



Storing Vegetables

Tips and tricks for keeping vegetables fresher for longer in the fridge, freezer and at room temperature.

1. Fridge

Most vegetables are best kept in the fridge, away from fruits. Below are some ways you can store them in the fridge to extend their shelf life.

Crisper drawers

- These are usually found at the bottom of fridges. They keep the environment humid which stops vegies from drying out.
- If your crisper has a vent, close it off when storing vegetables so moisture stays in.
- Dual crispers can help keep fruit and vegetables separate.

Food storage containers

- If there isn't a crisper in your fridge, store vegetables in containers with lids. This is particularly helpful for cut veggies as it increases their shelf life.
- Some special containers come with vents and baskets to prevent veggies from sitting in moisture that gathers at the bottom.

Paper towel and resealable bags

- Some vegetables last longer when you wrap them in paper towel and place them in a sealed bag. For example, iceberg lettuce and celery.



DID YOU KNOW?

Fruits and vegetables release ethylene which is a gas that speeds up the ripening process.

Tip: Store vegetables that are sensitive to ethylene separately so they stay fresh longer.

Check out the **Keeping veg fresh** fact sheet to learn which vegetables produce ethylene.



2. Fantastic freezing

To avoid wasting any leftover or unused vegetables, try freezing!

Make sauces and stock and freeze

- Save your vegies by batch cooking sauces and stock that can be frozen for use later.
- Use them in your base sauces for pasta dishes, lasagne and pizza.
- Divide into portions and remember to label and date the containers.

Freeze raw or cooked

- Many vegies freeze perfectly either raw or cooked (blanched or steamed) beforehand.
- Frozen vegies can be defrosted and used in soups and sauces e.g. for pasta dishes.
- But not all vegies are great at freezing e.g. tomatoes, capsicums, cucumbers and lettuce.



3. Best at room temperature

Veg stored at room temperature needs to be out of direct sunlight. To prevent moisture loss, put the produce into a vented plastic bowl or a plastic bag with holes in it.

- **Onions** and **garlic** keep best in a dry spot with ventilation.
- **Potatoes** love the same conditions – but do not like sitting next to onions!
- **Cucumbers** and **tomatoes** keep in a fruit bowl, but prefer the fridge after being cut or fully ripening.



Avoid putting produce in sealed bags because this will slow down the ripening process and speed up spoiling.



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