** 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.**

|  |  |  |
| --- | --- | --- |
| **Storage location** |  **Fruits and melons** | **Vegetables** |
| Store in refrigerator (<40F) | Apples (>7 days)ApricotsBerries CherriesCut fruitsGrapes | Herbs CarrotsMushrooms CauliflowerGreen beans Cut veggiesBeets Leafy greens Broccoli Summer squashCabbage Sweet corn |
| Ripen on the counter, then store in refrigerator | Peaches, Pears |  |
| Store at room temperature | Apples (<7 days) BananasCitrus fruits MuskmelonWatermelon | Basil (in water) Peppers +Cucumbers + Potatoes \*Dry onions\* PumpkinsEggplant + Sweet potatoes\*Garlic\* Tomatoes Winter Squash |
| + 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.  |

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*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:*

*Storing Fresh Vegetables for Better Taste.* 2012. University of California Davis Post Harvest Technology Program. Available from: <http://ucce.ucdavis.edu/files/datastore/234-1920.pdf>

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