

BEST WAYS TO STORE FRUITS & VEGETABLES



STORAGE LOCATION	FRUITS	VEGETABLES
Store in refrigerator.	<ul style="list-style-type: none"> Apples (more than 7 days) Apricots Asian Pears Blackberries Blueberries Cherries Cut Fruit Figs Grapes Raspberries Rhubarb Strawberries 	<ul style="list-style-type: none"> Artichokes Asparagus Green Beans Beets Broccoli Brussel Sprouts Cabbage Carrots Cauliflower Celery Cut Vegetables Green Onions Herbs (not basil) Leafy Vegetables Leeks Lettuce Mushrooms Parsnips Peas Radishes Spinach Sprouts Summer Squash Sweet Corn Turnips Avocados
Ripen on the counter first, then store in refrigerator.	<ul style="list-style-type: none"> Kiwi Nectarines Peaches Pears Plums 	
Store only at room temperature.	<ul style="list-style-type: none"> Apples (fewer than 7 days) Bananas Citrus Fruits Mangoes Melons Papayas Persimmons Pineapple Plantain Pomegranates 	<ul style="list-style-type: none"> Basil (in water) Cucumber Eggplant Garlic Ginger Jicama Onions Peppers Potatoes Pumpkins Sweet Potatoes



Compiled by Nutrition and Food Safety Educator, Vicki Hayman



UNIVERSITY OF WYOMING
EXTENSION

Issued in furtherance of extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Kelly Crane, Director, University of Wyoming Extension, College of Agriculture and Natural Resources, University of Wyoming Extension, University of Wyoming, Laramie, Wyoming 82071.

The University of Wyoming is an equal opportunity/affirmative action institution.