



# Fruit & Vegetable Storage

## FRUIT & VEGETABLE STORAGE GUIDELINES

### FRUIT

Stone fruits, avocados, tomatoes, mangoes, melons, apples, and pears will continue to ripen if left sitting out on a counter top, while items like grapes, citrus, and berries will only deteriorate and should be refrigerated. Bananas in particular ripen very quickly, and will also speed the ripening of any nearby fruits.

### VEGETABLES

Before storing, remove ties and rubber bands. Make sure the bag you store the veggies in has some holes punctured to allow for good air flow. Pack vegetables loosely in the refrigerator. The closer they are, the quicker they will deteriorate.

### DON'T STORE CERTAIN FRUITS & VEGETABLES TOGETHER

Fruits that give off high levels of ethylene (the ripening agent) can prematurely ripen and spoil surrounding fruit and vegetables. All fruit and vegetables emit ethylene, some more than others. High ethylene producers are apples, avocados, ripe bananas, rockmelon and tomatoes. Ethylene producers can work to your advantage if you want to speed up the ripening process of some unripe fruit. For example, by putting an apple in a bag with an unripe pear this will help the pear ripen more quickly. If you want to increase the life of already ripe produce make sure to keep them away from the ethylene producers.

## WHERE TO STORE FOR BEST FLAVOUR AND SHELF LIFE:

### STORE IN THE REFRIGERATOR

Apples (> 2 days)	Carrots	Cucumbers	Mushrooms	Watermelon
Apricots	Cauliflower	Grapes	Oranges/citrus	
Berries	Celery	Leafy greens	Rockmelons	
Broccoli	Cherry Tomatoes	Lettuce	Sprouts	

### STORE ON BENCH TOP THEN REFRIGERATE WHEN RIPE

Avocados	Mangoes	Peaches	Plums	Stone Fruit
Kiwi Fruit	Nectarines	Pears	Pineapples	

### STORE ON BENCH TOP

Apples (< 2 days)	Bananas
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