



# FRESH PRODUCE STORAGE GUIDE

This chart is a simple guide to ensure that you preserve the quality and freshness of your produce. It is categorized by “Storage in the refrigerator”, “Storage on the counter until ripened”, and “Storage at room temperature”.

Within these categories, the left-hand column identifies fruits and vegetables that produce ethylene and the right-hand column identifies fruits and vegetables that do not produce ethylene. Ethylene is a gas that causes other produce to ripen faster. Therefore, store ethylene sensitive fruits and vegetables away from ethylene producers, whether in the refrigerator or at room temperature.

## STORE IN THE REFRIGERATOR.

Ethylene Producers	Ethylene Sensitive		
Apricots Berries	Apples (>7 days) Artichokes Asparagus Beets Belgian endives Broccoli Brussels sprouts Cabbage Carrots	Cauliflower Celery Cherries Cut fruit Cut veggies Grapes Green beans Green onions Herbs (basil) Jalapenos	Leafy greens Leeks Lettuce Mushrooms Peas Radish Sprouts Summer Squash Sweet corn Zucchini

## RIPEN ON COUNTER. STORE IN REFRIGERATOR.

Ethylene Producers	Ethylene Sensitive
Avocados Kiwi Nectarines	Peaches Pears Plums

## STORE AT ROOM TEMPERATURE.

Ethylene Producers	Ethylene Sensitive
Bananas (ripening) Cantaloupe Citrus fruits Grapefruit Honeydew Lemons Limes	Mangoes Oranges Papayas Pineapples Tangerines Tomatoes Apples (<7 days) Bananas (unripe) Cucumber Eggplant Garlic Ginger Jicama Onions Peppers Potatoes Pomegranates Pumpkins Sweet Potatoes Watermelon Winter Squash