

Produce Storage Guide

WFPB Me

Helpful tips

Always put cut and peeled produce in the fridge

Treat herbs, leafy greens, and asparagus like fresh cut flowers in the fridge

Store celery and carrots in water in the fridge

Store potatoes in a dark, cool place

Store apples in fridge drawer on low humidity

Store onions away from any other root vegetables

On the counter

(Loose & away from sunlight, heat, & moisture. Ripen on counter then refrigerate)



In the fridge

(40 degrees fahrenheit or below)

apple	artichoke	asparagus	beets	cabbage	cherries	fig	leafy greens	parsnip	zucchini
berries	broccoli	brussels sprouts	carrots	cauliflower	cucumber	eggplant	herbs	peas	scallion
carrot	celery	corn	grapes	grapefruit	green beans	grapes	leafy greens	melons	radish
lime	eggplant	grapes	kiwi	leaves	lettuce	lettuce	leafy greens	mushrooms	radish
lemon	leafy greens	leaves	leaves	lettuce	lettuce	lettuce	lettuce	lettuce	lettuce