

# potatoes



## FRESHNESS TIMELINE

2 WEEKS room temperature  
6 MONTHS cool, dark basement or garage

## HOW TO STORE

dry, dark, well ventilated space  
only in fridge or freezer if cooked

## IN SEASON

late summer to early winter

KARPOPHOREÓ | TO BEAR FRUIT

# carrots



## FRESHNESS TIMELINE

1 MONTH fridge

## HOW TO STORE

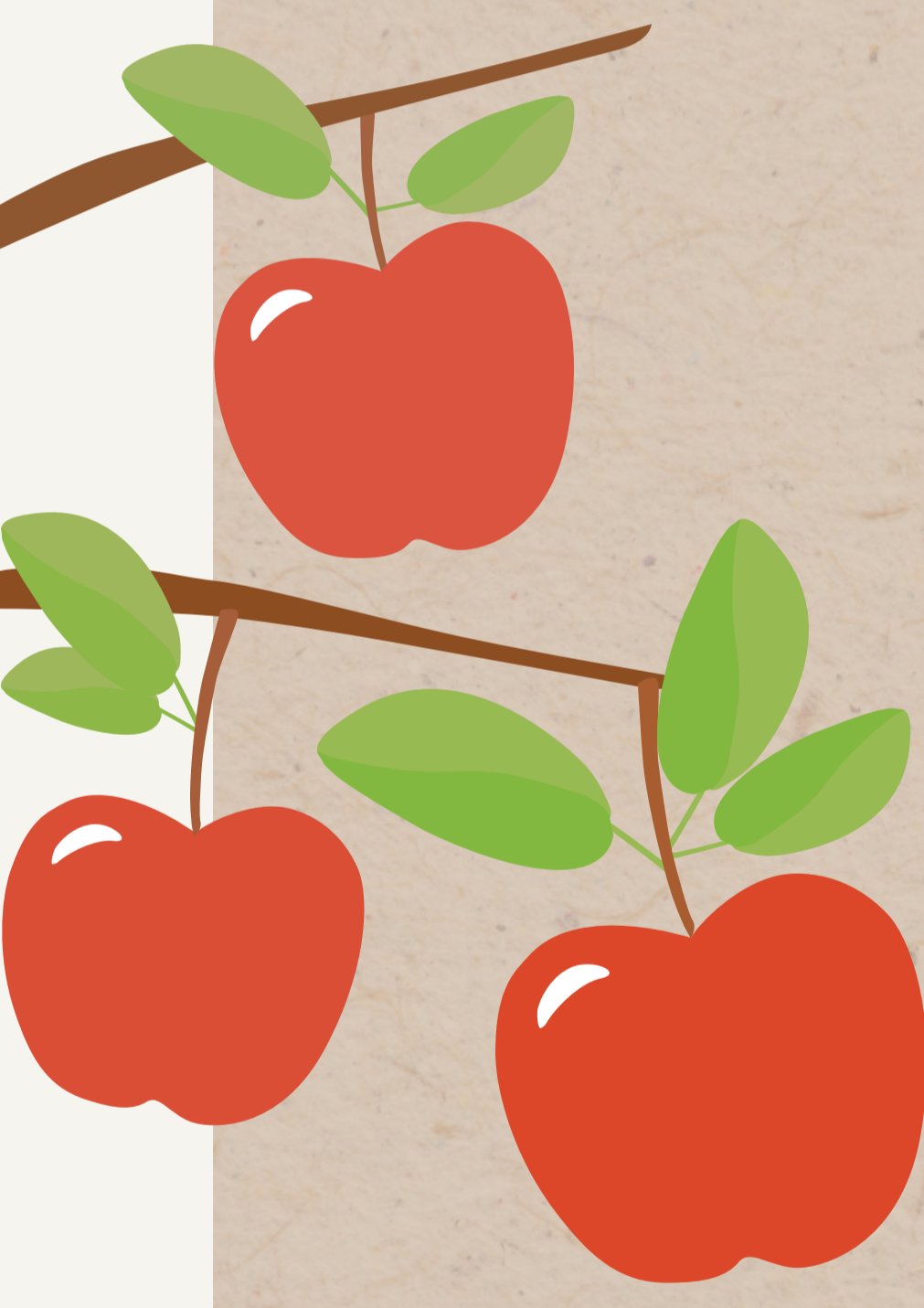
remove green tops  
plastic, air tight container  
filled with water; change every  
4-5 days

## IN SEASON

late spring through fall

KARPOPHOREÓ | TO BEAR FRUIT

# apples



## FRESHNESS TIMELINE

1 WEEK	counter
1 MONTH	crisper drawer
MONTH +	cool, dark basement or garage

## HOW TO STORE

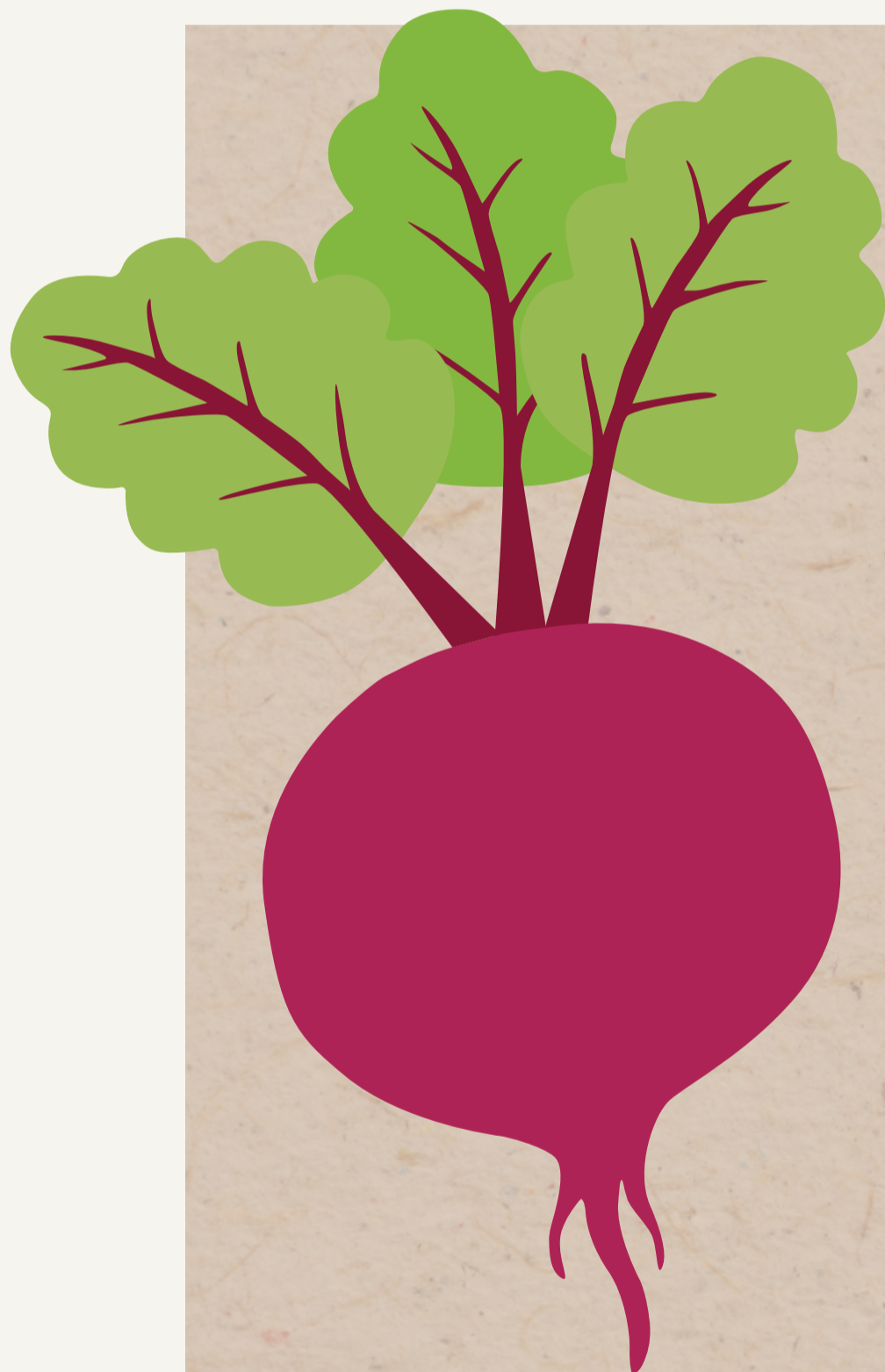
grate or bin  
not next to any other produce  
remove all other rotting apples

## IN SEASON

late summer through fall

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# beets



## FRESHNESS TIMELINE

1 MONTH    fridge  
MONTH +    freezer (cooked  
              beets only)

## HOW TO STORE

remove green tops  
store in plastic storage bag  
with all air squeezed out

## IN SEASON

summer through fall

KARPOPHOREÓ | TO BEAR FRUIT