

Vegetables that stay fresh for weeks

There are actually some vegetables that stay fresh for quite a while. Here are five that can be stored for months at a time.

Have you ever opened your refrigerator hoping to use some fresh produce you recently purchased, only to find it rotten? Fruits and vegetables are some of the hardest foods to keep fresh, but many of us are too busy to consume these products before they expire.



However, **there are actually some vegetables that stay fresh for quite a while. Here are five vegetables that can be stored for a month to enjoy.**

Potato

Not only are potatoes a great source of resistant starch (which means they get even better when cooked and cooled), they also stay fresh for quite a while. Just keep them in a cool, dry place, no refrigeration required.



Beetroot

Like potatoes, beets are a low-maintenance vegetable that can be stored for a long time without refrigeration. With a long list of nutrients that support heart, digestive, and muscle health, this anti-inflammatory vegetable will last you a month.

Types of squash

Squash and squash fruits and vegetables tend to stay fresh for quite a while. You can use them in stews, soups, smoothies, sauces, or even freeze them for later use. This is a great way to avoid food waste and save some extra money if you buy too much.



Garlic

Whole garlic can enhance the flavor of any dish and last a long time. Peeled garlic, on the other hand, is best stored in an airtight bag in the refrigerator. When shopping, keep in mind that whole garlic will last longer and is easier to store than peeled garlic.

Carrot

Even though carrots need to be refrigerated, they'll last long enough to be worth your while. Storing carrots properly can keep them fresh for up to a month—plus, they're the perfect snack for those days when you're stuck deciding what to make for dinner.

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