

clean

green

simple

Food Storage Chart

Store on countertop:

apples and pears

bananas

citrus fruit (lemons, limes, oranges, etc.)

eggplant

grapefruit

jicama

melons (**cantaloupe**, **honeydew**, etc.)

pineapple

pomegranate

tomatoes

watermelon

Store in a cool, dry place:

agave nectar

avocado

bread, buns & tortillas (*for up to 1 week*)

dried seaweed & agar agar

dried spices and herbs

garlic

ginger

onions (*don't keep with potatoes*)

potatoes (*don't keep with onions*)

squashes

sweet potatoes

Store in a sealed container in a cool, dry place:

baking powder

coffee beans

dried beans

dried fruits

dried coconut

dried pasta

nutritional yeast

nuts

oats

oils (*keep in the dark*)

quinoa

rice & other dry grains

seeds (flax, sunflower)

starches (corn, potato,

arrowroot, etc.)

yeast

Ethylene Producers are listed in **bold** and should be stored away from other produce.

Don't wash produce until just before using.

Store in Refrigerator:

artichokes

beets

berries

broccoli

brussels sprouts

cabbage

cantaloupe

carrots

cauliflower

celery

cherries

corn

cucumber

figs

grapes

green beans

green onions

juices (lemon, lime, etc.)

kiwi

leeks

lettuces and leafy vegetables (*keep wrapped in a dishtowel to remove moisture*)

miso

mushrooms (*store in a paper or cotton bag*)

nut butters (*stir before refrigerating*)

peas

prepared condiments (ketchup, mustard,

mayo, horseradish,

soy sauce, etc.)

radishes

sprouts

stone fruits (**apricots**, **peaches**, **plums**, etc.)

vinegars

zucchini

Store in Refrigerator, in a jar of water (like flowers): **fresh herbs**, **asparagus**

Store in Freezer: bread, buns & tortillas, flours, frozen fruits and vegetables, ground seeds