

# Food Preservation Tips



## Keeping Fruits & Vegetables Fresh

- Store fruits like melons and apples in the fridge. They soften up to 10 times faster at room temperature.
- Store grapes, blueberries, cherries or strawberries in bags or containers with tiny vents to help release excess moisture. And avoid pre-washing—wash gently just before eating for the longest shelf life.
- Remove any green tops from root vegetables like carrots, radishes, and turnips, which can pull moisture from the vegetable.
- Leafy greens, lettuce, and herbs can be placed in ice water and quite literally, revived. Fill a bowl with ice water and soak the veggies for about 10 minutes. Storing them in the fridge with a damp paper towel wrapped around the base of the vegetable also works wonders.
- Keep heartier vegetables like tomatoes, potatoes, onions, garlic in a cool, dry place away from direct sun and heat. Avoid placing them next to the stove, on top of the fridge, or by a window.

You can find current and complete home food preservation information from the experts at WSU Extension!



**Questions?** Contact WSU Extension for more information:

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Explore food preservation resources by scanning the QR code or visiting the Consumer Food Safety website: [extension.wsu.edu/foodsafety/food-processing](http://extension.wsu.edu/foodsafety/food-processing)

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