

How to Properly Store FRUITS & VEGGIES

Fridge

Apples	Grapefruit
Apricots	Green Onions*
Artichokes	Leeks
Asparagus *	Lemons
Beans	Leafy Greens*
Beets*	Lettuce*
Berries	Limes
Broccoli *	Mushrooms
Brussels Sprouts	Oranges
Cabbage	Parsley *
Carrots*	Parsnips*
Cauliflower	Peppers
Celery*	Pomegranate
Cherries	Peas
Cilantro *	Radishes
Corn	Rhubarb*
Coconut	Rutabaga*
Cranberries	Sprouts
Cucumber	Turnips*
Fennel*	Zucchini
Grapes	

* best stored standing in water

* best stored dry in plastic

* best stored damp in plastic ↘

You can rinse and reuse your bags each week!

Counter

Bananas	Garlic
Basil	Ginger
Cantaloupe	Pineapple
Honeydew	Tomatoes
	Watermelon

Counter / Fridge

(ripen on counter, then refrigerate)

Avocado	Papaya
Kiwi	Peaches
Mango	Pears
Orange	Plums
Nectarines	

Cool, Dry Place

Onions	Sweet Potato
Potatoes	Squash
Shallots	Eggplant

* always store potatoes away from onions

High Ethylene Producers: Keep away from other fresh produce to slow down ripening