

Produce Storage Tips

When you buy Kentucky Proud, you're not only getting fresh, healthy, flavorful fruits and vegetables grown locally, you're also helping your community and farm families throughout the Commonwealth by keeping your dollars close to home.

Properly storing your food reduces waste from spoilage, decreases the risk of foodborne illness, and ensures your farm-fresh food tastes great!

Place in a Cool, Dark Spot:

Basil, Berries, Cantaloupe, Corn, Eggplants, Garlic, Onions, Peaches, Pears, Potatoes, Plums, Squash, Sweet Potatoes, Tomatoes, Watermelon

Best Practice:

Use berries on the countertop within 1–2 days.
If longer, store in the fridge.

Refrigerate in Crisper Drawer or Container:

Apples, Asparagus, Beans, Beets, Bok Choy, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Cilantro, Cucumbers, Greens, Kohlrabi, Mushrooms, Okra, Parsley, Peas, Peppers, Radishes, Turnips

Trim the leafy tops off and then refrigerate:

Don't throw away your leafy tops; use them in pesto, soups, and even salads.

Chef Tips:

01 Only wash your produce when you're ready to eat it! Washing early will cause the produce to spoil faster, especially berries and stone fruit.

02 Be sure to remove any rubber bands from your herbs and leafy greens. These break down the cells and can cause your produce to go bad faster!

03 Blanch and freeze vegetables you can't eat right away to preserve nutrients and enjoy the taste of summer all year long. To blanch, boil the whole or cut pieces of the vegetable for 12 minutes and then immediately place in ice cold water to stop the cooking process. This will keep your vegetables from getting freezer burn. Frozen vegetables will keep for up to a year. Freezing is not recommended for artichokes, Belgian endive, eggplant, lettuce greens, potatoes (other than mashed), radishes, sprouts, or sweet potatoes.



Seasonal Produce Guide

In Kentucky, there's something wonderful about every season – and that's especially true for our huge variety of locally grown fruits and vegetables. Take a look below to find fresh choices for spring, summer, fall, and winter.

Mar–May

SPRING

- Asparagus (Apr–Jun)
- Greens (Apr–Nov)
- Kohlrabi (May–Jun)
- Lettuce (May–Jun)
- Maple Syrup (Feb–Mar)
- Green Onions (May–Jun)
- White Onions (Jan–Mar)
- Peas (May–Jun)
- Potatoes (Jul–Oct)
- Radishes (Apr–Jun)
- Strawberries (May–Jun)
- Sweet Potatoes (Oct–Mar)
- Turnips (May–Jun)
- Winter Squash (Jan–Mar)

Jun–Aug

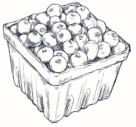
SUMMER

- Apples (Jul–Dec)
- Beans (Jun–Sep)
- Beets (Jun–Nov)
- Blackberries (Jun–Oct)
- Blueberries (Jun–Jul)
- Broccoli (Jun–Jul)
- Brussels Sprouts (Jul–Nov)
- Cabbage (Jun–Jul)
- Cantaloupe (Jul–Sep)
- Carrots (Jul–Aug)
- Cauliflower (Jun–Jul)
- Sweet Corn (Jul–Sep)
- Cucumbers (Jun–Sep)
- Eggplant (Jun–Sep)
- Garlic (Jun–Aug)
- Grapes (Aug–Sep)
- Greens (Apr–Nov)
- Kohlrabi (May–Jun)
- Okra (Jun–Sep)
- White Onions (Jan–Mar)
- Peaches (Jun–Aug)
- Peppers (Jul–Sep)
- Plums (Jul–Sep)
- Potatoes (Jul–Oct)
- Raspberries (Jun–Sep)
- Rhubarb (Jun–Sep)
- Summer Squash (Jun–Oct)
- Tomatoes (Jul–Oct)
- Watermelons (Jul–Oct)
- Zucchini (Jun–Oct)

Sep–Nov

FALL

- Apples (Jul–Dec)
- Beans (Jun–Sep)
- Beets (Jun–Nov)
- Blackberries (Jun–Oct)
- Blueberries (Oct–Nov)
- Bok Choy (Aug–Nov)
- Brussels Sprouts (Jul–Nov)
- Cabbage (Oct–Nov)
- Carrots (Oct–Nov)
- Cauliflower (Oct–Nov)
- Greens (Apr–Nov)
- Kohlrabi (Sep–Oct)
- Lettuce (Sep–Oct)
- Nut Crops (Sep–Nov)
- Okra (Jun–Sep)
- Green Onions (Oct–Nov)
- White Onions (Jul–Sep)
- Pawpaws (Aug–Oct)
- Pears (Aug–Nov)
- Peppers (Jul–Sep)
- Plums (Jul–Sep)
- Potatoes (Jan–Mar)
- Pumpkins (Sep–Nov)
- Radishes (Sep–Nov)
- Raspberries (Jun–Sep)
- Rhubarb (Jun–Sep)
- Sorghum (Sep–Nov)
- Summer Squash (Jun–Oct)
- Sweet Potatoes (Oct–Mar)
- Tomatoes (Jul–Oct)
- Watermelons (Jul–Oct)
- Winter Squash (Aug–Nov)
- Zucchini (Jun–Oct)



Dec–Feb

WINTER

- Apples (Jul–Dec)
- Maple Syrup (Feb–Mar)
- White Onions (Jan–Mar)
- Potatoes (Jan–Mar)
- Sweet Potatoes (Oct–Mar)
- Winter Squash (Jan–Mar)

Greens refer to any number of different plants, including the traditional spinach, mustard, collard, turnip, etc., as well as newer Asian varieties and Swiss chard.

Through the use of season extension methods, many of the availability dates are commonly extended in either direction for many of these crops.



