

APPLES

- Store in a cool, dark place like a kitchen counter or shelf
- Can also be refrigerated for long-term storage
- 2 weeks to several months



CITRUS

- Store in a cool, dark place like a kitchen counter or shelf
- It's important to keep them cool and maintain good air flow
- 3-5 days



BERRIES

- Store in a single layer in the refrigerator or in a paper bag; don't wash until ready to eat
- Raspberries should be eaten within 2 days, strawberries with 3, and blueberries within a week



CHERRIES

- Keep refrigerated or in an airtight container
- Don't wash until ready to eat
- 4 - 10 days



HERBS

- Store in a closed container in the fridge
- Store basil in a jar loosely packed with damp paper on the counter
- 1 week max for fresh herbs; try drying to extend life



LETTUCE/GREENS

- Remove bands and twist ties
- Refrigerate in an airtight container with a damp cloth
- 3 - 10 days depending on the type of green



MELONS

- Store in a cool, dark place like a kitchen counter or shelf
- Don't refrigerate until ripe
- Store cut fruit in the refrigerator upside down on a plate



POTATOES/ONIONS/GARLIC

- Store each vegetable separately in a cool, dry, and dark place, loose or in a box or paper bag
- Good air circulation will maintain longevity
- Potatoes, 1 - 2 weeks
Onions/Garlic, 2 - 4 weeks



ROOT VEGETABLES

- Remove the greens and store separately
- Store in an open container with a damp cloth
- 1 - 2 weeks



STONE FRUIT

- Should be stored on the counter until ripe; store in a paper bag to accelerate ripening
- Can be refrigerated for 1-2 days once ripe
- 3 - 5 days



TOMATOES

- Store on the counter until ripe; can store in paper bag with ethylene-emitting fruits to accelerate ripening
- Never refrigerate unless cut
- Up to two weeks depending on ripeness



ASPARAGUS/CELERY

- Stand upright in Place in a bowl or cup full of water
- Store on the counter top at room temperature
- 5 - 7 days for asparagus, 2 - 3 weeks for celery



CARROTS

- Cut off greens, and place in a container with lid and cover completely in water
- Keep container in the refrigerator, changing the water every 4-5 days
- Up to a month



BROCCOLI

- Mist the heads, wrap loosely in damp paper towels
- Keep in the refrigerator
- 2-5 days



TIPS:

- Don't mix fruits & veggies – fruits emit ethylene as they ripen; pairing them with veggies will result in premature spoilage.
- Keeping produce cool slows the rate of respiration, which in turn helps keep items fresher, longer.

AVOCADO

- Place in a paper bag at room temperature
- Put an apple in the bag with avocados to speed ripening
- 2-3 days



CUCUMBER

- Wrap in a moist towel
- Store in the refrigerator
- 2-4 days



- Paper bags can draw moisture from fruits, so they are not a great long-term storage solution except where noted

- A clean dishtowel is a great substitute for items you're used to storing in plastic bags.

EGGPLANT

- If you don't intend to eat the eggplant within 2 days, it should be wrapped in a paper towel and placed in the crisper of your refrigerator
- 7 - 10 days



SQUASH

- Summer squash may be left on a cool counter for a few days or wrapped in a cloth and refrigerated
- Winter squash should be stored in a dark, cool ventilated space
- (Whole) Winter squash, 1 - 2 weeks
Summer squash, 5 - 7 days



- Water can damage delicate produce, so avoid washing your fruits and vegetables until you're ready to consume them.

- Cut the green, leafy tops from radishes, carrots, beets, turnips, etc. They draw moisture out of the vegetables, causing them to go limp and lose flavor. Store the greens separately in a mesh bag.

BELL PEPPERS

- Refrigerate peppers, unwashed, in a reusable or paper bag in the vegetable drawer; keep dry
- Red and yellow peppers will last 4 to 5 days; green, about a week



MUSHROOMS

- Store in an open paper bag in the refrigerator out of crisper drawers
- 4 - 7 days



- Pack vegetables loosely in the refrigerator. The closer they are, the quicker they will rot.