



## Storing Fresh Fruits and Vegetables for Best Quality and Flavor

### Tips:

- Storage times and conditions are different for each type of fruit and vegetable.
- Keep fresh produce away from any raw meat, poultry or seafood when storing it.
- Avoid storing fruits and vegetables together as many fruits emit ethylene gas, which speeds up the ripening and spoiling processes.
- Any produce that has been cut or peeled should be refrigerated.

#### Store only at room temperature:

- **Fruits:** Apples (less than 7 days)\*, Bananas\*, Grapefruit, Oranges, Pineapple, Plantain, Pomogranates, Watermelon.
- **Vegetables:** Cucumber, Eggplant, Garlic, Ginger, Jicama, Onions\*, Peppers, Pumpkins, Potatoes, Rutabagas, Sweet Potatoes, Turnips, Winter Squashes.

#### Ripen at room temperature first, then refrigerate:

- **Fruits:** Apricots, Avocados\*, Cantaloupe\*, Guavas, Honeydew\*, Kiwis, Mangoes, Nectarines, Papaya, Peaches\*, Pears\*, Plums\*, Tomatoes\*.

#### Store in Refrigerator:

- **Fruits:** Apples (more than 7 days)\*, Apricots, Berries, Cherries, Figs, Grapes.
- **Vegetables:** Artichokes, Asparagus, Beets, Bok Choy, Broccoli, Brussles Sprouts, Cabbage, Carrots, Cauliflower, Celery, Green Beans, Green Onions, Herbs (no Basil), Lemon, Lettuce, Lime, Mushroom, Okra, Peas, Radish, Spinach, Sweet Corn, Summer Squash.

\*High Ethylene gas producers. Keep away from one another **AND** other fresh produce.

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