

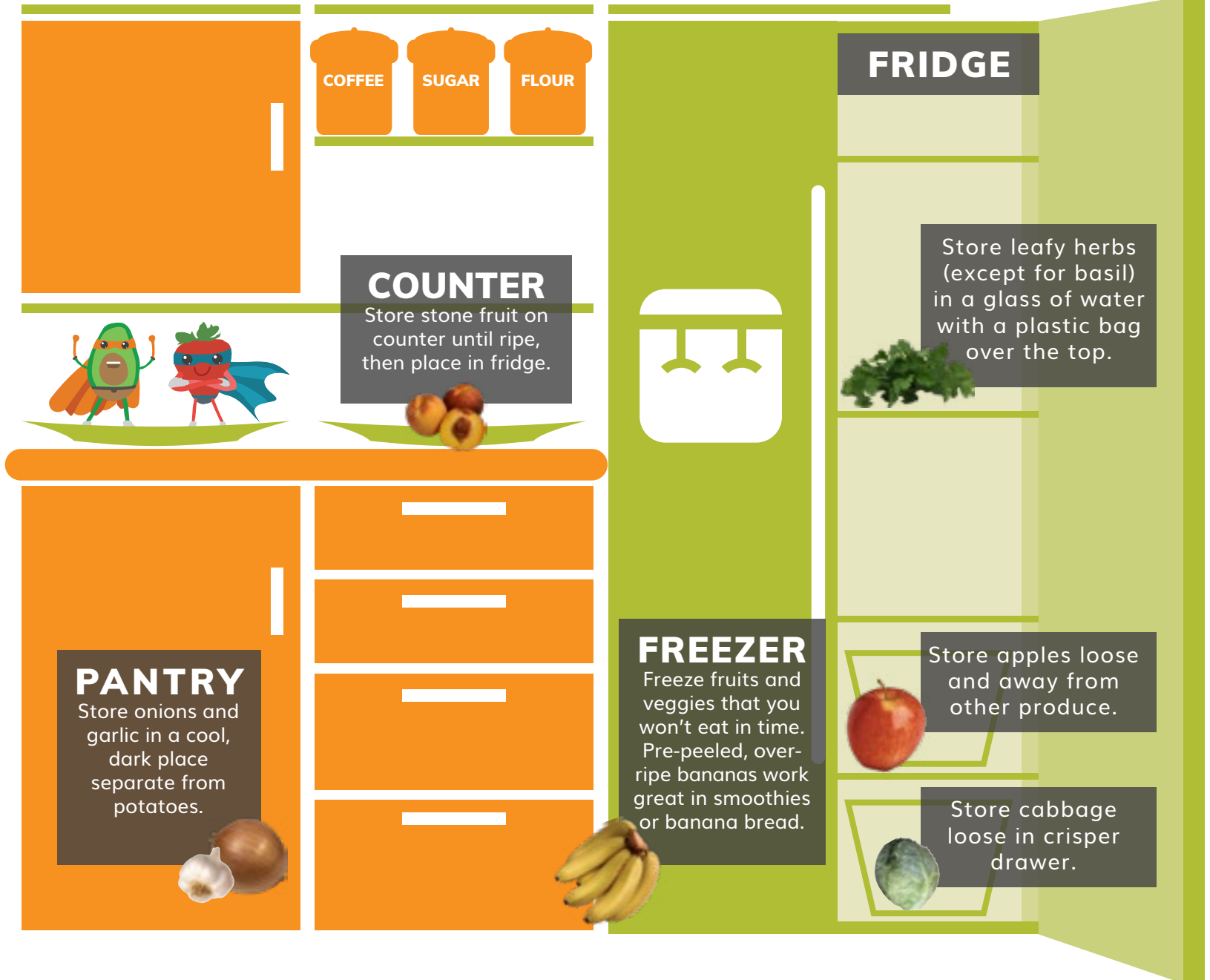
A-Z Fruit and Vegetable Storage Guide











KEEP IT FRESH!











Waste Less, Save More.

**NO FOOD
LEFT BEHIND**

- CORVALLIS -



Fruits / Veggies	How to Store
 Apples	Fridge. Store separate from other produce.
 Artichokes	Fridge. Store in plastic bag or sealed container.
 Asparagus	Fridge. Remove bands & ties. Store upright in a glass of water with a plastic bag over the top.
 Avocados	Ripen on counter, then store in fridge. Store loose.
 Bananas	Counter. Store away from other fruits and vegetables.
 Basil	Counter. Remove bands and ties. Trim stems and store in water with plastic bag over the top.
 Beans	Fridge. Store in a plastic bag or sealed container.
 Berries	Fridge. Store in unsealed container. Wash just before eating to avoid mold.
 Bok Choy	Fridge. Remove bands and ties. Store in a sealed container lined with a damp towel.
 Broccoli	Fridge - crisper drawer. Wrap in a damp towel.

Fruits / Veggies	How to Store
 Brussel Sprouts	Fridge - crisper drawer. Store in a sealed container.
 Cabbage	Fridge - crisper drawer. Store loose.
 Cauliflower	Fridge - crisper drawer. Store in a plastic bag or sealed container.
 Celery	Fridge. Store in a plastic bag or sealed container.
 Cherries	Fridge. Store in a plastic bag or sealed container. Wash just before eating to avoid mold.
 Citrus Fruits	Fridge - crisper drawer. Store loose.
 Corn	Fridge. Store loose. Keep in husk.
 Cucumbers	Fridge - crisper drawer. Store loose.
 Eggplant	Fridge - crisper drawer. Store loose.
 Garlic	Cupboard / Pantry. Store loose.










Find even more online











For a complete database of food storage tips and their shelf lives, check out StillTasty.com or EatByDate.com.



Apart is better than together

Many fruits give off natural gases that cause nearby produce to ripen and spoil faster. Store fruits such as ripe bananas, avocados, apples, and tomatoes away from other produce. Store veggies and fruit in separate fridge drawers.

Fruits / Veggies	How to Store
 Grapes	Fridge. Store in a sealed container. Wash just before eating to avoid mold.
 Green Onions/ Scallions	Fridge. Wrap in a damp towel or store upright in a glass of water.
 Herbs, Leafy	Fridge. Trim stems and store upright in a glass of water with a plastic bag over the top.
 Herbs, Woody	Fridge. Wrap in a damp towel and store in a sealed container.
 Leafy Greens	Fridge. Remove bands and ties. Store in a sealed container lined with a damp towel.
 Melons	Ripen on counter, then store in fridge. Store loose.
 Mushrooms	Fridge. Store in a paper bag - never in plastic.
 Okra	Fridge. Store in a paper bag.
 Onions	Cupboard / Pantry. Store loose or in a mesh bag.
 Pears	Ripen on counter, then store in fridge. Store loose.

Fruits / Veggies	How to Store
 Peppers	Fridge - crisper drawer. Store loose.
 Potatoes	Cupboard / Pantry - away from light. Store loose or in a paper bag.
 Root Veggies	Fridge. Remove tops but not crown, and store in an almost-sealed container.
 Squash, Summer	Fridge. Wrap whole or sliced pieces in a damp towel.
 Squash, Winter	Cupboard / Pantry. Store loose.
 Stone Fruits	Ripen on counter, then store in fridge. Store loose.
 Tomatillos	Fridge. Store in a paper bag.
 Tomatoes	Ripen on counter, then store in fridge. Store out of direct sunlight.
 Tropical Fruit	Ripen on counter, then store in fridge. Store loose.
 Zucchini	Fridge. Wrap whole or sliced pieces in a damp towel.



Keep ready-to-eat snacks cool

Always refrigerate cut or peeled produce. Store in clear containers so you can see what's inside.

Spruce up limp greens

Immerse in ice water for 30 minutes or trim stems and place upright in a glass of water for a few hours.

Sell-by, best-by, use-by: What do food date labels really mean?

With one exception, it's not about food safety.

Date labels are confusing and can lead to needlessly throwing away good, still-edible food. With the exception of infant formula, product dating is set by manufacturers to indicate the latest date for peak quality, not safety. Even if the date expires, a product should be safe, wholesome and of good quality if stored and handled properly.

See the USDA's Food Product Dating fact sheet at fsis.usda.gov for more information.

Food product dating de-mystified:



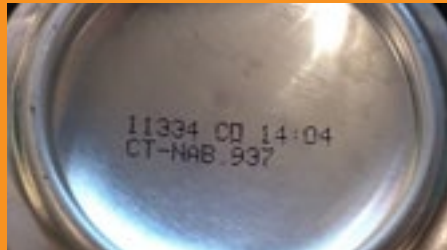
Use by: Last date recommended by manufacturer for peak quality.



Sell by: Manufacturer's date to tell store how long to display item for sale.



Best before/best by: Manufacturer's date recommended for optimal flavor/quality.



Closed or coded dates: Packing numbers used by manufacturers.

Wasted food = wasted resources

The average American household wastes about 25% of the food they buy - especially produce. When we throw away food, we also waste significant amounts of water, energy, fuel, fertilizer, time and money used to produce, package and transport it.

Small storage changes
make a **BIG** difference!

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What about composting?

Composting is great for food that couldn't be eaten (like egg shells and banana peels). But it's the last resort for preventable food waste. **Remember:** edible food that is composted still wastes an enormous amount of natural resources. What's best is to prevent it from going to waste at all.

As much as possible,
buy just what you need
- eat what you buy.



Visit NoFoodLeftBehindCorvallis.org
for more tips and tools about how to
prevent wasted food at home.



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