

FRUIT AND VEGETABLE *Storage Guide*

STORE INSIDE FRIDGE

Apples, berries & cherries. Grapes, kiwi & all citrus fruit.

Almost all fruit, vegetables & herbs.



ONCE RIPE, STORE IN THE FRIDGE

Melons, nectarines, apricots, peaches, pears & plums.

Avocados & tomatoes.



ON THE COUNTER OR TABLE

Bananas, basil, winter squash.

Once cut, store produce in the fridge.



IN A COOL, DARK PLACE, LIKE A CUPBOARD

Mangos, papayas & pineapples.

Potatoes, onions & garlic.

Don't store onions and potatoes together.

