

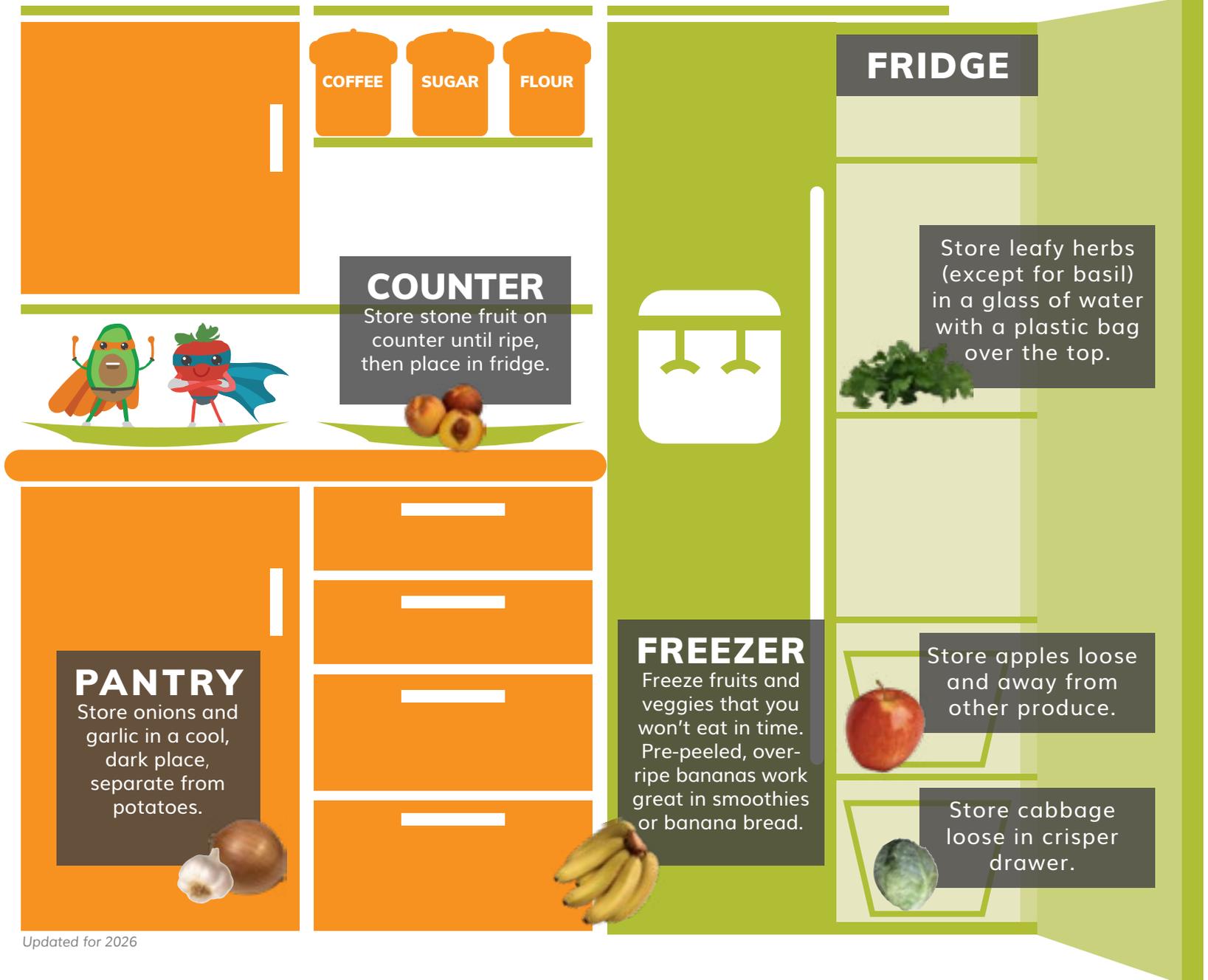
# A-Z Fruit and Vegetable Storage Guide

## KEEP IT FRESH!

Waste Less, Save More.

**NO FOOD**  
**LEFT BEHIND**

- CORVALLIS -



Fruits / Veggies	How to Store	Fruits / Veggies	How to Store
 Apples	<b>Fridge.</b> Store separate from other produce.	 Brussel Sprouts	<b>Fridge - crisper drawer.</b> Store in a sealed container
 Artichokes	<b>Fridge.</b> Store in plastic bag or sealed container	 Cabbage	<b>Fridge - crisper drawer.</b> Store loose.
 Asparagus	<b>Fridge.</b> Remove bands & ties. Store upright in a glass of water with a plastic bag over the top.	 Cauliflower	<b>Fridge - crisper drawer.</b> Store in a plastic bag or sealed container
 Avocados	<b>Ripen on counter, then store in fridge.</b> Store loose.	 Celery	<b>Fridge.</b> Store in a plastic bag or sealed container
 Bananas	<b>Counter.</b> Store away from other fruits and vegetables.	 Cherries	<b>Fridge.</b> Store in a plastic bag or sealed container Wash just before eating to avoid mold.
 Basil	<b>Counter.</b> Remove bands and ties Trim stems and store in water with plastic bag over the top	 Citrus Fruits	<b>Fridge - crisper drawer.</b> Store loose.
 Beans	<b>Fridge.</b> Store in a plastic bag or sealed container	 Corn	<b>Fridge.</b> Store loose. Keep in husk
 Berries	<b>Fridge.</b> Store in unsealed container. Wash just before eating to avoid mold.	 Cucumbers	<b>Fridge - crisper drawer.</b> Store loose.
 Bok Choy	<b>Fridge.</b> Remove bands and ties. Store in a sealed container lined with a damp towel.	 Eggplant	<b>Fridge - crisper drawer.</b> Store loose.
 Broccoli	<b>Fridge - crisper drawer.</b> Wrap in a damp towel.	 Garlic	<b>Cupboard / Pantry.</b> Store loose.

## Apart is better than together

Many fruits emit a natural gas called ethylene, which causes 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.



## Find even more online

Read our Kitchen Confessions blog, "[Eeek! It's Ethylene!](#)" to learn more.

For a useful database of food storage tips and their recommended shelf lives, check out [StillTasty.com](#).

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

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



## Is it OK to eat it?

From speckled avocados to sprouted or green potatoes, from wilted greens or bruised apples to split carrots or bumpy egg shells, find out if your food is safe to eat!

Visit [EatOrToss.com](http://EatOrToss.com) and search their Food Index database by food type or symptom. Get tips and meal inspiration from their Use-It-Up Recipes, too.

## Sell-by, Best-by, Use-by: What do food date labels really mean?

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

We needlessly throw away still-edible food due to confusion about date labels. With the exception of infant formula, date labels are just indicators of quality or freshness set by food manufacturers.

**CHECK LABELS:** These suggest a Sell/Best/Use By date for quality, not safety expiration. Despite years of Congressional advocacy, there are no standardized regulations around food date labeling.

**USE YOUR SENSES:** For most food items, even those with a past "Best By" date, use your best judgment (sight, smell) to determine if a food is still good to eat.

\*Most foods should be safe if stored and handled properly, but don't take any chances! Consult the USDA's tips and searchable database (browse "Produce") at [Foodsafety.gov/keep-food-safe/foodkeeper-app](https://www.foodsafety.gov/keep-food-safe/foodkeeper-app).



**Best Before / Best By:** Manufacturer's date recommended for optimal flavor or quality.



**Use By / Freeze By:** Last date recommended by manufacturer for peak quality.



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



Read our Kitchen Confessions blog about food date labeling: "Check It Before You Chuck It"

## Wasted food = wasted resources

The average U.S. household wastes up to 35% of the food they buy -- especially highly-perishable produce. When we toss food that was edible, we also waste *significant* amounts of water, energy, fuel, fertilizer, human labor and money used to produce, package and transport it.

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

# NO FOOD LEFT BEHIND - CORVALLIS -

## What about composting?

Composting is great for food scraps that couldn't be eaten (like egg shells or banana peels). But composting should be our last resort for preventing wasted food.

WHY? Edible food that ends up composted still wastes all the resources used to get it from farm to fork. Best to prevent it from going to waste at all!

*As much as possible, buy only what you need - and eat what you buy.*



Visit [NoFoodLeftBehindCorvallis.org](https://NoFoodLeftBehindCorvallis.org) for more tips and tools about how to prevent wasted food at home.