

# 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

Asparagus

Beets

Broccoli

Brussels sprouts

Cabbage

Carrots

Cauliflower

Celery

Cucumber

Eggplant

Green onions

Herbs

Leafy greens

Leeks

Lettuce



Mushrooms

Peas

Peppers

Radishes

Spinach

Sprouts

Summer squash

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.

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## Ripen on the counter first, then refrigerate

### Fruits

Melons

Nectarines

Peaches

Pears

Plumcots

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.

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## Store only at room temperature

### Fruits

Apples (fewer than 7 days)

Melons

Persimmons

### Vegetables

Garlic

Ginger

Onions

Potatoes

Pumpkins

Sweet potatoes

Tomatoes

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.

