

Smart Storage

~Know which fruits and vegetables stay fresh longer inside or outside the fridge. By storing them for maximum freshness, they will taste better and last longer~

Produce	Storage method
Apples	<ul style="list-style-type: none">- 1 week up to 1 month- Store separate from other fruits and vegetables. Apples give off natural gasses that can cause other fruits to ripen too quickly.
Avocado	<ul style="list-style-type: none">- Ripen at room temperature, then store in fridge up to 5 days
Berries , cherries, and peaches	<ul style="list-style-type: none">- Refrigerate and eat within 2-3 days for best quality. Freeze for 8-12 months.
Melons, nectarines, pineapples, and plums	<ul style="list-style-type: none">- Refrigerate and eat within 5 days after ripening at room temperature. Freeze 8-12 months.
Bananas, Mangos, and Papayas	<ul style="list-style-type: none">- Ripen at room temperature. Refrigerate or freeze if not eaten before overripe.
Tomatoes	<ul style="list-style-type: none">- Ripen away from sunlight at room temperature, then store in refrigerator for 1-2 days. Freeze 8-12 months.
Most Vegetables	<ul style="list-style-type: none">- Store in the fridge for 3-7 days, depending on the vegetable
Potatoes and onions	<ul style="list-style-type: none">- Store in a cool, dark place for 2-4 weeks.
Winter squashes	<ul style="list-style-type: none">- Store at room temperature until cut or cooked, then refrigerate

Storage Tips

- Many fruits give off natural gases that hasten the spoilage of other nearby produce. Store bananas, apples, and tomatoes by themselves and store fruits and vegetables in different bins.
- To prevent mold, wash berries just before eating
- If you notice fruit or vegetables are beginning to go bad, chop them up and store in the freezer for a long storage life.