Storing Fresh Produce

Eating fresh local produce is always a treat and one of the best things about summer! Here are a few tips on maintaining their quality and safety until you are ready to eat them.

<table>
<thead>
<tr>
<th>Storage location</th>
<th>Fruits and melons</th>
<th>Vegetables</th>
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</thead>
</table>
| Store in refrigerator (≤40°F) | Apples (>7 days)  
Apricots  
Berries  
Cherries  
Cut fruits  
Grapes | Herbs  
Mushrooms  
Green beans  
Beets  
Broccoli  
Cabbage |
| Ripen on the counter, then store in refrigerator | Peaches, Pears | Carrots  
Cauliflower  
Cut veggies  
Leafy greens  
Summer squash  
Sweet corn |
| Store at room temperature | Apples (<7 days)  
Citrus fruits  
Watermelon | Bananas  
Muskmelon | Basil (in water)  
Cucumbers +  
Dry onions*  
Eggplant +  
Garlic* |
| + Cucumbers, eggplant and peppers can be kept refrigerated for 1 to 3 days if they are used soon after removal from the refrigerator |
| *Store garlic, onions, potatoes, and sweet potatoes in a well-ventilated area in the pantry. |

Further tips:
- Once any produce is cut or peeled, it must be stored in the refrigerator for safety.
- Refrigerated fruits and vegetables should be stored in moisture-proof bags with a few holes in them to retain moisture but also to allow air circulation and prevent condensation.
- Wash all whole produce under running water just before preparation for eating.
  - No need to use soap or produce washes - clean running water is enough
  - Wash even if peeling the produce so you don’t transfer “dirt” from outside to the inside
  - Use a clean scrub brush to wash produce such as potatoes and melons.

References:

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