

The Ultimate Fresh Produce Storage Guide

STORAGE ICON KEY

STORE PRODUCE WHOLE UNLESS OTHERWISE NOTED
OPTIMAL FRIDGE TEMPERATURE: 40°F



Plastic or produce bag



Brown paper bag



Resealable bag or container with a dry paper towel



Resealable bag



Glass of water



Cool, dry spot away from the sun

What's the deal with the crisper drawer anyway?

It's all about controlled air flow and humidity, which can keep your precious produce crisp and fresh longer. What's more, certain fruits and veggies release ethylene gas, which causes more delicate foods to ripen faster. So, safely storing some fresh fruits and veggies in the crisper drawer is the best way to keep 'em fresher, longer.

Produce Storage Best Practices - Stone Fruit








Store in the refrigerator, uncovered. That could mean in a bowl or other open-top container. Why? To avoid moisture, which causes stone fruits like cherries, plums, and peaches to ripen (read: rot) faster.

SOURCES:

MARTHA STEWART
TASTE OF HOME
READERS DIGEST

UP TO 1 WEEK

REFRIGERATOR SHELF

- Cherries
- Plums (ripe)
- Nectarines (ripe)
-  Peaches (ripe)
- Apricots (ripe)
-  Frisée
- Pineapples (ripe)
- Artichokes
- Cucumbers
-  Strawberries
-  Green beans
-  Persimmons (unripe)
-  Raspberries
-  Sage

CRISPER DRAWER

- Yellow summer squash
-  Brussels sprouts
-  Bok choy
-  Broccoli
-  Endive
-  Corn
-  Spinach
-  Kale
-  Dandelion greens
-  Romanesco cauliflower
-  Mini sweet peppers
-  Broccoli rabe
-  Figs
-  Escarole

COUNTERTOP / PANTRY











- Plums (unripe)
- Nectarines (unripe)
- Peaches (unripe)
- Apricots (unripe)
- Avocados
- Eggplant
- Roma tomatoes
- Heirloom tomatoes
- Pineapples (unripe)
- Persimmons (unripe)

1-2 WEEKS

REFRIGERATOR SHELF

- Fennel
-  Jalapeños
- Scallions
- Chives
-  Mushrooms
-  Cilantro
- Blueberries

CRISPER DRAWER



- Zucchini
-  Celery
-  Radishes (tops removed)
- White cauliflower
-  Mixed head lettuce
-  Swiss chard
-  Arugula
-  Grapes
-  Bell peppers
-  Spring onions
-  Celery
-  Pears

COUNTERTOP / PANTRY





- Cherry tomatoes
- Watermelon
- Honeydew
- Cantaloupe

2-3 WEEKS

REFRIGERATOR SHELF

- Mangoes (ripe)
-  Tomatillos
-  Parsley
-  Leeks
-  Celery root
- Parsnips
-  Thyme

CRISPER DRAWER



-  Sunchokes
- Limes
-  Iceberg lettuce
-  Romaine
-  Turnips (tops removed)

COUNTERTOP / PANTRY



- Mangoes (unripe)

3-4 WEEKS

REFRIGERATOR SHELF




-  Radicchio
-  Jicama

CRISPER DRAWER





- Lemons
- Grapefruit
- Oranges
-  Beets (tops removed)
-  Carrots (tops removed)

4 WEEKS OR LONGER

REFRIGERATOR SHELF

- Pomegranates
-  Spaghetti squash
-  Cranberries
-  Rutabaga

CRISPER DRAWER

-  Ginger
-  Apples
-  Pears
-  Cabbage

COUNTERTOP / PANTRY

- Onions
- Shallots
- Garlic
- Potatoes
- Sweet potatoes
- Acorn squash
- Butternut squash
- Delicata squash
- Kabocha squash
- Pumpkins