

FRESH PRODUCE CHEAT SHEET

| FOOD | WHOLE, LASTS | CHOPPED, LASTS | TIPS AND TRICKS TO KEEP IT FRESH | FREEZES WELL RAW? |
|--------------------|---------------------|----------------------|---|-----------------------------|
| BELL PEPPER | 7-14 days in fridge | 2-4 days | Keep chopped peppers wrapped with a damp towel in an airtight container. Keep whole peppers in crisper drawer without a bag | Yes |
| BROCCOLI | 2-3 weeks | 2-3 days | Wrap chopped broccoli in a damp towel before tightly sealing in a container. Whole florets can be kept like flowers in a vase, covered with a plastic bag | Meh, not really |
| BASIL | 5-9 days | Cut right before use | Keep the basil in a jar filled $\frac{3}{4}$ with water. Cover entirely with plastic bag and place in fridge | No, should be blanched |
| CARROTS | 4-5 weeks in fridge | 14-21 days | Keep chopped carrots in a container with filtered water until just covered | No, should be blanched |
| CELERY | 3-4 weeks | 14-21 days | Keep chopped celery in a container with filtered water until just covered. Store remainder of celery bunch in foil | No, should be blanched |
| CILANTRO | 14-20 days | Cut right before use | Keep the bunch of cilantro in a jar filled $\frac{3}{4}$ with water. Cover entirely with plastic bag and place in fridge | Yes |
| GARLIC | 10-25 days | 2-3 days | Keep chopped garlic in an air-tight container in fridge. Keep whole garlic on the counter and unpeeled | Yes |
| MUSHROOMS | 7-10 days | 5-6 days | Store in a paper bag in the fridge | No, should be cooked before |
| ONION | 1-2 months | 7-10 days | Store chopped onion in an airtight container in the fridge | Yes |
| POTATOES | 2-5 weeks | 24 hours | Peeled and chopped potatoes should be submerged in cold water and kept in fridge | No |
| TOMATOES | 2-3 weeks | 3-4 days | Store them stem side down at room temperature until fully ripe. Then transfer to fridge without placing in a baggie | No |
| ZUCCHINI | 7-8 days | 24 hours | Keep wrapped with a slightly damp towel inside an air tight container before being refrigerated | Yes |