

clean

green

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## 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	oats
coffee beans	oils (keep in the dark)
dried beans	quinoa
dried fruits	rice & other dry grains
dried coconut	seeds (flax, sunflower)
dried pasta	starches (corn, potato, arrowroot, etc.)
nutritional yeast	yeast
nuts	

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	peas
beets	prepared condiments (ketchup, mustard, mayo, horseradish, soy sauce, etc.)
berries	radishes
broccoli	sprouts
brussels sprouts	stone fruits ( <b>apricots, peaches, plums, etc.</b> )
<b>cantaloupe</b>	vinegars
carrots	zucchini
cauliflower	
celery	
cherries	
corn	
cucumber	
<b>figs</b>	
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)	

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

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