

Popular Produce at Alaskan Farmer's Markets

PRODUCE AVAILABILITY	STORAGE		STORAGE LENGTH	MISCELLANEOUS
	Rm Temp	Refrig		
Asparagus June		X	4 days	Store in coldest part of refrigerator. Wrap stem ends in wet paper towel, in plastic bag, or stand up stems in water. Use quickly, it doesn't benefit from storage.
Berries mid June – Aug		X	A day or 2	Strawberries/raspberries don't ripen after picked, enjoy right away. Don't get wet; wash just before serving.
Blueberries July – Sept		X	2 –4 days	Refrigerate unwashed in covered container. Wash just before serving.
Broccoli mid June - Sept		X	No more than 3 days	Store unwashed in plastic bag in crisper. Wash just before serving.
Cabbage July – Sept		X	a week	Refrigerate unwashed in plastic bag in crisper. Unwashed/uncut keeps up to a week. Wash just before serving.
Carrots mid July – Sept		X	2 weeks	Remove green tops, store unwashed in plastic bag. Wash just before serving.
Cauliflower Early July – Sept		X	a week	Refrigerate unwashed in plastic bag in crisper. Use as soon as possible, if old gives strong taste and smell. Wash just before serving.
Celery Late July – Sept		X	2 weeks	Sprinkle with water (retards wilting). Refrigerate in plastic container. Wash just before serving.
Cucumbers May – Sept		X	a week	Refrigerate cut or whole, in plastic bag. Unpeeled, will last a week. Wash just before serving.
Green Onions July – Sept		X	5 days	Refrigerate, unwashed. Use soon as fairly perishable. Wash just before serving.
Head Lettuce June – Sept		X	Several days – a week or so	Core, rinse, and drain before storing in the crisper in a tightly closed container. Precut last several days, whole will last a week.
Leafy Greens June – Sept		X	3 –5 days	Refrigerate in plastic bag immediately. Needs some moisture but not kept wet.
Onions July – Sept	X	X	For weeks	Store in cool, dry, dark place, needs air circulation (loosely woven bag, basket, or crate). If cut refrigerate in covered container.
Peppers June - Sept		X	Up to 7 days	Should store in plastic bags in refrigerator. Wash just before serving.
Potatoes July – Sept	X		Up to 2 months	Store in cool, dry, dark place. Avoid refrigeration, as alters taste. Keep away from light; as creates a bitter taste.
Radishes June – Sept		X	Up to 2 weeks	Sprinkle with water, refrigerate to keep crisp. Wash just before serving.
Rhubarb June – Sept		X	Up to 2 weeks	Remove green tops, refrigerate stalks unwashed. Wash just before serving.
Summer Squash July – Sept		X	Up to 2 weeks	Refrigerate unwashed in plastic bag pierced with holes or in crisper. Wash just before serving.
Sweet Corn August		X	As soon as possible	Is highly perishable. Keep refrigerated. Wash just before serving.
Tomatoes May – Sept	X	X	Varies	Never refrigerate whole. Refrigerate if cut, though hurts flavor. Store room temperature until ripe, eat immediately.