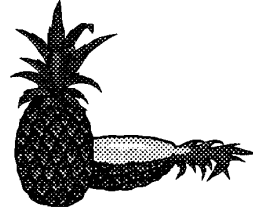


# Storing Fresh Fruits and Vegetables

## Fruits

**Store the following at room temperature:**

Bananas  
Pineapple  
Mango  
Peaches, Nectarines and Pears--if not fully ripe\*  
Avocados — if not fully ripe\*



\* Avocados, peaches, nectarines and pears will ripen faster if placed in a paper bag for a few days.

**Store these fresh fruits in the refrigerator:**

Apples  
Cherries or Berries  
Grapes  
Plums  
Melons  
Tangerines, Limes, Lemons, Oranges, Grapefruits  
Peaches, Nectarines and Pears — fully ripe\*\*  
Avocados — fully ripe\*\*



\*\* Most fully ripe fruits can be stored only a few days.

Apples and citrus fruits can be kept several weeks. Throw away any fresh fruits that are moldy or have other signs of spoilage.

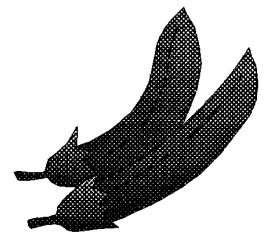
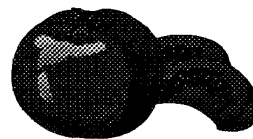
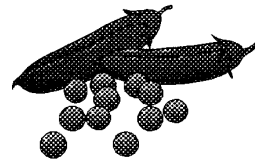
## Vegetables

**Store these fresh vegetables at room temperature, preferably a cool, dry room:**

Potatoes — white and sweet  
Winter Squash  
Onions  
Tomatoes — if not fully ripe

**Store these fresh vegetables in the refrigerator:**

Asparagus  
Green Beans  
Beets\* — leave 1 inch of stem on top  
Carrots,\* Radishes\*  
Turnips, Rutabagas  
Cabbage  
Cauliflower, Broccoli  
Celery  
Corn — leave husks on until ready to cook  
Lettuce, Spinach, Greens  
Tomatoes — fully ripe  
Summer Squash, Zucchini  
Peas  
Mushrooms\*\*



\*Remove leafy tops before storing.

\*\*Do not wash before storing. Store loosely wrapped.

Most fresh vegetables can be stored 3 to 5 days in the refrigerator. Carrots, turnips and rutabagas will keep up to a month in the refrigerator. Potatoes, winter squash and onions can be stored 1 to 2 months.