

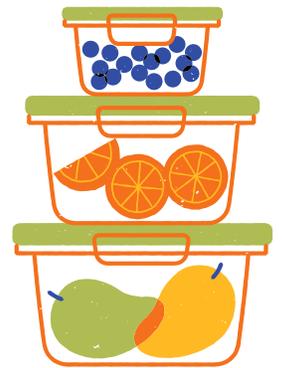
Ways to Store Food

ROOM TEMPERATURE

Avocados, citrus, bananas, nectarines, pears, peaches, onions, tomatoes, and potatoes can all be stored at room temperature or in a cool pantry.

REFRIGERATE

Many foods, like apples, beets, and cabbage, will last for 2-3 weeks if stored in sealed containers in the fridge.



BLANCH

Veggies like broccoli, green beans, and cauliflower can be briefly “cooked” in boiling water (~2-3 minutes), cooled in cold/ice water (to stop it from cooking more), dried, and then frozen to last up to a year.

FREEZE

Most produce can last up to 6 months (fruits) or a year (blanched veggies) when frozen. Prepared meals like soups and pasta sauces freeze well for a quick meal later in the month.

