

Fruit Storage Chart				
Fruit Type		Storage on Bench Top	Storage in Refrigerator Between 0°C and 4°C	Recommended Use By
Apples		No	In food storage container or bag	Up to 4 weeks
Apricots		Uncovered until ripe	Once ripe – uncovered	1 week
Avocado		Uncovered until ripe	Once ripe – uncovered	2 – 5 days
<i>Bananas*</i>		Uncovered until ripe	Once ripe (may cause discolouration)	Up to 1 week
Blackberries		No	In vented container	2 – 3 days
Blueberries		No	In vented container	10 days
Cherries		No	Covered	Up to 5 days
Coconut – whole		Uncovered until ripe	Uncovered	2 – 4 weeks
Coconut – cut		No	In coconut juice or water	1 week
Cranberries		No	In airtight bag	2 – 4 weeks
Grapefruit		Uncovered until ripe	Once ripe – in perforated bag	Up to 3 weeks
Grapes		No	In food storage container or bag	Up to 1 week
<i>Kiwifruit*</i>		Uncovered until ripe	Once ripe – In food storage container / bag	1 – 2 weeks
Lemons and limes		Up to 1 week	Once ripe – In food storage container / bag	Up to 1 month
Mandarins		Uncovered until ripe	Once ripe – in perforated bag	Up to 1 month
Mangoes		Uncovered until ripe	Once ripe – uncovered	Up to 1 week
Melon – whole		Uncovered until ripe	Once ripe – uncovered	3 – 5 days
Melon – cut		No	In airtight container	Up to 3 days
Nectarines		In paper bag until ripe	Once ripe – in bag	Up to 1 week
Oranges		Uncovered until ripe	Once ripe – in bag	Up to 1 month
Papaya		Uncovered until ripe	Once ripe – uncovered	Up to 1 week
Passionfruit		Uncovered until ripe	Once ripe – uncovered	Up to 1 week
Peaches		Uncovered until ripe	Once ripe – uncovered	Up to 1 week
Pears		Uncovered until ripe	Once ripe – uncovered	2 – 3 days
Persimmon		Uncovered until ripe	Once ripe – uncovered	2 – 3 days
Pineapple – whole		Uncovered until ripe	Once ripe – uncovered	3 – 5 days
Pineapple – cut		No	In airtight wrap or container	3 – 4 days
Plums		In paper bag until ripe	Once ripe – in bag or container	3 – 5 days
Raspberries		No	In vented container	1 – 2 days
Rhubarb		No	In food storage container or bag	5 days
Strawberries		No	In vented container	1 – 2 days
<i>Watermelon – whole</i>		Uncovered until ripe	Once ripe – uncovered	Up to 2 weeks
<i>Watermelon – cut</i>		No	In airtight wrap or container	3 – 4 days
Freezing: Store overripe food (like peaches, bananas or berries) in the freezer to use later in smoothies.		Storage tip: try reusable silicone bags, beeswax wraps and airtight food storage containers, rather than plastic bags.	Some fruits and vegetables naturally emit a gas called ethylene as they ripen. To reduce spoilage, it is best to store ethylene producing foods (listed in bold) separately to <i>ethylene-sensitive foods</i> (listed in italics). Items marked with an asterisk * are ethylene sensitive when unripe and an ethylene producer when ripe.	

Vegetable Storage Chart				
Vegetable Type		Store in Cool, Dry, Dark Place	Storage in Refrigerator Between 0°C and 4°C	Recommended Use By
Artichokes		No	Sprinkle with water and seal in airtight bag	1 week
Asparagus		No	Stand up in jar of water or wrap end of stalks in damp paper and store in bag	4 days
Beans – green or snap		No	In food storage container or bag	5 days
Beetroot		No	In food storage container or bag	2 weeks
Broccoli		No	In perforated bag in vegetable crisper	5 days
Brussels Sprouts		No	In perforated bag in vegetable crisper	5 days
Cabbage – red and green		No	In food storage container or bag	2 – 3 weeks
Cabbage – Chinese		No	In airtight wrap or container	1 week
Capsicum		No	In food storage container or bag	1 week
Carrots – young		No	In food storage container or bag	2 weeks
Carrots – mature		No	In food storage container or bag	3 – 4 weeks
Cauliflower		No	In food storage container or bag	1 week
Celery		No	In airtight wrap or container	2 weeks
Corn on cob – husks on		No	Uncovered	When ripe
Corn on cob – husks off		No	Wrapped in damp towel	1 – 2 days
Cucumbers		No	In food storage container or bag	1 week
Eggplant		No	In food storage container or bag	5 days
Garlic bulb – whole		Yes	No (may cause sprouting)	3 – 5 months
Garlic – individual cloves		Yes	No (may cause sprouting)	7 – 10 days
Ginger root		No	In food storage container or bag	2 – 3 weeks
Herbs (fresh)		No	Rinse and dry well, store in food storage container lined with paper towel	1 – 2 weeks
Kale		No	In food storage container or bag	5 – 7 days
Leeks		No	Uncovered	1 – 2 weeks
Lettuce – Iceberg		No	In food storage container or bag	1 week
Lettuce – leaves (spinach, rocket, mixed)		No	In airtight storage container lined with paper towel, rinse before use	1 week
Mushrooms		No	Paper bag	1 week
Onions – whole		Mesh bag	No (do not store with potatoes)	2 – 3 months
Onions – cut		No	Airtight container or bag	2 – 3 days
Parsnips		No	In food storage container or bag	3 – 4 weeks
Peas		No	In food storage container or bag	3 – 4 days
Potatoes		Paper bag	No (do not store with onions)	1 – 2 weeks
Pumpkins – whole		Uncovered	No	1 month
Pumpkins – cut		No	Airtight bag or container	2 – 4 days
Radishes		No	Airtight container with tops removed	1 – 2 weeks
Sprouts		No	Airtight storage container	2 – 4 days
Squash – summer		No	In food storage container or bag	1 week
Squash – winter		Uncovered	No	1 week
Sweet potatoes/yams		Uncovered	No	3 – 5 weeks
Tomatoes		Uncovered	Once ripe (will affect flavour)	1 week