

Storing Vegetables

Kitchen

What belongs in the fridge, what does not, and what ruins its neighbours.

Storage that roughly doubles the useful life of most produce.

Item	Where	Note
Potatoes	Cool, dark, ventilated	Never with onions; never in the fridge
Onions & garlic	Cool, dark, dry	Away from potatoes
Tomatoes	Room temperature	Fridge destroys the flavour
Leafy greens	Fridge, damp cloth	Wash just before use
Carrots	Fridge, in water	Stays crisp for weeks
Mushrooms	Fridge, paper bag	Plastic makes them slimy
Herbs (soft)	Fridge, stems in water	Like cut flowers
Avocado	Counter, then fridge	Fridge once ripe

Ethylene from apples, bananas and tomatoes ripens everything near them. Store those separately from anything you want to keep.