Tips for Storing Fresh Produce

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:

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

+ 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.