

Do not wash vegetables before storing except leaf and romaine lettuce, which must be thoroughly dried.

Remove tops on beets, carrots, celeriac, parsnips and radishes before storing.

Do not refrigerate tomatoes, potatoes or aubergines.

7 VEGETABLE STORAGE

Refrigerator temperature – 1-4°C

a) Method

Storage method	Vegetables	Reason
Vegetables to cover - bag (perforated plastic or paper), store in containers or wrap in a damp cloth.	Artichoke, asparagus; aubergine; beans; bell peppers; broccoli; Brussels sprouts; carrots; cauliflower; celeriac; celery; cucumbers; fennel; garlic (chopped/peeled); leeks; leafy greens eg. spinach, kale, cabbage, lettuce; mushrooms; peas; radishes; spring onions; summer squash/courgette; sweet corn, turnips; winter squash (cut).	Lose moisture quickly.



a) Method *continued*

Storage method	Vegetables	Reason
<p>'Closed' setting in fridge ie refrigerator crisper drawer.</p> <p>NB crisper drawers are most effective when they are at least two-thirds full.</p>	<p>Artichoke; asparagus; bell peppers; Brussels sprouts; celeriac; celery; cucumbers; fennel; leafy greens eg. spinach, kale, cabbage, lettuce, collards; leeks; non-leafy brassicas (eg broccoli, cauliflower); root vegetables eg. carrots, parsnips; radishes; summer squash/ courgette; spring onions; sweet corn; turnips.</p>	<p>Keeps moist air in, which is good for vegetables that like high humidity.</p>
<p>'Open' setting in fridge .</p>	<p>garlic (once peeled/chopped); winter squash (once cut).</p>	<p>Lets moisture out which is ideal for vegetables that like a drier environment.</p>
<p>Keep ethylene or odour-emitting foods separate and/or bagged.</p>	<p>(a) Separate apples and pears from carrots, cabbage and onions.</p> <p>Pears should also be separated from celery and potatoes.</p> <p>(b) Separate ethylene-emitting foods from ethylene absorbing foods.</p>	<p>Odour produced by apples and pears and absorbed by vegetables.</p> <p>Odour produced by pears and absorbed by vegetables.</p>

Storage method	Vegetables	Reason
Keep ethylene or odour-emitting foods separate and/or bagged. <i>(continued)</i>	<p>Ethylene emitting foods include: apple, avocados, bananas, pears, peaches, plum, cantaloupes, honey dew melons, mushrooms, tomatoes.</p> <p>Ethylene absorbing vegetables include: brassicas, leafy greens, beans, carrots, cucumbers, aubergine, peas, peppers, and potatoes.</p>	Ethylene, a naturally occurring ripening chemical, causes pitting and brown spots on string beans and lettuce; yellowing of broccoli buds, cucumbers, and brussels sprouts; and bitterness in carrots.
Cool, dark, dry place.	Celeriac; potatoes (burlap bag); aubergine; garlic (refrigerate only when peeled or chopped); onions; sweet potatoes (remove from plastic bag); winter squash.	Refrigeration affects quality.



Top tip
Keep celery away from sides and back of fridge as it freezes easily.

Mushrooms should be kept in a paper bag and an outer perforated plastic bag, allowing the mushrooms to breathe but not dry out.

b) Duration

Vegetable	Duration under ideal storage conditions
Artichoke	1 week
Asparagus	3-4 days
Aubergine	5 days
Beans	1 week
Beets	2 weeks
Bell peppers – green	1 week
Red	3-4 days
Broccoli	3-5 days
Brussels sprouts	7-10 days
Cauliflower	5 days (best within 3 days)
Carrots (with a little water in bottom of plastic storage bag)	Several months
Celeriac – refrigeration	14-21 days
Cool, dry cellar	Up to 4 months
Celery	1-2 weeks
Cut celery (unwashed)	3 days
Cucumbers	3-4 days
Fennel	4 days



Vegetable	Duration under ideal storage conditions
Garlic	1 month-1 year
Spring onions	5 days
Leafy greens eg. kale, spinach	Approx 5 days
Leeks	1-2 weeks
Lettuce: Romaine	5-7 days
Leaf lettuce	2-3 days
Tomatoes (depends on initial ripeness) – not refrigerated	1 week
Refrigeration (remove 30minutes before consumption)	Extra 1-2 days
Onions – yellow	1 month
white	1 week
Parsnips	3 weeks
Peas (unshelled)	2-3 days
Potatoes – new	1 week
mature/old	Several months
Radishes	5-7 days
Swedes	1 week



b) Duration *continued*

Vegetable	Duration under ideal storage conditions
Sweet potatoes – room temperature Cool, dark, dry space.	1 week
Sweetcorn	1 month
Summer squash eg. courgette (uncut).	2-3 days
Turnips	7 days
Winter squash eg. butternut, pumpkin. Cut.	1-2 weeks
	3 months
	1-2 days

