

Storing Fresh Fruits and Vegetables for Better Taste



UCDAVIS
POSTHARVEST TECHNOLOGY

Storage Location	Fruits and Melons		Vegetables	
Store in refrigerator	apples (> 7 days) apricots Asian pears (nashi) blackberries blueberries cherries cut fruits figs grapes raspberries strawberries		artichokes asparagus green beans lima beans beets Belgian endive broccoli Brussels sprouts cabbage carrots cauliflower celery cut vegetables	green onions herbs (not basil) leafy vegetables leeks lettuce mushrooms peas radishes spinach sprouts summer squashes sweet corn
Ripen on the counter first, then store in the refrigerator	avocados kiwifruit nectarines peaches	pears plums plumcots		
Store only at room temperature	apples (< 7 days) bananas grapefruit lemons limes mandarins mangoes muskmelons	oranges papayas persimmons pineapple plantain pomegranates watermelons	basil (in water) cucumbers† dry onions* eggplant† garlic* ginger jicama	peppers† potatoes* pumpkins sweet potatoes* tomatoes winter squashes

*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 can be kept in the refrigerator for 1 to 3 days if they are used soon after removal from the refrigerator.