

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, apple, pear, mango, avocado, tomato, nectarine etc)

Basil / mint (nana)	On the counter, out of the fridge, like flowers: cut clean the stems ends and put in a jar filled with water just up to the leaves. Cover with a plastic bag for 2 days. Roots will start.
Beans / yard long beans (fresh)	In fridge, in plastic bag or airtight container layered with paper towel. Can be blanched and freezed.
Beet	Cut the leaves off the roots. Keeps the leaves like Swiss chard, roots are kept longest in airtight container in fridge.
Broccoli	In fridge, in plastic bag. Keep the head side up
Cabbage (red/green)	In fridge, in plastic bag.
Carrot	Cut the leaves off the roots. Keeps the leaves like celery, roots in airtight container in fridge
Cauliflower	In fridge, in plastic bag. Keep the head side up
Celeriac/parsley root	Cut the leaves off the roots. Keeps the leaves like celery, roots in airtight container in fridge
Celery	In fridge, in plastic bag
Corn	In fridge, in plastic bag. It is recommended to peel only before use.
Cucumber	In fridge, in airtight container
Eggplant	In fridge, in plastic bag.
Fakus (Armenian cucumber)	In fridge, in airtight container
Fava beans	In fridge, in plastic bag or airtight container layered with paper towel. Can be blanched and freezed.
Fennel	In fridge, in the bottom drawers. Can be wrapped in plastic bag (optional)
Garlic (dry)	Outside fridge! In aerated basket in earated location (no need for darkness)
Garlic (green)	In fridge, in plastic bag
Greens (chard, kale, spinach, tatsoi, arugula)	In fridge, in airtight container layered with paper towel or 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)
Herbs (parsley, cilantro, dill)	In fridge, in plastic bag or airtight container layered with paper towel
Jerusalem artichoke	In fridge, in plastic bag or airtight container
Kohlrabi	In fridge, in the bottom drawers. Can be wrapped in plastic bag (optional)
Leek	In fridge. Can be wrapped 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 / watermelon	In fridge. Whole - unrapped, sliced - wrapped in plastic.
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)
Peas	In fridge, in plastic bag or airtight container layered with paper towel
Pepper	In fridge, in the bottom drawers. Can be wrapped in plastic bag (optional)
Popcom	Outside fridge! In aerated basket in earated location (no need for darkness), also possible to take the kernels off the cob and store in a jar.
Potato	Outside fridge! In aerated basket in earated and dark location. Saparate from onions.
Pumpkin (sliced)	In fridge, in plastic bag.
Radish, daikon, turnip	Cut the leaves off the roots. Keeps the leaves like Swiss chard, roots are kept longest in airtight container in fridge.
Scallions	In fridge, in plastic bag
Sweet potato	Outside fridge! In aerated basket in earated location (no need for darkness)
Tomato / cherry tomato	In winter - better to store out of the fridge. In summer - in fridge in paper/plastic bag or in bottom drawers
Winter squash (whole)	Outside fridge! In aerated basket in earated location (no need for darkness)
Zucchini	In fridge, in plastic bag or airtight container layered with paper towel