



Storing Fresh Fruits and Vegetables for Best Flavor

| FRUIT | | VEGETABLES | | | | |
|------------------------------|-----------|-------------------|-------------------|------------------|-----------------|--|
| Apples (more than 7 days) | Berries | Belgian Endive | Cauliflower | Leafy Vegetables | Radishes | |
| Apricots | Cherries | Broccoli | Celery | Leeks | Spinach | |
| Asian pears | Cut Fruit | Brussel Sprouts | Cut Vegetables | Lettuce | Sprouts | |
| | Figs | Cabbage | Green Onions | Mushrooms | Summer Squashes | |
| | Grapes | Carrots | Herbs (not basil) | Peas | Sweet Corn | |

1. Place fruits and vegetables in separate, perforated plastic bags.
2. Use within 1-3 days for maximum flavor and freshness.
3. Store each group in different produce drawers in the refrigerator to minimize the detrimental effects of ethylene produced by the fruits on the vegetables.

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| Avocados | Kiwi | Nectarines | Peaches | Pears | Plums | Plumcots |
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1. To prevent moisture loss, store fruits and vegetables separately in a paper bag, perforated plastic bag, or ripening bowl on the counter away from sunlight. Ripening fruit in a bowl or paper bag can be enhanced by placing an apple with the fruit to be ripened.
2. After ripening, store in refrigerator and use within 1-3 days.

| FRUIT | | | VEGETABLES | | | |
|-------------------------------|---------------|--------------|-----------------------|----------------------|-----------------|--|
| Apples (fewer than 7 days) | Citrus fruits | Persimmons | Garlic* | Peppers [†] | Tomatoes | |
| Bananas | Mangoes | Pineapple | Ginger | Potatoes* | Winter Squashes | |
| | Melons | Plantain | Jicama | Pumpkins | | |
| | Papayas | Pomegranates | Eggplant [†] | Sweet Potatoes* | | |

1. Many fruits and vegetables should only be stored at room temperatures. Refrigeration can cause cold damage or prevent them from ripening to good flavor and texture. For example, pink tomatoes ripen to a better taste and red color if they are left at room temperature. In the refrigerator, they do not turn red, and even red tomatoes kept in the refrigerator lose their flavor.
2. Keep away from direct sunlight.
 - *Store garlic, onions, potatoes, and sweet potatoes in a well-ventilated area in the pantry.
 - [†]Cucumbers, eggplant, and peppers can be refrigerated for 1-3 days if they are used soon after removing from the refrigerator.

Cleaning Your Produce

Always keep produce separate from raw meat, poultry, and seafood. Never use detergent or bleach to wash produce. Instead, rinse produce under running tap water immediately prior to use, including those with skins and rinds that are not eaten. Washing too far in advance removes some of nature's natural preservatives. However, head lettuce or leafy greens remain crisper when washed right away and then refrigerated. Packaged fruits and vegetables labeled "ready-to-eat," "washed," or "triple washed" need not be washed. Refrigerate all cut, peeled, or cooked fruits and vegetables within 2 hours.

For information on how to store other fruits and vegetables go to FruitsAndVeggiesMoreMatters.org

Source: UC Davis Postharvest Technology