



# Know before you Stow PRODUCE STORAGE TIP SHEET

- Apples** Do not wash until ready to use. Store in a breathable bag in the low-humidity crisper drawer. Freshest within 6 weeks in the refrigerator.
- Asparagus** Put bundled stalks upright in dish with 1 in of water and place on a refrigerator shelf. Freshest within 5 days in refrigerator.
- Avocados** Store on counter until ripe, then store in refrigerator loose. Freshest within 5 days in refrigerator, when already ripe.
- Bananas** Remove any plastic wrap. Store on the counter away from other fruit. Once ripe, you can store them in the refrigerator (they'll turn brown, but won't ripen more!) Freshest within 1-7 days at room temperature.
- Basil** Trim stem ends and stick the bunch in a tall glass of water, like cut flowers. Loosely cover with a plastic bag and keep on the counter, changing the water daily. Freshest within 1 week on counter.
- Berries** Do not wash until ready to use. Store on a shelf in the refrigerator in a breathable container lined with cloth, and then cover loosely. Raspberries, blackberries, & strawberries are freshest within 2-3 days; blueberries 10 days in refrigerator.
- Broccoli & Cauliflower** Do not wash until ready to use. Refrigerate in the original wrapping or a breathable bag in the high-humidity crisper drawer. Freshest within 7 days in refrigerator.
- Carrots** Do not wash until ready to use. Store in a breathable bag in the high-humidity crisper drawer. Store cut carrots in water in the refrigerator and replace water daily. Freshest within 2 weeks in refrigerator.
- Celery** Refrigerate either standing in a jar with water or in a breathable or open plastic bag in the high-humidity crisper drawer. Freshest within 2 weeks in refrigerator.
- Citrus** Store loose in the low-humidity crisper drawer. Do not put in a plastic bag or airtight container. Peeled or cut oranges should be refrigerated in an airtight container or bag. Freshest within 5 days on counter, 8 weeks in refrigerator.
- Cucumber** Store in a cool place on the counter or wrapped in a damp cloth and placed in a breathable bag in the high-humidity crisper drawer. Don't store near tomatoes, apples, avocados, or bananas. Freshest within 1 week in refrigerator.
- Eggplant** Store loose or in a breathable bag in a cool place. Refrigeration can lead to browning and off-flavors. Freshest within 1 week at room temperature.
- Fresh Herbs, not basil** Store loosely wrapped in a damp cloth in a breathable bag in the high-humidity crisper drawer. Freshest within 1 week in refrigerator, depending on the herb (heartier herbs like rosemary and thyme last longer).
- Garlic & Shallots** Store unpeeled garlic and shallots in a cool, dark, and dry place in a well-ventilated container such as a basket. Do not store in plastic. If peeled, store in refrigerator in a container. Stays fresh for several months, unpeeled.
- Grapes** Do not wash until ready to use. Keep unwashed bunches (still on their stems) in a paper or breathable bag on a shelf in the refrigerator. Freshest within 2 weeks in refrigerator.
- Greens** Do not wash until ready to use. Remove ties and store wrapped in a damp cloth, in an airtight container or bag in the high-humidity crisper drawer. Freshest within 5-7 days in refrigerator.
- Melons** If unripe, store whole in a cool, dry place out of sunlight. Once ripe, store on a shelf in the refrigerator. Refrigerate cut melon, regardless of ripeness, wrapped or in airtight container. Freshest within 15 days, whole; 5 days, cut in refrigerator.
- Mushrooms** Mushrooms should be used as quickly as possible. Do not wash until ready to use. Store in original packaging or a paper bag on a low shelf in the refrigerator. Freshest within 1 week.
- Onions** Store whole onions in a cool, dark, dry, well-ventilated place. Do not store in plastic. Remove onions with mold or other signs of dampness immediately so others aren't affected, and do not store near potatoes. Freshest within several months, whole.
- Peppers** Do not wash until ready to use. Store in a breathable bag in the low-humidity crisper drawer. Store cut peppers in an airtight container in the refrigerator. Freshest within 5-7 days, whole; 3 days, cut in refrigerator.
- Potatoes** Do not wash until ready to use. Store away from sunlight in a cool, dark, dry, well-ventilated place, in a breathable bag—mesh, paper, burlap, or perforated plastic. Freshest within 2-3 days, new potatoes; 2-3 weeks, mature potatoes.
- Stone Fruits** Do not wash until ready to use. If unripe, store away from sunlight at room temperature. When ripe, refrigerate loose in the low-humidity drawer or in an open bag with nothing stacked on top. Peaches, nectarines, & apricots will get mealy if chilled too long. Most cherries are sold already ripe and can be refrigerated right away. Freshest within 7 days in refrigerator once ripe.
- Winter Squash** Store unwrapped in a cool, dark, dry, well-ventilated place. Life may be shorter if stored on the counter at room temperature. Freshest within 6 months, depending on the variety.
- Tropical Fruits** If unripe, store whole on the counter. Once ripe, store in the low-humidity drawer in the refrigerator. If cut, place in an airtight container. Mangoes & papayas are often ripe when sold and can be refrigerated immediately. Pineapples turn gold, then almost brown, but won't ripen further. Freshest within 2-3 days past ripe on counter, whole; 5-7 days in refrigerator, cut.
- Tomatoes** Do not wash until ready to use. Store fresh tomatoes on the counter away from direct sunlight, with the stem end up. Refrigeration can cause loss of sweetness & texture but will add a few days of life. Cut tomatoes should be refrigerated. Freshest within 3 days at room temperature, whole & ripe; 2-3 days in refrigerator, whole & near over-ripe.

*Think outside  
the landfill*

Practice better  
storage to prevent  
wasted food!

