

Vegetable Storage Guide



Cool dark place



Cassava



Garlic



Ginger



Iceberg lettuce



Jerusalem artichoke



Onions



Turnip



Taro



Potatoes



Pumpkin



Butternut squash



Sweet potato



Shallot



Yam



Fridge



In water



Asparagus



Fridge



Paper bag



Bamboo shoots



Fennel



Spring onion



Mushrooms



Fridge



Dry calico bag



Beetroot



Capsicum



Cauliflower



Chilli



Eggplant



Jalapeno



Zucchini



Fridge



Airtight container



Paper towel



Beans



Beansprouts



Brussels Sprouts



Choy sum



Cucumber



Kale



Lettuce



Okra



Parsnip



Spinach



Rocket



Watercress



Fridge



Silicone bag



Artichoke



Cabbage



Carrots



Celeriac



Corn



Leek



Snow pea



Rhubarb



Fridge



Damp calico bag



Broccoli



Broccolini



Bok choy



Celery



Choko



Endive



Kohlrabi



Peas



Radish



Silverbeet



Fridge



Airtight container



Cut Capsicum



Cut Butternut squash



Edamame



Daikon radish



Lotus root



Cut Onions



Swede



Cut Pumpkin



Sugar snap pea

Vegetable Storage Guide



Cool dark place

Store in a cool, dark place that is well ventilated. The fridge is too cold for these vegetables.



Fridge



In water

Place in a glass or container of water before storing in the fridge. Replace water every couple of days.



Fridge



Paper bag

Store mushrooms in a paper bag on a shelf in the fridge.



Fridge



Dry calico bag

Remove any leaves from the vegetables and place in a dry calico bag before placing in the crisper of your fridge.



Fridge



Silicone bag

Pop vegetables into a reusable silicone bag to keep them from drying out before placing in the fridge.



Fridge



Airtight container

Remove any seeds or leaves and place in an airtight container before storing in the fridge.



Fridge



Airtight container



Paper towel

To store leaves and smaller vegetables. Place a paper towel on the bottom on a container, add the leaves and then place another paper towel on top. Seal the container. To store larger vegetables, wrap them in paper towel before sealing the container.



Fridge



Damp calico bag

First, remove any leaves from the vegetables. Then, wet a calico bag and wring it out. Finally, place the vegetables in the bag and store them in the crisper in your fridge. Re-wet and wring out the calico bag after each time you use the vegetables.