



K-State Extension Connection

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The mission of K-State Research and Extension Family and Consumer Sciences is to link education with life experiences to help people improve their lives, their families and their communities. Family and Consumer Sciences professionals support essential life skills including Community Development, Healthy Lifestyle Choices, Leadership & Volunteer Development, Relationship Development and Resource Management.

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Don't Let the Good Go Bad

Nobody likes to find rotten fruits or vegetables in their refrigerator. Enjoy the tastes of the season by keeping your purchases fresh. Buy the amount of fresh fruits and vegetables that you and your family can eat within the storage limits shown in the table below. Fresh foods from a garden or farmers market generally will keep longer than items purchased at a grocery store. Read on for more tips to help you get the longest storage time for your fresh fruits and vegetables.

Avoid Excess Wetness and Keep Them Cool

- Do not store fruits or vegetables that show signs of spoilage.
- Wait to wash fruits and vegetables until just before using them.
- Refrigerate all cut or peeled fruits and vegetables immediately.
- Most refrigerated whole fruits and vegetables last longest when they're stored in plastic bags with six to eight small holes poked in each bag. The plastic holds in moisture and the holes let in some oxygen. Line the inside of the plastic bag with dry paper towels to keep excess moisture from spoiling the fresh produce.
- Store apricots, berries, broccoli, cabbage, carrots, cauliflower, cherries, corn, grapes, green beans, leafy greens, herbs, mushrooms, radishes and summer squash in a crisper drawer, which is the coldest section of the refrigerator.
- Uncut apples, bananas, melons, nectarines, peaches, pears and tomatoes keep best if left to ripen on a counter before being refrigerated. Once ripe, eat them or store these foods in the refrigerator crisper drawer for optimal freshness.
- Store dry onions, garlic, oranges and other citrus fruits, and potatoes in mesh bags in a dry cool dark place, not in the refrigerator, for one to two weeks.

Fruit/Vegetable	Refrigerated Storage Time
Apples	1 month
Beets	2 weeks
Berries	2-3 days
Broccoli	3-5 days
Carrots	2 weeks
Corn	1-2 days
Fresh herbs	2-3 days
Grapes	3-5 days
Green onions	3-5 days
Head lettuce	5-7 days
Leafy greens	1-2 days
Melons, cut	3-4 days
Nectarines	5 days
Peaches	5 days
Pears	5 days
Radishes	1-2 weeks
Tomatoes	2-3 days
Turnips	1-2 weeks

For additional information, contact the Wildcat Extension District, Crawford County, 620-724-8233, Labette County, 620-784-5337, Montgomery County, 620-331-2690, Pittsburg Office, Expanded Food and Nutrition Education (EFNEP), 620-232-1930. Our website is <http://www.wildcatdistrict.k-state.edu/> or follow us on Facebook: Wildcat Extension District.

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