

Fruit and vegetable storage guide



SMART STORAGE: Do you know which fruits and vegetables stay fresh longer inside or outside the refrigerator? Help your food stay fresher and taste better by storing it in the right place so it lasts longer and saves you money.

INSIDE THE FRIDGE:

- Apples, berries and cherries
- Grapes, kiwi, lemons and oranges
- Almost all vegetables and herbs (see back)



ONCE RIPE, STORE IN THE FRIDGE:

- Melons, nectarines, apricots, peaches and plums
- Avocados, pears and tomatoes



ON THE COUNTER OR TABLE:

- Bananas
- Basil and winter squash — once cut, store squash in fridge



IN A COOL, DARK PLACE, LIKE A CUPBOARD:

- Mangos, papayas and pineapples
- Whole potatoes and onions
- Garlic



MORE STORAGE TIPS:

- Store bananas, apples and tomatoes by themselves. Store fruits and vegetables separately. Some fruits give off gases that can quickly ripen other nearby produce.
- Wash, cut and store fruits and vegetables in bags and containers to extend the life of your produce and to make preparation easier at meal times.

For more ways to prevent wasted food, see Oregon State Extension Service's food preservation and food storage resources at <http://extension.oregonstate.edu/fch/food-preservation>.



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