

# Storing Fresh Produce

Eating fresh local produce is always a treat and one of the best things about summer!  
Here are a few tips on maintaining their quality and safety until you are ready to eat them.

| Storage location                                                                                                                     | Fruits and melons                                                           |                      | Vegetables                                                              |                                                                                      |
|--------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------|----------------------|-------------------------------------------------------------------------|--------------------------------------------------------------------------------------|
| Store in refrigerator (<40F)                                                                                                         | Apples (>7 days)<br>Apricots<br>Berries<br>Cherries<br>Cut fruits<br>Grapes |                      | Herbs<br>Mushrooms<br>Green beans<br>Beets<br>Broccoli<br>Cabbage       | Carrots<br>Cauliflower<br>Cut veggies<br>Leafy greens<br>Summer squash<br>Sweet corn |
| Ripen on the counter, then store in refrigerator                                                                                     | Peaches, Pears                                                              |                      |                                                                         |                                                                                      |
| Store at room temperature                                                                                                            | Apples (<7 days)<br>Citrus fruits<br>Watermelon                             | Bananas<br>Muskmelon | Basil (in water)<br>Cucumbers +<br>Dry onions*<br>Eggplant +<br>Garlic* | Peppers +<br>Potatoes *<br>Pumpkins<br>Sweet potatoes*<br>Tomatoes<br>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.
  - o No need to use soap or produce washes- clean running water is enough
  - o Wash even if peeling the produce so you don't transfer "dirt" from outside to the inside
  - o 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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