

Perishables Storage Guide

Item	Storage Instructions
Parmesan cheese (<i>Pecorino Romano is less expensive than Parmigiano-Reggiano</i>)	This kind of cheese will stay good for a long time in the fridge, but if you want you can go ahead and grate it and store in a plastic bag in the freezer until needed.
Cheddar/ pepper jack cheese	Leave the cheese in block form, and just shred or slice a little as needed. I open one end of the wrapper and only uncover the part of the cheese I'm using. Store the block in a plastic bag, pressing as much air out as possible. Mine lasts the entire month in the fridge without a problem stored like this. If you really want though you can shred half of it and freeze for later, keeping the other half in the fridge.
Sour cream	Choose the sour cream in the grocery store with the farthest out expiration date. I can usually find one that won't expire for several weeks. You can freeze sour cream, but the texture changes a bit. I just enjoy it fresh while it lasts, and then do without it the last week or so of the month.
Butter	Butter keeps for a long time stored in the fridge in the original wrapper. You can freeze butter if you're concerned about it, but I have had butter last in the fridge for several months just fine so I never bother freezing it.
Half and half/ or heavy cream	You can freeze this if you need to, just be aware that the liquid and fat usually separate out. You will need to shake or whisk it thoroughly after thawing overnight in the fridge to reincorporate everything. I rarely need to freeze it, I am usually able to find ones with expiration dates far enough out to last the whole month
Milk	Milk freezes really well, which is lucky because this is the only dairy item I usually freeze (since it is not pasteurized to last as long as heavy cream or sour cream). Keep in mind all the water content will expand when you freeze it so you will need to open the carton and drink a glass to allow room in the container for expansion before putting the rest in the freezer. It takes a day or two to fully thaw, so move it from the freezer to the fridge while you've still got a little left in your previous carton.

Bread of any kind, including sandwich bread, sourdough loaves, rolls, etc.	Bread is a perishable item that freezes really well. You can pretty much put any sort of bread product in the freezer in an airtight bag and it will do just fine. As I finish one loaf I simply take another one out of the freezer. With loaves of sourdough bread, I cut the loaf in half (about the right serving size for my husband and myself), wrap the halves in plastic wrap, and freeze. When we have soup for dinner I just take out a hunk of bread, warm it in the oven, toaster, or microwave, and enjoy! You can take it out in the morning to thaw if you remember, otherwise just heat longer!
<u>FRESH PRODUCE</u>	
Lemons/limes	These should do fine for a long time stored in your crisper drawer.
Avocado	I usually purchase two at a time, one that is ripe and ready to eat, and one that is rock hard and will ripen in a few days. Store at room temperature until ripe, then move to the fridge to slow any further ripening.
Onions	Store in a cool dry place.
Carrots	Purchase your carrots whole and unpeeled, and store in a sealed bag in the crisper drawer. If you buy baby carrots the moisture content in the bag will cause them to spoil sooner, meaning they won't last you the whole month.
Potatoes	Store in a cool dry place, away from the onions. The recommended storage temp for potatoes is about 50 degrees. In the summer when the temperature in my kitchen gets close to 80 degrees I store my potatoes in the fridge (which keeps the potatoes in the lower 40's, a lot closer to the ideal temperature). The rest of the year when it's not so hot I store them in the pantry.
Salad fixings - Lettuce - <i>Optional- whatever salad toppings you want</i>	-If you prefer to buy whole heads of lettuce, I recommend buying a salad spinner to keep it crisp and long lasting. Wash, soak in cold water for 10 minutes, spin and drain the leaves, then store the lettuce in the salad spinner inside the fridge. -If you prefer to buy prewashed lettuce mixes, go for the kind in the rectangular plastic tubs instead of the plastic bags. They keep much better and generally last for 1 to 2 weeks if kept tightly closed between uses.