

How To Properly Store Fruits

PRODUCE	ROOM TEMPERATURE	FRIDGE STORAGE	HALVED/SLICED	MORE TIPS
Apple	No	Yes; keep it away from other produce	Soak slices in cold ½ teaspoon salt water; after 5 minutes, dry and store the slices in the fridge in an airtight plastic bag.	For longer storage in a cardboard box in the fridge
Apricots	Until ripe	Once ripe; keep it away from other produce		
Avocado	Until ripe; place in a paper bag	Once ripe; keep it away from other produce	Squirt with lemon or lime juice prevents browning at least a day	To speed up their ripening- place an apple in the bag with them
Bananas	Keep it away from other produce	No	Too ripe - peel them and store in the freezer	Wrap stems with plastic wrap separately
Blueberries	No	Yes; keep in an airtight container		Wash with a ratio of 1:3 Vinegar and Water; rinse with water and dry thoroughly.
Carambola (Star Fruit)	Until ripe	Once ripe; keep it away from other produce		
Cherries	No	Yes; in a paper bag		Store in an airtight container. Don't wash cherries until ready to eat
Citrus	Yes; not in an air-tight container	No		
Coconut	Yes	No		
Cranberries	No	Yes		Wash with a ratio of 1:3 Vinegar and Water; rinse with water and dry thoroughly
Dates	Dry Dates; in a bowl or paper bag	Moist Dates; in a cloth or paper bag		Moist Dates - do not let moisture touch the skin of the dates
Figs	No	Yes; in a plate or paper bag		Prevent exposure to humidity
Grapes	No	Yes; in a paper bag		Don't wash grapes before storing, only wash until ready to eat
Grapefruit	Yes	Yes; in an open or perforated plastic bag		
Honeydew	No	Keep it away from other produce		
Kiwi	No	Until ripe	Once ripe	
Lemon and Limes	Yes; in an aerated bowl to prevent molds	Yes; in a bowl		Avoid cutting in half; puncture a whole lemon with a fork or skewer instead of cutting it in half

How To Properly Store Fruits

PRODUCE	ROOM TEMPERATURE	FRIDGE STORAGE	HALVED/SLICED	MORE TIPS
Lychee	No	Yes		
Mango	Until ripe; keep this away from other produce	Once ripe	Place sliced pieces on a cookie sheet until frozen then you can transfer to plastic bag	
Melons	Yes	No	Sliced into pieces and put in an open container in the fridge	
Nectarine	Until ripe; keep this away from other produce	Once ripe; keep this away from other produce		Best taken out a day or two before you plan on eating them so they soften to room temperature
Orange	Yes; in an open or perforated plastic bag and baskets	Yes; in an open or perforated plastic bag and baskets		Away from apples
Papaya	Until ripe; keep this away from other produce	Once ripe; keep this away from other produce		Only store in the fridge when fully ripe, cool temperature shuts down the ripening process
Passion Fruit	No	Yes; keep this away from other produce		
Peaches	Until ripe; keep this away from other produce	Once ripe; keep this away from other produce		
Pears	Until ripe; keep this away from other produce	Once ripe; keep this away from other produce		
Persimmon	Until ripe; keep this away from other produce	Once ripe; keep this away from other produce		
Pineapple	Until ripe	Once ripe	Store in a tightly covered container	
Plums	Until ripe; keep this away from other produce	Once ripe; keep this away from other produce; store in a paper bag		
Pomegranate	Yes	Yes		
Raspberries	No	Yes		
Strawberries	No	Yes		Allow room temperature before eating
Mandarin	Yes; store loosely in open or perforated plastic bag	Yes; store loosely in open or perforated plastic bag		
Watermelon	Until ripe; keep this away from other produce	Once ripe; keep this away from other produce	Cover well and store away from other produce	

How To Properly Store Vegetables

PRODUCE	ROOM TEMPERATURE	FRIDGE STORAGE	MORE TIPS
Artichokes	No	Yes; place in an airtight container sealed, with light moisture.	
Asparagus	No	Yes; place upright with the cut edges submerged in a bowl or cup of water. Or wrap base of stalks in damp paper towel then place in plastic bag	
Basil	Yes; in airtight container	No	
Beans	No	Yes; keep it away from other produce	
Silver Beet	No	Yes; store unwashed in a plastic bag	
Beets	No	Yes	Remove tops before storing
Broccoli	No	Yes; in an open or perforated plastic bag and away from other produce	
Brussels Sprouts	No	Yes; in an open or perforated plastic bag and away from other produce	
Cabbage	No	Yes; in an open or perforated plastic bag and away from other produce	
Carrots	No	Yes; store with water	Remove tops before storing
Cauliflower	No	Yes; keep it away from other produce	
Celery	No	Yes	
Corn	No	Yes; in an open container	Best eaten sooner than later for maximum flavor
Cucumbers	Yes; keep it away from other produce	Yes; wrapped in a moist towel and away from other produce	
Eggplant	No	Yes; keep it away from other produce	
Broad Beans	No	Yes; store unwashed in a plastic bag	
Fennel	Yes; place upright with the cut edges submerged in a bowl or cup of water.	Yes; place upright with the cut edges submerged in a bowl or cup of water.	
Garlic	Yes	No	

How To Properly Store Vegetables

PRODUCE	ROOM TEMPERATURE	FRIDGE STORAGE	MORE TIPS
Ginger	No	Yes	
Herbs	No, except Basil	Yes; place upright with the stems submerged in a bowl or cup of water and place a plastic bag over the plant to stay moist	Chop herbs finely, place in ice cube trays, cover with water or olive oil and freeze
Kale	No	Yes; place in a paper bag	
Kohlrabi	No	Yes; place in a paper bag	
Leeks	No	Yes; place upright with the stems submerged in a bowl or cup of water. Or wrap base of stalks in damp paper towel then place in plastic bag; keep away from other produce	
Lettuce	No	Yes; place in an open container, wrapped with a dry towel to absorb any extra moisture	Remove tops before storing
Mushrooms	No	Yes; place in a paper bag	Wash thoroughly in a running water and not submerged
Okra	No	Yes; place in an airtight container sealed with a dry towel to absorb any extra moisture	Best eaten quickly after purchase
Onions	Yes; keep it away from other produce	Yes if cut or halved and wrap plastic exposed area	Wrap in pantyhose and can be stored together with garlic
Parsnips	No	Yes; store with water in an open container	
Peas	No	Yes; in an open or perforated plastic bag and away from other produce	
Capsicum	Yes; keep it away from other produce	Yes; in a plastic bag	
Potatoes	Yes; keep it away from other produce	No	Store with apples and away from onions
Pumpkins	Yes	Yes	Do not mix with apples and pears
Radicchio	No	Yes; place in an open container with a damp cloth on top	
Radishes	No	Yes; place in an open container with a damp cloth on top	Remove tops before storing
Rhubarb	No	Yes; place in an open container wrapped with a damp cloth	
Spinach	No	Yes; place in an open container, wrapped with a dry towel to absorb any extra moisture	

How To Properly Store Vegetables

PRODUCE	ROOM TEMPERATURE	FRIDGE STORAGE	MORE TIPS
Spring Onions	No	Yes; place upright with the stems submerged in a bowl or cup of water. Or wrap base of stalks in damp paper towel then place in plastic bag;keep away from other produce	
Sprouts	No	Yes; in a paper bag	
Sweet Potatoes	Yes; keep it away from other produce	No	
Tomatoes	Yes; keep it away from other produce	No	Stem side down
Turnips	No	Yes	
Zucchini	No	Yes; in a paper bag	

