

A decorative banner at the top of the page features a bright blue sky with white clouds, a green field with rolling hills, and a red barn with a white roof and a white door. The title "Summer Storage Tips" is written in a green, sans-serif font across the center of the banner.

# Summer Storage Tips

Knowing how to store the fresh vegetables from your CSA ensures that you get the most out of the delicious vegetables from week to week. This guide will give you tips on proper storage for items that tend to show up in CSA boxes during the Spring.  
Enjoy!

**Cabbage:** Cabbage stores very well in the refrigerator crisper for about two weeks if it has not been cut. After cutting, wrap it in plastic and store in the crisper.

**Peppers:** Place peppers in a produce bag or in a grocery bag and store in your refrigerator for up to 2 weeks.

**Tomato:** Store ripe tomatoes at room temperature out of direct sunlight and eat within 3-4 days. They will store in the refrigerator for up to 8 days.

**Eggplant:** Store eggplant away from melons and bananas out of direct sunlight. Eat within 3-4 days.

**New Potatoes:** Store at room temperature out of sunlight for about a week.

**Garlic:** Keep the head of garlic together and store in a cool, dry, dark place. It will last for a month. If it sprouts new growth, it is still edible!

**Summer Squash:** Store in a plastic bag in the refrigerator crisper for about a week

**Herbs:** Soft herbs like basil, parsley, cilantro should be stored like flowers. Cut end of the stem and place in fresh water. Change the water every few days.

**Center for Biomedical Ethics and Society  
Rooted Community Health**