



Fresh for Longer: The Definitive Guide to Storing Chopped Vegetables

In today's lifestyle, the thing people lack the most is time. They have commitments around the clock which require advance planning and proper time allocation to ensure that all the things get done. Thus, we cannot think of doing different house chores including vegetable prep daily. Meal prep is recommended on weekends or holidays to speed up the daily cooking process and maintain healthy diet. Another alternative to this is ordering [washed and cut vegetables online](#). This not only helps to save time but also reduces waste and helps you save money as you will be able to order the accurate quantities. But, fruits and vegetables tend to degrade after the prep, so we are here to guide you about the ways in which you can increase the shelf life of your cut vegetables.

Tips and Tricks to Store Chopped Vegetables

Leafy Greens

Either try not to wash the leafy greens until you are ready to use them. In case you prefer rinsing them, line sheet pans with clean towels or paper towels and allow greens to dry in a single layer. Store washed and dried greens in paper-towel-lined zip-top bags or containers. If you purchase pre-washed greens, line the bag or clamshell container with a couple of paper towels. If they're in a bag, you can simply fold up a paper towel, put it in the bag, and seal the bag with a clip. Use within a week. Also, keep them away from fruits such as apples, bananas, and avocados, as they emit gases

when they ripen that can hasten the degradation of the lettuce. You can also choose to freeze the hardier greens (such as kale, spinach, collard and more) after blanching them.

Bell Peppers and Fresh Chilies

These can be simply stored in a plastic bag for about two weeks. If you want to store them for longer, these need to be frozen. Wash them, remove the seeds and membranes, slice them into whatever size you prefer, then freeze them flat on a baking sheet. Once they're frozen, put them in a freezer bag and stash them in the freezer for up to six months. Yet another way to preserve them is macerating them in citrus juice or vinegar to make pickled chilies.

Root Vegetables

These include carrots, parsnips, turnips, beets, radishes, sweet potatoes, yam and potatoes. They do not even require fridge and can be stored in any cool, dry spot in the house. Potatoes and sweet potatoes can be stored in a paper bag for up to three months without them spoiling. Large potatoes tend to last longer than baby ones. Other root vegetables can be stored for about a week. Cut parsnip tends to turn brown on cutting which can be reduced by storing them in water. Refrigerate chopped carrots or parsnips to be cooked later in a sealed glass or plastic container. Store cut carrots to be eaten raw in either a covered dish of water or in a container lined with a damp paper towel to help them stay crisp. Store raw beets similarly, but treat the beet greens like lettuce/greens if you plan to cook and eat them.

Now, that you know how to keep fruits and vegetables fresh for longer [order fresh fruits and vegetables online](#) without any worries and free yourself up from the meal prepping and planning hustle all at once.

Order Chopped Fruits and Vegetables Online Now



If you are also looking forward to ordering chopped fresh fruits and vegetables online visit GreenChopper now. They are one of the best platform that offer [fresh vegetable delivery in Bangalore](https://www.greenchopper.com/). They retail a variety of fruits and vegetable in different shapes and sizes that go well with all recipe requirements. This produce is also ozone-washed and hygienically packed which not only ensures that they are healthy but ozone is proved to be helpful in increasing their shelf-life. So, do not wait and order fruits and vegetables from GreenChopper now.