



Storing Fruits and Vegetables

Storing fresh fruits and vegetables properly is very important. Safe storage can keep you from getting sick from a food borne illness. Fresh fruits and vegetables should be stored unwashed. However, fruits and vegetables that are very dirty after harvest can be rinsed and dried well before storing. Wash them well with cool running water before eating. For fresh fruits and vegetables, follow these storage tips in the table below.

Fruit/Vegetable	Storage Method/Time	Tips
Apples	Room temperature: 1-2 days Refrigerator crisper: up to 1 month	When storing apples in the refrigerator, store unwashed in plastic bags.
Bananas	Room temperature: 2-3 days	Ripen bananas at room temperature. To ripen faster, place bananas in a brown, paper bag.
Berries (Blueberries, Raspberries, Strawberries)	Refrigerator crisper: 2-3 days	Before storing berries, remove any spoiled or crushed fruits. Store unwashed in plastic bags or containers. Do not remove the green tops from strawberries before storing them.
Broccoli	Refrigerator crisper: 3-5 days	Store broccoli unwashed in plastic bags.
Beets, Carrots, Radishes	Refrigerator crisper: 1-2 weeks	Remove green tops and store the vegetables unwashed in plastic bags. Trim the taproots from the radishes before storing.
Corn	Refrigerator crisper: 1-2 days	For best flavor, use corn immediately. Corn in husks can be stored in plastic bags for 1-2 days.

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Grapes	Refrigerator crisper: 3-5 days	Store grapes unwashed in plastic bags.
Lettuce and Greens	Refrigerator crisper: 5-7 days for lettuce; 1-2 days for greens	Store lettuce and greens unwashed in plastic bags.
Melons (Watermelon, Honeydew, Cantaloupe)	Refrigerator: 3-4 days for cut melon	For best flavor, store melons unwashed at room temperature until ripe. Store ripe, cut melon covered in the refrigerator. Wash the outside of melons before cutting.
Nectarines, Peaches, Pears	Refrigerator crisper: 5 days	Ripen the fruit at room temperature, and then refrigerate unwashed fruit in plastic bags.
Onions (Red, White, Yellow, and Green)	Room temperature: 2-4 weeks for dry onions Refrigerator crisper: 3-5 days for green onions	Store dry onions loosely in a mesh bag in a cool, dry and well-ventilated place away from sunlight. Store green onions unwashed.
Oranges	Room temperature: 2 weeks	Best stored at cool room temperature.
Potatoes	Room temperature: 1-2 weeks	Store unwashed potatoes in a cool, dry, well-ventilated area away from light, which causes greening.
Tomatoes	Refrigerator crisper: 2-3 days for fully ripe tomatoes	Ripen tomatoes at room temperature away from sunlight. For best flavor, store them unwashed at room temperature and eat them immediately when ripe. Store fully ripened tomatoes unwashed in the refrigerator.

Source: Safe Storage of Fresh Fruits and Vegetables, Texas Cooperative Extension E-200, 7-04.