

Safe Storage

Some produce on this list can be bought at your local farmers markets. Others can be found at your local grocery store.

Store in the refrigerator

Fruits

Apples (fewer than 7 days)
Persimmons
Pomegranates



Vegetables

Artichokes	Celery	Mushrooms
Asparagus	Cucumber	Peas
Beets	Eggplant	Peppers
Broccoli	Green onions	Radishes
Brussels sprouts	Herbs	Spinach
Cabbage	Leafy greens	Sprouts
Carrots	Leeks	Summer squash
Cauliflower	Lettuce	Sweet corn



- Some fruits can make others ripen faster. Keeping different fruits in separate produce drawers in the refrigerator will help them last longer.
- Use within 1-3 days for maximum flavor and freshness.

Ripen on the counter first, then refrigerate

Fruits

Melons	Pears
Nectarines	Plumcots
Peaches	Plums



- If fruits are hard to the touch, leave them on the counter to ripen and soften.
- Need fruit to ripen quickly? Try placing the fruit in a loosely closed brown paper bag with an apple to help it ripen quicker. Keep the bag on the counter away from sunlight.
- After ripening, store in the refrigerator and use within 1-3 days.

Store only at room temperature

Fruits

Apples (fewer than 7 days)
Melons
Persimmons

Vegetables

Garlic	Pumpkins
Ginger	Sweet potatoes
Onions	Tomatoes
Potatoes	Winter squash

- Many fruits should only be stored at room temperatures. Refrigeration can cause cold damage or prevent them from ripening to good flavor and texture.
 - For example, tomatoes ripen to a better taste and red color if left at room temperature.
- Keep away from direct sunlight.

