












A woman with long brown hair, wearing a wide-brimmed straw hat and a white long-sleeved shirt with a colorful floral pattern, is smiling and looking down at her hands in a lush garden. She is holding a bunch of green beans in her left hand and a small red object in her right. The background is filled with green foliage and white flowers.

storage tips

*A few ways to keep your
seasonal produce fresh.*

SUMMER

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	Where	Storage Tips	Shelf Life	Freezer Safe?
 Beans	Refrigerate (Crisper Drawer)	Don't wash until use. Store flat in airtight bag lined with a dry paper towel	Fresh: 4-6 days Frozen: 8 months	Blanch first
 Corn	Refrigerate (Crisper Drawer)	Don't wash until use. Keep husks on & seal in airtight bag	Fresh: 4-5 days Frozen: 8 months	Blanch first
 Summer Greens	Refrigerate (Crisper Drawer)	Submerge in cold water, spin dry, store in airtight bag with a dry paper towel	Fresh: 4-6 days Frozen: 6 months	
 Herbs: Hardy	Rosemary Oregano Thyme Sage Refrigerate	Arrange in a single layer, wrap with a damp paper towel & seal in airtight bag	Fresh: 4-6 days Frozen: 6 months	Freeze in single layer & transfer to airtight freezer bag
 Herbs: Tender	Cilantro Parsley Basil Mint Dill Refrigerate <small>*Keep basil at room temp, uncovered</small>	Trim the base of each stem, place in jar with 1" water, cover with plastic bag	Fresh: 2-4 days Frozen: 6 months	Chop & freeze in ice cube trays with water or olive oil
 Muscadines	Refrigerate (Crisper Drawer)	Handle gently. Store in a paper bag, spaced out in a single layer	Fresh: 2-3 days Frozen: 6 months	Freeze in single layer & transfer to airtight freezer bag
 Okra	Refrigerate (Crisper Drawer)	Don't wash until use. Store flat in a perforated bag with a dry paper towel	Fresh: 3-6 days Frozen: 6 months	Blanch first
 Squash	Refrigerate (Crisper Drawer)	Wash, pat dry & store inside an airtight bag	Fresh: 1 week Frozen: 6-8 months	Blanch first
 Peppers	Refrigerate (Crisper Drawer)	Don't wash until use. Store flat inside a perforated, plastic bag	Fresh: 1 week Frozen: 6 months	Slice, remove seeds, freeze in single layer inside airtight freezer bag
 Tomatoes	Counter-top	Gently place stem-side down in a room-temperature area	Fresh: 3-6 days Frozen: 6-8 months	Blanch first or make into sauce