Storing Fresh Fruits and Vegetables

Use the information on this chart to help you keep fruits and vegetables fresh for a longer time!

**Bolded** text indicates ethylene-producing fruits and vegetables.\(^1\)

**Italicized** text indicates ethylene-sensitive fruits and vegetables.\(^1\)

Ethylene is a gas produced by some fruits that causes other produce to ripen more quickly. To stop this process, separate fruits from vegetables in the refrigerator. Some fruits are both ethylene-producing and ethylene-sensitive; they are indicated in both bold and italics in the charts below.

<table>
<thead>
<tr>
<th>Fruits</th>
<th>Vegetables</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Apples</strong> (store in refrigerator after seven days old)</td>
<td>Artichokes</td>
</tr>
<tr>
<td>Apricots</td>
<td>Asparagus</td>
</tr>
<tr>
<td>Blackberries</td>
<td>Green beans</td>
</tr>
<tr>
<td>Blueberries</td>
<td>Lima beans</td>
</tr>
<tr>
<td>Cherries</td>
<td>Beets</td>
</tr>
<tr>
<td>Cut fruits</td>
<td>Broccoli</td>
</tr>
<tr>
<td>Figs</td>
<td>Brussels sprouts</td>
</tr>
<tr>
<td>Grapes</td>
<td>Cabbage</td>
</tr>
<tr>
<td>Raspberries</td>
<td>Carrots</td>
</tr>
<tr>
<td>Strawberries</td>
<td>Cauliflower</td>
</tr>
<tr>
<td></td>
<td>Celery</td>
</tr>
</tbody>
</table>

**Tips for refrigeration**

Place refrigerated fruit and vegetables in plastic bags with ventilation and keep them in the produce drawers of the refrigerator.

Use refrigerated fruit and vegetables within a few days for maximum freshness and flavor.
### Fruit

<table>
<thead>
<tr>
<th>Avocados</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kiwi</td>
</tr>
<tr>
<td>Nectarines</td>
</tr>
<tr>
<td>Peaches</td>
</tr>
<tr>
<td>Pears</td>
</tr>
<tr>
<td>Plums</td>
</tr>
</tbody>
</table>

### Fruit

<table>
<thead>
<tr>
<th>Apples (store at room temperature until seven days old; then apples should be refrigerated)</th>
<th>Muskmelons</th>
<th>Basil (in water)</th>
<th>Peppers†</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bananas</td>
<td>Oranges</td>
<td>Cucumbers†</td>
<td>Potatoes, Sweet Potatoes*</td>
</tr>
<tr>
<td>Grapefruit</td>
<td>Papayas</td>
<td>Onions*</td>
<td>Pumpkins</td>
</tr>
<tr>
<td>Lemons</td>
<td>Pineapple</td>
<td>Eggplant†</td>
<td>Winter squash</td>
</tr>
<tr>
<td>Limes</td>
<td>Pomegranates</td>
<td>Garlic*</td>
<td>Tomatoes**</td>
</tr>
<tr>
<td>Mangos</td>
<td>Watermelons</td>
<td>Jicama</td>
<td></td>
</tr>
</tbody>
</table>

*Store garlic, onions, potatoes and sweet potatoes in a well-ventilated area in the pantry. Protect potatoes from light to avoid greening.  
†Cucumbers, eggplant and peppers also can be kept in the refrigerator for one to three days if they are used soon after removal from the refrigerator.  
**Technically, tomatoes are fruits, but they are used like vegetables – so they are listed in that category.

### Tips

At room temperature, store fruits and vegetables in either a plastic bowl with the lid left slightly off or in an unsealed plastic bag. Also, store fruits and vegetables away from direct sunlight.

Half a dozen pieces of fruit can be ripened in a paper bag that also contains one ripe apple – except for Granny Smith or Fuji apples, which don’t produce ethylene.
Contents of handout adapted from:

Source Cited