FOOD STORAGE
Storing fruits and vegetables without plastic is easy with this guide

FRUIT

COOL COUNTER

Apples, citrus, apricots*, nectarine*, peaches*, dry dates (ex. Deglet Noor), pears, persimmons, pomegranates, melons (uncut)

AIRTIGHT CONTAINER

Cherries

PAPER BAG IN REFRIGERATOR

Berries**, figs, moist dates (ex. Medjool)

*Refrigerate once fully ripe
**Do not wash until ready to eat

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The Santa Monica Farmers Markets create thriving, vibrant communities that are inclusive, connected and diverse by promoting the prosperity of CA farmers and small food businesses, preservation of the agricultural arts and sustainable food systems.

#SMFMS
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VEGETABLES

CLOSED CONTAINER
with DAMP towel
Artichoke, carrots, cauliflower, lettuce, and beet greens

OPEN CONTAINER
with DAMP towel on top
Beets, broccoli, brussels sprouts, cucumber, green beans, radicchio, radishes, rhubarb, turnips

OPEN CONTAINER
Broccoli rabe*, corn (unhusked)*, parsnips, snap peas, and spinach

OPEN CONTAINER
with DRY towel on top
Arugula, leeks

PLACE IN CUP OR BOWL
with shallow water
Asparagus, celery, fennel**, leeks

COOL, DRY PLACE
on counter outside fridge
Eggplant, garlic, green tomatoes*, potatoes, onion, summer squash and zucchini***, sweet peppers****, sweet potatoes, tomatoes

Avocados: place in paper bag at room temp, to speed up ripening place an apple in bag with them. *Best eaten soon after purchase. **If longer than a few days, place in fridge in closed container with light moisture. ***If storing longer than a few days, wrap in cloth and refrigerate. ****If storing longer than a few days, place in crisper.

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