



Vegetables Storage Tips

The veggies in the box are very fresh and with no chemical treatment or any other intervention to extend their shelf life. To keep them in excellent shape, we've prepared for you a detailed guide on the right way to store veggies, from A to Z.

All veggies should be isolated from fruits that emit ethylene, speed up ripening and cause softening (banna, passionfruit, apple, pear, mango, avocado, tomato, nectarine, peach etc)

Armenian cucumber	In fridge, in airtight container
artichoke	In fridge, in the bottom drawers. Can be wrapped in plastic bag (optional)
arugula	In fridge in plastic bag, with all leaves inside the bag, leaved can be wrapped with paper towel to absorb moisture. It is recommended to wash only before use. (if washed ahead make sure it is fully dried before storing)
basil	Does not like cold, keep out of the fridge, like flowers: cut clean the stems ends and put in a jar filled with water just up to the leaves. Re-cut stems ends every 2 days
beet	Cut the leaves off the roots. Keeps the leaves like Swiss chard, roots are kept longest in airtight container in fridge.
black eyed peas (fresh)	In fridge, in plastic bag or airtight container layered with paper towel. Can be blanched and frozen.
broccoli	In fridge, in plastic bag or saran wrap (punch a few wholes in the bag). Keep the head side up
cabbage (red/green)	In fridge, in plastic bag or saran wrap
carrot	Cut the leaves off the roots. Keeps the leaves like celery, roots in airtight container in fridge
cauliflower	In fridge, in plastic bag or saran wrap (punch a few wholes in the bag). Keep the head side up
celeriac	Cut the leaves off the roots. Keeps the leaves like celery, roots are kept longest in airtight container in fridge.
celery	In fridge, in plastic bag
cherry tomato	In winter - better to store out of the fridge. In summer - in fridge in paper plastic bag or in bottom drawers
cilantro	In fridge, in plastic bag or airtight container layered with paper towel
corn	In fridge, in plastic bag
cucumber	In fridge, in airtight container
daikon radish	Cut the leaves off the roots. Keeps the leaves like Swiss chard, roots are kept longest in airtight container in fridge.
dill	In fridge, in plastic bag or airtight container layered with paper towel
eggplant	In fridge, in plastic bag or saran wrap.
fava beans	In fridge, in plastic bag or airtight container layered with paper towel. Can be blanched and frozen.
fennel	In fridge, in the bottom drawers. Can be wrapped in plastic bag (optional)
garden peas	In fridge, in plastic bag or airtight container layered with paper towel

garlic (dry)	Outside fridge! In aerated basket in earated location (no need for darkness)
garlic (green)	In fridge, in plastic bag
green beans	In fridge, in plastic bag or airtight container layered with paper towel. Can be blanched and freezed.
Jerusalem artichoke	In fridge, in plastic bag or airtight container
kale	In fridge in plastic bag, with all leaves inside the bag, leaved can be wrapped with paper towel to absorbe moisture. It is recommended to wash only before use. (if washed ahead make sure it is fully dried before storing)
kohlrabi	In fridge, in the bottom drawers. Can be wraped in plastic bag (optional)
leek	In fridge. Can be wraped in plastic bag (optional)
lettuce	In fridge in plastic bag, with all leaves inside the bag. It is recommended to wash only before use. (if washed ahead make sure it is fully dried before storing)
melon	In fridge. Whole - unrapped, sliced - in saran wrap.
mint	Does not like cold, keep out of the fridge, like flowers: cut clean the stems ends and put in a jar filled with water just up to the leaves. Re-cut stems ends every 2 days
mustard greens / Chinese cabbage	In fridge in plastic bag, with all leaves inside the bag, leaved can be wrapped with paper towel to absorbe moisture. It is recommended to wash only before use. (if washed ahead make sure it is fully dried before storing)
New Zealand spinach	In fridge in plastic bag, with all leaves inside the bag. It is recommended to wash only before use. (if washed ahead make sure it is fully dried before storing)
okra	In fridge, in plastic bag or airtight container layered with paper towel. Can be blanched and freezed
onion	Outside fridge! In aerated basket in earated location (no need for darkness)
parsley	In fridge, in plastic bag or airtight container layered with paper towel
parsley root	Cut the leaves off the roots. Keeps the leaves like parsley, roots are kept longest in airtight container in fridge.
pepper (green)	In fridge, in the bottom drawers. Can be wraped in plastic bag (optional)
pepper (red)	In fridge, in the bottom drawers. Can be wraped in plastic bag (optional)
popcorn	Outside fridge! In aerated basket in earated location (no need for darkness), also possible to teke the kernels off the cob and store in a jar.
potato	Outside fridge! In aerated basket in earated and dark location
pumpkin (sliced)	In fridge, in plastic bag or saran wrap
scallions	In fridge, in plastic bag
small radish	Cut the leaves off the roots. Keeps the leaves like arugula, roots are kept longest in airtight container in fridge.
snow peas	In fridge, in plastic bag or airtight container layered with paper towel
spinach	In fridge in plastic bag, with all leaves inside the bag, leaved can be wrapped with paper towel to absorbe moisture. It is highly recommended to wash only before use. (if washed ahead make sure it is fully dried before storing)
sweet potato	Outside fridge! In aerated basket in earated location (no need for darkness)
Swiss chard	In fridge in plastic bag, with all leaves inside the bag, leaved can be wrapped with paper towel to absorbe moisture. It is recommended to wash only before use. (if washed ahead make sure it is fully dried before storing)
tatsoi	In fridge in plastic bag, with all leaves inside the bag, leaved can be wrapped with paper towel to absorbe moisture. It is recommended to wash only before use. (if washed ahead make sure it is fully dried before storing)
tomato	In winter - better to store out of the fridge. In summer - in fridge in paperqplastic bag or in bottom drawers
turnip	Cut the leaves off the roots. Keeps the leaves like arugula, roots are kept longest in airtight container in fridge.
watermelon	In fridge. Whole - unrapped, sliced - in saran wrap.
winter squash (whole)	Outside fridge! In aerated basket in earated location (no need for darkness)
yard long beans	In fridge, in plastic bag or airtight container layered with paper towel. Can be blanched and freezed.
zucchini	In fridge, in plastic bag or airtight container layered with paper towel

