

Tips for Storing Fresh Produce

Extension Consumer Food Safety Fact Sheet

Dr. Londa Nwadike

Kansas State University
22201 W. Innovation Drive
Olathe, KS 66061
913-307-7391
Inwadike@ksu.edu

University of Missouri
105 East 5th St., Suite 200
Kansas City, MO 64106
816-482-5860
nwadikel@missouri.edu

Storage location	Fruits and melons	Vegetables	
Store in refrigerator (<40°F)	Apples (>7 days) Apricots Berries Cherries Cut fruits Grapes	Herbs Carrots Mushrooms Cauliflower Green beans Cut veggies Beets	Leafy greens Broccoli Summer squash Cabbage Sweet corn
Ripen on the counter, then store in refrigerator	Peaches, Pears		
Store at room temperature	Apples (<7 days) Bananas Citrus fruits Muskmelon Watermelon	Basil (in water) Peppers ⁺ Cucumbers ⁺ Potatoes* Dry onions* Pumpkins Eggplant ⁺	Sweet potatoes* Garlic* Tomatoes Winter Squash

+ Cucumbers, eggplant, and peppers can be kept refrigerated for 1 to 3 days if they are used soon after removal from the refrigerator.
*Store garlic, onions, potatoes, and sweet potatoes in a well-ventilated area in the pantry.

Further tips

- Once any produce is cut or peeled, it must be stored in the refrigerator for safety.
- Refrigerated fruits and vegetables should be stored in moisture-proof bags with a few holes in them to retain moisture but also to allow air circulation and prevent condensation.
- Wash all whole produce under running water just before preparation for eating.
 - No need to use soap or produce washes — clean running water is enough.
 - Wash even if peeling the produce so you don't transfer "dirt" from outside to the inside.
 - Use a clean scrub brush to wash produce such as potatoes and melons.

References:

Storing Fresh Vegetables for Better Taste. 2012. University of California Davis Post Harvest Technology Program. Available from: <http://ucce.ucdavis.edu/files/datastore/234-1920.pdf>

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