













# FRESH VEGGIE STORAGE GUIDE



SUSTOMI.

VEGGIE	COOK	DRY	FREEZE	SAUCE DIP PASTE	PICKLE FERMENT PRESERVE	GROW	STORAGE
 <b>Potato</b> <b>Sweet Potato</b> <b>Turnip</b> <b>Parsnip</b> <b>Carrot</b>	Roast in bulk and store in fridge	All dried as 'chips'		All made into dips	Pickled	Yes	Avoid fridge storage LT in cool, dry, dark place, in basket or bag for up to 12 wks. Keep away from onions & fruit. Parsnip & Carrot: ST remove leafy tops, fridge up to 2 weeks in BEESWAX WRAP
 <b>Asparagus</b> <b>Zucchini</b> <b>Cucumber</b>		Cucumber/zucchini dried as 'chips'	Blanch for 2 mins then freeze		Great for pickling		ST fridge up to 7 days, BEESWAX WRAP to cover end  LT Freeze
 <b>Pumpkin</b>	Roast/steam and store in fridge	Dry seeds	Blanch 3 mins then freeze	Roasted pumpkin dip	Pickled	From (some) seeds	ST part wedges store in BEESWAX WRAP  LT whole only, as with Potatoes, harden skin with sun exposure for 4-5 days prior to storing
 <b>Beans</b> <b>Peas</b> <b>Pulses</b>		Some varieties better than others to dry	Blanch for 2 mins then freeze	Dip			ST fridge up to 5 days  LT in freezer
 <b>Lettuce</b> <b>Celery</b>					Lettuce can be pickled, some varieties better than others. Celery pickled	Yes	ST BEESWAX WRAP in fridge up to 2 weeks, rinse & refresh daily
 <b>Eggplant</b> <b>Tomato</b> <b>Chili</b> <b>Capsicum</b>		Yes	Tomato: dip in boiling water to remove skins, remove core and freeze  Freeze chillis	Eggplant dip. Everything else sauce/salsa/dip	Pickled, fermented, canned	Chilli from seeds	ST counter 4 days, leave chopped side in full contact with plate or BEESWAX WRAP  LT Chillies can be frozen
 <b>Corn</b>		Yes, either as kernels or on the cob	Blanch for 6 mins then freeze	Creamed corn dip, corn salsa	Relish, pickled		ST fridge up to 3 days  LT best to freeze
 <b>Leafy Greens:</b> <b>Kale</b> <b>Spinach</b> <b>Chard</b> <b>Leek</b>		Makes great dried 'chips'	Blanch for 1 minute, freeze in vacuum sealed Silicone Pouch	Dips	Pickled kale/spinach, silverbeet stems		ST WN rolled with BEESWAX WRAP
 <b>Herbs</b>		Easily in bunches hung upside down	Herb ice cubes	Pesto Sauce		Scraps with roots	ST rolled up in BEESWAX WRAP  LT in freezer
 <b>Mushrooms</b>		Yes	After cooking	Dip Sauce Gravy	Marinated/pickled mushroom Fermenting	Possible, but quite difficult to do	ST paper bag
 <b>Onions</b> <b>Garlic</b> <b>Ginger</b>		Yes, and powdered	Herb: ice cubes, chopped Onions: peeled Garlic: peeled Ginger: diced	Dip (mixed with other things)	Pickled	Yes	ST counter up to 7 days LT away from potatoes--somewhere low, cool, dry, dark in a natural fibre basket or bag with lid preventing light exposure, up to 8 weeks
 <b>Cauliflower</b> <b>Cabbage</b> <b>Broccoli</b>			Cabbage: Blanch for 90 secs.  Broccoli & cauliflower: Blanch for 3 mins	Broccoli Cauliflower	Cabbage to make sauerkraut.  pickled cauliflower.		ST wrapped in BEESWAX WRAP in fridge up to one week



**Storage**  
Store veg in a low tray/cardboard box or container. Bring the 'drawer' onto the bench when cooking to catch hidden pieces. High shelves & hanging baskets are subject to temperature fluctuations that will affect veg. Storing potatoes in the fridge will turn some starch into sugar, making it taste sweeter. Do not deep fry potatoes from fridge



**Freezing**  
Ensure you label and date anything you put in the freezer



**Washing**  
Just prior to eating, washing in advance can remove natural preservatives.

ST = SHORT TERM (less than 1 week)  
LT = Long Term (more than 1 week)

\*Use the Short Term Storage Times as a guide for how long to plan ahead when you shop.