

# ORGANIC PRODUCE STORAGE TIPS

All fruits and vegetables go through different ripening processes from the time they're grown. During these processes a natural ethylene gas is emitted from some types of produce which can spread to other fruits and vegetables. It's important to store different foods properly to reduce the chances of quick spoiling or flavor transfer.



## PRODUCE

## CONDITIONS

## CONTAINER

## NOTES

PRODUCE	CONDITIONS	CONTAINER	NOTES
Apples	Cool counter or refrigerator	Paper bag	Store away from strong scented foods as they absorb flavors easily.
Avocados	Room temperature or refrigerator crisper once ripened	No container needed	To speed up the ripening process, store in a paper bag with bananas or apples. Store cut avocados with pit still intact to prevent discoloration.
Bananas	Room temperature	No container needed	The ripening process is quickened with heat above room temperature.
Broccoli	Refrigerator	Closed container or wrapped in a damp cloth	Refresh in ice water to maintain color.
Cabbage	Cool counter or refrigerator	No container needed	Will last up to 1 week. Savoy and Napa varieties will only last 3-4 days.
Cauliflower	Refrigerator crisper	Closed container	Store a head of cauliflower stem-side up to avoid moisture build up.
Carrots (with tops)	Refrigerator crisper	Closed container	Will last up to 5 days.
Celery	Refrigerator	Closed container or wrapped in a damp cloth	Will last up to 2 weeks.
Chard	Refrigerator	Closed container or wrapped in a damp cloth	Will last up to 2-3 days.
Collards	Refrigerator crisper	Closed container or wrapped in a damp cloth	Will last up to 4-5 days.



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Corn	Refrigerator	Open container, unhusked	Best eaten immediately.
Grapes	Refrigerator	No container needed	Remove spoiled grapes or ones with broken skins and store unwashed.
Green beans	Refrigerator crisper	Paper bag	Will last up to 5 days.
Lettuce	Refrigerator crisper	Closed container or wrapped in a damp cloth.	Do not store with melons, apples, pears, or ethylene gas emitting fruits.
Mangoes	Refrigerator	Paper bag	Ripe mangoes will last up to 2-3 days.
Melons	Refrigerator or room temperature	No container needed	Will last up to 3 days.
Onions	Dry, dark, well-ventilated area	No container needed	For optimal freshness, try storing in an old pair of pantyhose! Fill the sleeve with onions, making a knot between each one.
Oranges	Cool counter or refrigerator	No container needed	Will last up to 2-3 weeks in the refrigerator.
Pears	Room temperature	No container needed	Store with ripe bananas to speed up the ripening process.
Peppers	Refrigerator	No container needed	Will last up to 1 week.
Potatoes	Dry, dark, well-ventilated area	No container needed	Do not store in the refrigerator as the cold temperature will breakdown the starch into sugar.
Spinach	Refrigerator crisper	No container needed	Avoid washing before storage.
Strawberries	Refrigerator	Paper bag	Extremely perishable and should be refrigerated immediately. Once cut, eat within 48-72 hours.
Summer Squash	Cool counter	No container needed	Will last up to 1 month.
Tomatoes	Room temperature or cool counter	No container needed	Do not store in the refrigerator as the cold temperature may alter taste and texture.
Winter Hard Squash	Dry, dark, well-ventilated area	No container needed	Will last up to 1 month.