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Once you have collected your bag from the pick-up point, the following table may help you to store the vegetables so that they will keep fresher for longer. The leafy greens are the most vulnerable, needing either to be eaten or put in the fridge on the same day. Root vegetables will store well for a long time, the ideal place is the old-fashioned back kitchen, damp and cold. If root vegetables are stored in a dry place, cover them with a damp newspaper. If you like to keep vegetables in the fridge, investing in a larger fridge gives more space for storage.

VEGETABLES	HOW TO STORE
BEETROOT	Upon storage the greens will quickly draw the moisture from the root, greatly reducing flavour and shrivelling the beetroot. Leave a 2.5cm (1") stem and the taproot intact to retain moisture and nutrients. After separating, beetroot will store well for about a week in perforated plastic bags in the fridge. Try to use the beetroots while they are still firm and fresh.
BROAD BEANS	Put into a perforated plastic bag in their skins and they will keep for up to 7 days in the fridge.
BRUSSELS SPROUTS	Remove any damaged outer leaves and store fresh unwashed sprouts in plastic bags in the fridge. The fresher the sprouts the better the flavour. Use within 2 days.
CABBAGE	Put unwashed into plastic bags and refrigerate. If you plan to eat the cabbage raw, eat within a few days. Cabbage that you plan to cook can be stored for about 2 weeks.
CAULIFLOWER/CALABRESE	Place in a perforated plastic bag in the fridge for up to 5 days. Pre-cut florets do not keep well, so store whole.
CARROTS	Store carrots with the green tops trimmed. The tops rob the carrots of moisture and nutritional value. Carrots will keep for several weeks in the salad drawer of the fridge in perforated plastic bags. If you plan to use the green tops in soups or stews, store them separately, as they will only keep for a few days. Of all the root vegetables, carrots have a longer shelf life if kept in the fridge.
CHARD, SWISS CHARD, LEAF BEET, SPINACH OR ANY LEAFY GREENS	These greens are extremely perishable. Put them straight into the fridge in newspaper and they will keep for up to three days. The leaves go limp, but as long as they are green they can be thoroughly refreshed by placing them in a bowl of cold water half an hour before use. Alternatively, put the unwashed leaves in plastic bags in the salad drawer for 2-3 days. The stalks can be kept for longer if separated from the leaves.
CHICORY	Chicory is delicate and ideally should be eaten right away. It can be stored for a few days covered in a cool place or in the salad drawer of the fridge.
CHINESE GREENS, PAK CHOI	Same as chard above.
COURGETTES	Refrigerate unwashed in plastic bags for up to 7 days.
CUCUMBER	Put in loose or perforated plastic bags for up to 3 days in the fridge.
CURLY KALE	Put in a perforated plastic bag, unwashed in the fridge. It will keep fresh for up to a week.

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GARLIC	If garlic is stored around 12°C (55°F), fungi and other pathogens and pests are much less active than they are with the temperature in the 24-26°C (75-80°F) range. Keeping it cool, but not cool enough to sprout is the key to storing garlic well. Basically, any dark, cool place is fine as long as the humidity is not excessive. Garlic stored in oil at room temperature poses a danger of botulism. Garlic in oil can be kept in the refrigerator for a maximum of three weeks.
KOHLRABI	Kohlrabi stores well in the fridge for weeks in a sealed plastic bag. They can also be stored in a cool, dark place.
LEEKs	Loosely wrap in plastic, unwashed, and refrigerate for up to 5 days.
LETTUCE	Lettuce leaves should be free of wilt, rot and rust. Put fresh, unwashed leaves in plastic bags and refrigerate for up to 3 days.
MUSHROOMS	Mushrooms need to breathe because they deteriorate quickly when stored in plastic bags. Store in a brown paper bag in the fridge, or loose on a plate lined with kitchen paper.
ONIONS	Lay onions in a single layer of newspaper in a warm, well-ventilated place to cure for a few days. Leave undisturbed until the outer skin becomes papery and crispy dry. Rub off stringy roots. Hang in strings or in mesh bags away from moisture. If stored in a cool place they will last for months.
PARSLEY	Thoroughly wash fresh parsley and shake off excess moisture, wrap in paper towels, place in a plastic bag and refrigerate for up to one week; OR put stems in a glass of water, cover with a secured plastic bag and refrigerate and change the water every few days; OR put parsley in plastic bags and freeze.
PEAS	Store unwashed peas in perforated plastic bags in the fridge for a few days. The sugar in them quickly begins to turn to starch even when under refrigeration; so the sooner they are eaten the better.
POTATOES	Potatoes must be stored properly - thick brown paper bags are best - and kept in the dark at all times. A cool place with good ventilation is important. Do not refrigerate potatoes. If potatoes start to sprout they can be eaten if the potato is still firm. Remove the sprouts and discard.
PUMPKIN	Pumpkins should not be stored in the fridge or in a damp place. Moisture causes rapid deterioration. Whole unblemished pumpkin can be stored for up the 3-6 months in a cool, dry place.
PURPLE SPROUTING BROCCOLI	Put into plastic bags, unwashed in the fridge for up to 3 days.
RAOISHES	Cut off tops because the leaves cause moisture and nutrient loss during storage. Topped radishes, placed in plastic bags and refrigerated, will keep for 5-7 days. Radish tops, stored separately in plastic bags in the fridge, will last for 2-3 days.
RHUBARB	Freshly harvested, unwashed stalks can be kept refrigerated in plastic bags, for up to three weeks.
SWEDE	Swede stores well in the fridge for weeks in a sealed plastic bag. They can also be stored in a cool, dark place.
TOMATOES	Keep in the salad drawer of the fridge.