

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 |
|---------------------------|-------------------------|-----------------------------------------|--------------------|
| Apples | No | In plastic bag | Up to 4 weeks |
| Apricots | Uncovered until ripe | Once ripe – uncovered | 1 week |
| Avocado | Uncovered until ripe | Once ripe – uncovered | 2 – 5 days |
| Bananas* | 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 |
| Kiwifruit* | 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 |
| Mangoes | Uncovered until ripe | Once ripe – uncovered | Up to 1 week |
| Melon – whole | Uncovered until ripe | Once ripe – uncovered | 3 – 5 days |
| Melon – cut | No | In airtight container | Up to 3 days |
| Nectarines | 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 |
| Papaya | Uncovered until ripe | Once ripe – uncovered | Up to 1 week |
| Passionfruit | Uncovered until ripe | Once ripe – uncovered | Up to 1 week |
| Peaches | Uncovered until ripe | Once ripe – uncovered | Up to 1 week |
| Pears | Uncovered until ripe | Once ripe – uncovered | 2 – 3 days |
| Persimmon | 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 |
| Plums | 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 |
| Onions – whole | Mesh bag – with good ventilation | No (do not store with potatoes) 2 – 3 months | 3 – 5 days |
| Onions – cut | 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