

Storing Fresh Produce



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Eating fresh local produce is always a treat and one of the best things about summer! Here are a few tips on maintaining their quality and safety until you are ready to eat them.



Storage location	Fruits and melons	Vegetables	
Store in refrigerator (<40°F)	Apples (>7 days) Apricots Berries Cherries Cut fruits Grapes	Herbs Mushrooms Green beans Beets Broccoli Cabbage	Carrots Cauliflower Cut veggies Leafy greens Summer squash Sweet corn
Ripen on the counter, then store in refrigerator	Peaches, Pears		
Store at room temperature	Apples (<7 days) Citrus fruits Watermelon	Bananas Muskmelon	Basil (in water) Cucumbers + Dry onions* Eggplant + Garlic* Winter Squash
			Peppers + Potatoes * Pumpkins Sweet potatoes* Tomatoes

+ Cucumbers, eggplant, and peppers can be kept refrigerated for 1 to 3 days if they are used soon after removal from the refrigerator.
 *Store garlic, onions, potatoes, and sweet potatoes in a well-ventilated area in the pantry.

Further tips

- Once any produce is cut or peeled, it must be stored in the refrigerator for safety.
- Refrigerated fruits and vegetables should be stored in moisture-proof bags with a few holes in them to retain moisture but also to allow air circulation and prevent condensation.
- Wash all whole produce under running water just before preparation for eating.
 - No need to use soap or produce washes — clean running water is enough.
 - Wash even if peeling the produce so you don't transfer "dirt" from outside to the inside.
 - Use a clean scrub brush to wash produce such as potatoes and melons.



References

Storing Fresh Vegetables for Better Taste. 2012. University of California Davis Post Harvest Technology Program. Available from: <https://postharvest.ucdavis.edu/files/230110.pdf>

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