

How to Store Yams

Looking to roast, bake or candy? Give a yam about yum? Let's talk about the best way to store yams to ensure your favorite dishes carry the freshest amount of flavor!



First things first, do *not* keep whole yams in the refrigerator. Rather opt for a dry, dark and cool location. Seems easy enough, done!



If you are looking to fry or cook your yams soon, follow this quick step to prep and store them! Start by peeling and cutting yams, then place into a large bowl and fully submerge in water. Then, cover the bowl with a protective food wrap such as Glad® [Press'n Seal® wrap](#). It's leak-proof and airtight technology will be sure to keep those yams tasting fresh!

But how long can yams last? Yams actually have a pretty flexible timeline. They can be used up to a month if stored in a cool, dark, dry space. Any other way, be sure to use within 1 week. Cooked, they will last in the refrigerator 3-4 days.

How Do You Freeze Yams?

Eager to enjoy your favorite root vegetable for as long as possible? Ever wondered, can you freeze yams? No need to wonder any longer because we have the answer right here! Let's talk about freezing yams!

1. *Heat things up:* Cook yams as desired, then mash or slice them to prepare for freezing.
2. *Seal the deal:* Place in a freezer safe bag such as [Flex'n Seal™ Freezer Gallon Bags](#), leaving 1/2-inch headroom.
3. *Chill out:* Seal, removing excess air then place in deepest part of the freezer.



Follow these 3 steps and you'll know just how to store yams at home. Unsure how long can yams be stored? When properly stored in the freezer, yams keep for 10–12 months.

Can't get enough starchy veggies in your life? Check out these protection pointers to find out [How Long Do Sweet Potatoes Last?](#)

For food safety, always clean your hands and surfaces before and after handling food. Remember to keep the refrigerator temperature at or below 40° F (4° C). The freezer temperature should be 0° F (-18° C).