

# 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

<https://myplasticfreelife.com/2010/05/how-to-store-produce-without-plastic/>



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   

# FOOD STORAGE

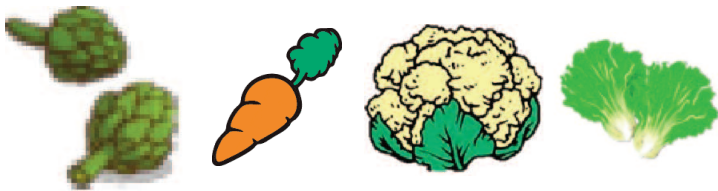
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## VEGETABLES

### CLOSED CONTAINER

with DAMP towel

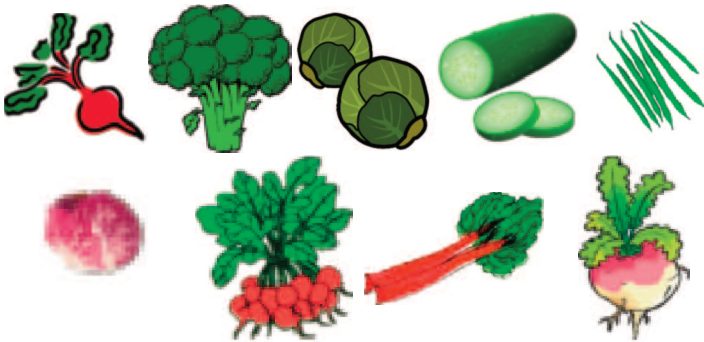
Artichoke, carrots, cauliflower, lettuce, and beet greens



### OPEN CONTAINER

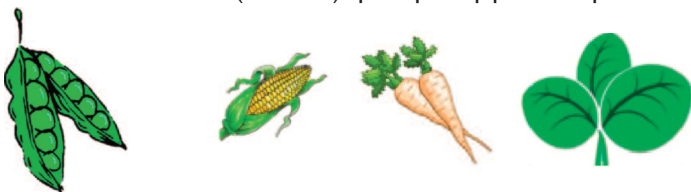
with DAMP towel on top

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

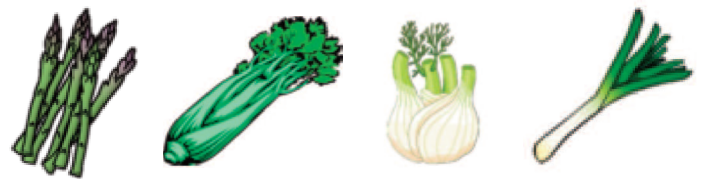
Arugula, leeks



### 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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