

# Storing Fresh Fruits and Veggies for Best Flavor

Where, how, and with what you store your fruits and vegetables can affect both shelf life and flavor. Follow these tips to help keep produce fresh and flavorful!

Nearly all produce stays fresh longer if you wait to wash it until immediately before eating. The only exceptions are lettuces and leafy greens, which you should wash, dry well with a salad spinner or paper towel, and store in the refrigerator in a sealed container or perforated plastic bag (to create, simply poke holes in a plastic bag).

For most whole produce, airflow is beneficial. Whether in the refrigerator or on the counter, storage in an open area, open container, or perforated bag is preferable. Cut or cooked fruits and vegetables, however, should be stored in closed containers.

## STORE IN THE REFRIGERATOR

*Avoid storing ethylene producers (most fruits) with ethylene sensitive produce (most veggies). By storing these together, they ripen quicker. This is why it is good to have separate fruit and vegetable drawers in the refrigerator.*

### FRUIT

- Apples
- Apricots
- Asian pears
- Blackberries
- Blueberries
- Cherries
- Cut fruit
- Grapes
- Raspberries
- Strawberries

### VEGETABLES

- Asparagus
- Green beans
- Beets
- Belgian endive
- Broccoli
- Brussel sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cut vegetables
- Green onions
- Herbs (not basil)
- Leafy greens
- Lettuce
- Mushrooms
- Peas
- Radishes
- Spinach
- Summer squash
- Sweet corn

## RIPEN ON THE COUNTER, THEN STORE IN THE REFRIGERATOR

- Avocados
- Kiwi
- Nectarines
- Peaches
- Pears
- Plums

## STORE AT ROOM TEMPERATURE

*Certain fruits and vegetables will never ripen to reach their full flavor and texture if refrigerated. Leaving them on the counter (or in the pantry for potatoes, garlic, and onions) prevents cold damage. Just be sure to keep produce on the counter away from direct sunlight!*

### FRUIT

- Bananas
- Grapefruit
- Lemons/ limes
- Mandarins
- Mangoes
- Melons
- Oranges
- Papayas
- Pineapples
- Pomegranates
- Apples (less than 7 days)

### VEGETABLES

- Basil (in water)
- Cucumber
- Eggplant
- Garlic
- Ginger
- Jicama
- Onions
- Peppers
- Potatoes
- Sweet potatoes
- Tomatoes
- Winter squashes

Adapted from: "Storing Fresh Fruits and Vegetables for Better Taste" by UC Davis Postharvest Technology