

# Storing Fresh Fruits and Vegetables <sup>1</sup>

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For best freshness and taste, follow these guidelines when storing fresh, **whole** produce:

- Do not leave fruits and vegetables in a hot car. Keep them cool with ice or frozen gel packs from the store to home.
- Store certain fruits at room temperature to ripen and get the best flavor.
- Store fruits and vegetables in the crisper drawers of the refrigerator to control the moisture levels needed to maintain freshness.
- Store vegetables separately from fruit to avoid exposing them to ethylene gas produced by some fruits. The gas decreases the storage life of vegetables.
- Right before eating, wash fruits and vegetables under cool tap water and scrub firm produce like potatoes with a brush.
- Be sure to refrigerate **all sliced** fruits and vegetables.

Ripen at Room Temperature → Refrigerator				
Fruits				
<i>(Let ripen at room temperature, then refrigerate until ready to use)</i>				
Apricots	Figs	Kiwifruit	Papaya	Pears
Avocados	Guava	Nectarines	Peaches	Plums

Room Temperature	
Fruits	Vegetables
Apples*	Garlic**
Bananas	Onions**
Cantaloupe (uncut)	Potatoes**
Citrus*	Pumpkin
Longan	Tomatoes
Mangoes	Winter Squash
Pineapple	
Plantains	
Watermelon (uncut)	
*Or refrigerate	**Need ventilated storage

Refrigerator		
Fruits	Vegetables	
Berries	Artichokes	Mushrooms
Grapes	Broccoli	Okra
Carambola	Cabbage	Peas
Lychee	Carrots	Peppers
Passion Fruit	Cauliflower	Radishes
Strawberries	Celery	Snap Beans
	Cucumbers	Spinach
	Eggplant	Summer Squash
	Greens	Sweet Corn
	Lettuce	

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