

# The Fresh Grocer

## Home Storage of Fruits & Vegetables



tips from *Tony Tantiillo*

### REFRIGERATOR

Apples  
Artichokes  
Asparagus  
Beans (Lima, Snap, Green, Yellow)  
Beets  
Blackberries  
Blueberries  
Broccoli (remove from plastic bag)  
Brussels Sprouts (remove from plastic bag)  
Cabbage  
Carambola  
Carrots  
Cauliflower  
Celery  
Cherries  
Chicory  
Coconut  
Corn  
Cranberries  
Cucumbers  
Currents  
Dates  
Eggplant  
Endive  
Escarole  
Fennel  
Grapes  
Greens (Collard, Kale)  
Herbs (most types)

Jerusalem Artichokes  
Leeks  
Lettuce  
Limes  
Loganberries  
Melons (fresh cut)  
Mushrooms (most varieties in a brown bag)  
Okra  
Onions (green / scallions remove from plastic bag)  
Nectarines (ripe)  
Nuts  
Parsnip  
Peaches (ripe)  
Pears (Asian)  
Peas (green, snap, snow, sugar)  
Persimmons (Hachiyas)  
Peppers (bell, chili)  
Pineapple (cut, or ripe)  
Potatoes (red, white)  
Quince  
Radishes  
Raspberries  
Romaine Lettuce  
Rhubarb  
Rutabagas  
Salad Mixes  
Spinach  
Squash (summer)  
Strawberries  
Turnips

### ROOM TEMPERATURE

Apricots  
Avocados (cold intolerant)  
Bananas (to ripen and store)  
Cantaloupe (uncut)  
Dried Fruits  
Figs (to ripen)  
Garlic  
Grapefruit  
Honeydew (uncut)  
Kiwi (unripe)  
Lemons  
Mandarins  
Mangoes  
Melons (whole)  
Nectarines  
Onions  
Oranges  
Papayas  
Peaches (unripe)  
Pears (except Asian)  
Peppers (chili dried)  
Persimmons (Fuyu)  
Pineapple (whole)  
Plums (unripe)  
Pomegranates  
Prunes (unripe)  
Potatoes (except red & white)  
Pumpkins  
Shallots, Squash (winter)  
Sweet Potatoes  
Tomatoes  
Watermelon (uncut)