

Reduce waste by getting your food storage right. Follow this guide to keep your fruit and vegetables fresh and tasty. Remember don't wash your produce until just before you use it.

## Fruit storage tips

Fruit type	Storage on bench top	Storage in refrigerator	Recommended use by
<b>Apples</b>	No	In plastic bag	Up to 4 weeks
<b>Apricots</b>	Uncovered until ripe	Once ripe – uncovered	1 week
<b>Avocado</b>	Uncovered until ripe	Once ripe – uncovered	2 – 5 days
<b>Bananas*</b>	Uncovered until ripe	Once ripe (may cause discolouration)	Up to 1 week
Blackberries	No	In vented container	2 – 3 days
Blueberries	No	In vented container	10 days
Cherries	No	Covered	Up to 5 days
Coconut – whole	Uncovered until ripe	Uncovered	2 – 4 weeks
Coconut – cut	No	In coconut juice or water	1 week
Cranberries	No	In airtight bag	2 – 4 weeks
Grapefruit	Uncovered until ripe	Once ripe – in perforated plastic bag	Up to 3 weeks
Grapes	No	In perforated plastic bag	Up to 1 week
<b>Kiwifruit*</b>	Uncovered until ripe	Once ripe – in plastic bag	1 – 2 weeks
Lemons and limes	Up to 1 week	Once ripe – in plastic bag	Up to 1 month
Mandarins	Uncovered until ripe	in perforated plastic bag	Up to 1 month
<b>Mangoes</b>	Uncovered until ripe	Once ripe – uncovered	Up to 1 week
<b>Melon – whole</b>	Uncovered until ripe	Once ripe – uncovered	3 – 5 days
<b>Melon – cut</b>	No	In airtight container	Up to 3 days
<b>Nectarines</b>	In paper bag until ripe	Once ripe – in plastic bag	Up to 1 week
Oranges	Uncovered until ripe	Once ripe – in plastic bag	Up to 1 month
<b>Papaya</b>	Uncovered until ripe	Once ripe – uncovered	Up to 1 week
<b>Passionfruit</b>	Uncovered until ripe	Once ripe – uncovered	Up to 1 week
<b>Peaches</b>	Uncovered until ripe	Once ripe – uncovered	Up to 1 week
<b>Pears</b>	Uncovered until ripe	Once ripe – uncovered	2 – 3 days
<b>Persimmon</b>	Uncovered until ripe	Once ripe – uncovered	2 – 3 days
Pineapple – whole	Uncovered until ripe	Once ripe – uncovered	3 – 5 days
Pineapple – cut	No	In airtight wrap or container	3 – 4 days
<b>Plums</b>	In paper bag until ripe	Once ripe – in plastic bag or container	3 – 5 days
Raspberries	No	In vented container	1 – 2 days
Rhubarb	No	In perforated plastic bag	5 days
Strawberries	No	In vented container	1 – 2 days
<i>Watermelon – whole</i>	Uncovered until ripe	Once ripe – uncovered	Up to 2 weeks
<i>Watermelon – cut</i>	No	In airtight wrap or container	3 – 4 days

**Ethylene producers** are listed in **bold** and should be stored away from ethylene-sensitive produce which are listed in *italics*. Foods indicated by an asterisk \* are *ethylene sensitive when unripe* and an *ethylene producer when ripe*.

**What is ethylene?** Fruits and vegetables naturally emit a gas called ethylene as they ripen, some produce it in greater quantities. When ethylene-producing foods are stored next to ethylene-sensitive foods, the gas will speed up the ripening process (or deterioration) of the other produce. To reduce spoilage store ethylene-producing foods separately to ethylene-sensitive foods.

## Vegetable storage tips

Vegetable type	Storage in a cool, dry, dark place	Storage in refrigerator	Recommended use by
Artichokes	No	Sprinkle with water and seal in airtight bag	1 week
Asparagus	No	Stand up in jar of water or wrap end of stalks in damp paper and store in plastic bag	4 days
Beans – green or snap	No	Plastic bag	5 days
Beetroot	No	Plastic bag	2 weeks
Broccoli	No	In perforated plastic bag in vegetable crisper	5 days
Brussels Sprouts	No	In perforated plastic bag in vegetable crisper	5 days
Cabbage – red and green	No	Plastic bag	2 – 3 weeks
Cabbage – Chinese	No	Tight plastic wrap or airtight bag or container	1 week
Capsicum	No	Plastic bag	1 week
Carrots – young	No	Plastic bag with tops removed	2 weeks
Carrots – mature	No	Plastic bag with tops removed	3 – 4 weeks
Cauliflower	No	Plastic bag	1 week
Celery	No	Tight plastic wrap or airtight bag or container	2 weeks
Corn on cob – husks on	No	Uncovered When ripe	Up to 1 month
Corn on cob – husks off	No	Wrapped in damp towel	1 – 2 days
Cucumbers	No	Plastic bag	1 week
Eggplant	No	Plastic bag	5 days
Garlic bulb – whole	Yes	No (may cause sprouting)	3 – 5 months
Garlic – individual cloves	Yes	No (may cause sprouting)	7– 10 days
Ginger root	No	Plastic bag or container	2 – 3 weeks
Kale	No	Plastic bag	5 – 7 days
Leeks	No	Plastic bag	1 – 2 weeks
Lettuce – Iceberg	No	Loosely closed plastic bag	1 week
Lettuce – leaves	No	Rinse well and dry on paper towel before storage in loosely closed plastic bag	1 week
Mushrooms	No	Paper bag	1 week
<b>Onions – whole</b>	Mesh bag – with good ventilation	No (do not store with potatoes) 2 – 3 months	3 – 5 days
<b>Onions – cut</b>	No	Tight plastic wrap or airtight bag or container	2 – 3 days
Parsnips	No	Plastic bag	3 – 4 weeks
Peas	No	Loosely closed plastic bag	3 – 4 days
Potatoes	Paper bag – with good ventilation	No (do not store with onions)	1 – 2 weeks
Pumpkins – whole	Uncovered – with good ventilation	No	1 month
Pumpkins – cut	No	Tight plastic wrap or airtight bag or container	2 – 4 days
Radishes	No	Plastic bag with tops removed	1 – 2 weeks
Sprouts	No	Plastic bag or airtight container	2 – 4 days
Squash – summer (including zucchini)	No	Tight plastic wrap or airtight bag or container	1 week
Squash – winter (including spaghetti)	Uncovered – with good ventilation	No	3 – 5 weeks
Sweet potatoes/yams	Uncovered – with good ventilation	No	3 – 5 weeks
Tomatoes	Uncovered – away from direct sunlight	Once ripe (will affect flavour)	1 week

Disclaimer: Design courtesy of Moreland City Council. The suggested storage methods and times should be used as a guide only. Food Know How takes no responsibility for any loss or damage as a result of or arising from reliance on information in this publication. Sources: Information has been adapted from various sources including University of Maryland and Canadian Produce Marketing Association. JVD/CDB2531