baby Greens-store washed and ready to use in lidded pyrex bowl

Soft/watery crops peeled and chopped:

cucumbers, peppers, radish, bulb fennel

Soft fruits-strawberries, raspberries

STORE IT PREPPED

Store cooked bitter greens in stackable clear containers

Sauteed/Roasted/Cooked roots in stackable clear containers

Bundled raw greens each in its own clear plastic container

CRISPER

Put things that last the longest at the bottom of the crisper:

root veggies, beets, turnips, and carrots,

heading kohlrabi crops: cabbage, kohlrabi, romanesco, and cauliflower

REMOVE TOPS FROM ROOTS BEFORE PUTTING IN CRISPER.

KEEP EACH VEGETABLE IN A SEPARATE PLASTIC BAG



1-3 days



3-7 days

a week or more

