

HOW TO STORE Fruits + Vegetables TO MAKE THEM LAST LONGER

Asparagus, Celery, Carrots
Slice off the bottoms + stand them in a mason jar with a little bit of water to keep them hydrated

**Fresh Juice +
Homemade Nut Milks**
Store freshly squeezed juice + nut milks in a clear glass pitcher. A glass container lets you monitor color + texture changes that indicate spoilage.

Leafy Greens + Herbs
Store them with a damp paper towel in a recyclable plastic bag or glass container to help them maintain their deep green color.

Berries
To stop mold from growing, rinse berries in a water bath with a splash of vinegar. Then pat them dry + store in an airtight container.

Prepped + Chopped Veggies
Store chopped veggies in an airtight container to help them hold their moisture and crispness.

Apples + Citrus
Store them in your refrigerator drawer where it is dry and cool.

Nightshades
Nightshades like eggplant and bell peppers keep best in the refrigerator crisper to maintain their texture.