



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 the 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	Storing Conditions	Storage Container	Notes
<i>Apples</i>	32°F	plastic bag	away from strong scented foods
<i>Bananas</i>	warm area	plastic bag	heated bananas will quicken the ripening process
<i>Broccoli</i>	high-humidity	vegetable crisper, up to 3 days	refresh in ice water to maintain color
<i>Cabbage</i>	humid vegetable bin	plastic bag	will last a week. Savoy and Napa 3-4 days
<i>Cauliflower</i>	coldest part of refrigerator with highest humidity	plastic bag	will last several months
<i>Carrots (with tops)</i>	refrigerator crisper	plastic bag	will last up to 5 days
<i>Celery</i>	humid vegetable bin	plastic bag	will last about 2 weeks
<i>Chard</i>		plastic wrap	store for up to 2 days
<i>Collards</i>	crisper	plastic bag	store up to 5 days
<i>Corn</i>		plastic bags with husk	best eaten immediately
<i>Grapes</i>	keep refrigerated, or store in freezer		remove spoiled grapes or ones with broken skins before storage
<i>Green beans</i>	refrigerator crisper	perforated plastic bag, paper bag	store up to 5 days
<i>Kiwis</i>	refrigerator, or room temperature	once ripe, store far away from other fruits	firm kiwis can be stored up to 6 months; ripe 1-2 weeks
<i>Lettuce</i>	vegetable drawer of refrigerator	plastic bag	do not store with melons, apples, pears or ethylene gas emitting fruits
<i>Mangoes</i>	cool room temperature	may be placed in paper bag to speed ripening	ripe mangoes will keep for 2-3 days
<i>Melons</i>	refrigerator or room temperature	Tightly wrap cut melons	Can be stored for 3 days
<i>Onions</i>	dry, dark, well-ventilated area. Do not refrigerate.		
<i>Oranges</i>	cool area, outside refrigerator		eat within a few days
<i>Pears</i>	room temperature	sealed plastic bag	store with ripe bananas
<i>Peppers</i>	refrigerator	plastic bag	stored for at least a week
<i>Potatoes</i>	45-50°F, cool and humid		
<i>Spinach</i>	Cold, moist surroundings – 32°F with 95% humidity	clean plastic bags with paper towels	rinse thoroughly before storing. Will last only 2-3 days.
<i>Strawberries</i>	refrigerator	moisture-proof container	extremely perishable. Refrigerate immediately. Eat within 48-72 hours.
<i>Summer Squash</i>	refrigerator	plastic bag	store for 3-5 days
<i>Tomatoes</i>	room temperature, not below 55°F		Will last 2-3 days when ripe
<i>Winter Hard Squash</i>	cool, dark, well-ventilated area		store up to 1 month

ii "Storing Apples." *The Gardeners Network*. N.p., n.d. Web. <http://www.gardenersnet.com/fruit/apples/storage.htm>
 "How to Maximize your Organic Produce." *Organic Authority*. N.p., n.d. Web.