

# Storing Vegetables

## TO HELP REDUCE FOOD WASTE

### Proper food storage can help you:

1. Preserve food quality - including nutrients, flavor and texture
2. Make the most of your food dollar by preventing spoilage
3. Prevent food-borne illness caused by harmful bacteria

### Tips:

1. Use the "first in, first out" method and use older items first
2. Buy foods in reasonable amounts - excess foods may be wasted
3. Keep your storage areas clean, pest free, and free of spoiled food

### Source:

<https://agrillife.org/urbantarrantnutrition/files/2010/08/Safe-Home-Food-Storage.pdf>



Created by: Courtney Lowe, Extension Agent Health Castro, Hale & Lamb Co.

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## IN YOUR FREEZER (0° F)

### 1-2 months:

Garlic, Parsley, Tomatoes,

### 6-8 months:

Beets, Eggplant, Peppers, Vegetables bought frozen from store

### 8-12 months:

Asparagus, Beans, Broccoli, Brussels Sprouts, Corn, Cabbage, Carrots, Celery, Cauliflower Mushrooms, Okra, Onions, Peas, Potatoes (cooked & mashed), Rutabagas, Spinach, Squash, Vegetables frozen in home

### Tips:

Label all containers with date and serving size before freezing  
Package items in moisture and vapor-proof wraps or containers





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**IN YOUR REFRIGERATOR (37-40° F)**

## **1-3 days:**

Corn, Greens, Mushrooms (don't wash before), Okra, Ripe tomatoes

## **3-5 days:**

Asparagus, Beans, Broccoli, Brussels Sprouts, Cauliflower, Cucumbers, Eggplant, Peas, Peppers, Summer squash, Vegetables bought frozen

## **1-2 weeks:**

Artichoke, Beets, Cabbage, Carrots, Celery, Garlic, Green onions, Lettuce (in bag or lettuce keeper), Parsley, Radishes, Rutabagas, Turnips (only after ripe), Winter squash

## **Tips:**

Store vegetables separately from fruits & in airtight wraps or containers



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## IN THE PANTRY (50-70° F)

### 1 week:

Rutabagas, Peas (unshelled), White potatoes

### 2-4 weeks:

Onions (dry varieties), Sweet potatoes

### 5-8 months:

Fresh garlic, Winter squash

### Tips:

- Keep pantry storage cool and dry
- Store produce in metal, plastic or glass containers
- Canned vegetables will store for 1 year
- Dried vegetables will store for 6-12 months



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