

## Worksheet 15.1 | Fruit and vegetable storage guide

Fruit	Room Temp Storage (20°C)	Refrigerated Storage(4°C)
Apples	No. Apples tend to soften 10 times faster at room temperature	Up to 2 months in a perforated plastic bag or reusable storage bag in crisper
Apricots	Until ripe	Once ripe, 1 week, uncovered
Banana	Until ripe	Once ripe, 1 to 2 days, uncovered
Blueberries	No	10 days, loosely covered
Cherries	No	3 days
Coconut	1 to 2 weeks	1 to 2 weeks, whole, uncovered
Grapefruit	1 week; store loosely in open or perforated plastic bag	1 month; store loosely in open or perforated plastic bag or reusable storage bag
Grapes	No	5 days
Kiwifruit	Until ripe	1 to 2 weeks (ripe)
Lemons and Limes	1 week; store loosely in open or perforated plastic bag or reusable storage bag	1 month; store loosely in open or perforated plastic bag or reusable storage bag
Lychee	No	1 to 2 weeks
Mangoes	Until ripe	Once ripe, 3 days
Melons e.g. rockmelon, honeydew, etc.	Until ripe	3 days (ripe), whole, uncovered
Nectarines	Until ripe	Once ripe, 1 week
Oranges	1 week; store loosely in open or perforated plastic bag or reusable storage bag	1 month; store loosely in open or perforated plastic bag or reusable storage bag
Papaya	Until ripe	Once ripe, 1 week
Passionfruit	No	1 week
Peaches	Until ripe	1 week; store uncovered in a single layer
Pears	Until ripe	2 to 3 days; store uncovered in a single layer
Persimmon	Until ripe	Once ripe, 3 days
Pineapple	No	3 days, uncovered
Plums	Until ripe	Once ripe, 3 to 5 days
Pomegranates	No	3 to 4 weeks
Raspberries	No	1 to 2 days, loosely covered in shallow container
Rhubarb	No	5 days
Star fruit	Until ripe	Once ripe, 1 week
Strawberries	No	1 to 2 days, loosely covered in shallow container
Tangerines	1 week; store loosely in open or perforated plastic bag or reusable storage bag	1 month; store loosely in open or perforated plastic bag or reusable storage bag
Watermelon	Few days	Once ripe, 1 week, whole, uncovered

## Worksheet 15.2 | Fruit and vegetable storage guide

Vegetables	Room Temp Storage (20°C)	Refrigerated Storage(4°C)
Artichokes	No	1 week
Asparagus	No	4 days
Avocado	Until ripe	Once ripe, 2 to 5 days
Beans, green	No	5 days
Beetroot	No	3 to 4 weeks
Broccoli	No	5 days; store in perforated plastic bag or reusable storage bag in vegetable crisper
Brussels sprouts	No	5 days; store in perforated plastic bag or reusable storage bag in vegetable crisper
Cabbage, green and red	No	2 to 3 weeks
Cabbage, Chinese	No	1 week, tightly wrapped with plastic wrap or beeswax wrap
Capsicum	No	1 week
Carrots, baby	No	2 weeks, covered
Carrots, mature	No	3 to 4 weeks, covered
Cauliflower	No	2 weeks
Celery	No	2 weeks
Chillies	No	1 to 2 weeks
Corn	No	In husks for 2 to 3 days. Husked for 1 to 2 days, wrapped in a damp towel
Cucumbers	No	1 week
Eggplant	No	5 days
Garlic	A few weeks to several months in a dry, cool, dark, well ventilated location	No. Refrigeration may cause sprouting
Ginger root	No	2 weeks
Herbs	No, except basil	Up to 5 days. Trim the ends of the stalks and place in a re-sealable plastic bag. Store the herbs in the crisper or vegetable bin of your refrigerator for up to five days.
Leafy greens e.g. lettuce, kale, spinach, chard, beetroot leaves	No	Up to one week. Wrap fresh greens in damp paper towel and place in a perforated plastic bag or reusable storage bag and refrigerate. Discard when leaves are wilted or brown.
Mushroom	No	5 days in paper bag
Onions, green, e.g. spring onions, shallots, leeks	No	1 – 2 weeks
Onions , dried e.g. eschalots, brown onions, white onions, red onions, pickling onions	3 to 4 weeks in single layer, in mesh bag in a dry, cool, dark, well ventilated location	No
Parsnips	No	3 to 4 weeks
Peas	No	1-3 days; store loosely in plastic bag or reusable storage bag

## Worksheet 15.3 | Fruit and vegetable storage guide

Vegetables	Room Temp Storage (20°C)	Refrigerated Storage(4°C)
Potatoes, new	No	1 week
Potatoes, mature	1 to 2 weeks in paper bag, in a dry, cool, dark, well ventilated location	No
Pumpkins	1 week	Whole pumpkins can be stored for up to 2 months uncovered in a dry, cool, dark, well ventilated location. Cut pumpkin should be wrapped tightly in plastic wrap, or a beeswax wrap, and placed in the fridge
Radishes	No	2 weeks
Sprouts, e.g. alfalfa, bean, lentil, mung, soybean, etc.	No	2-4 days
Swede	1 to 2 weeks	3 weeks, uncovered
Sweet potatoes	Up to 2 weeks whole, uncovered in a dry, cool, dark, well ventilated location	No
Tomatoes	3 to 4 days, uncovered, out of direct sunlight, until ripe	No as it stops ripening and affects flavour
Turnip	No	1 week
Zucchini and squash	No	1 week

Adapted from *Half Your Plate, Canada's Home Storage Guide* – [halfyourplate.ca/fruits-and-veggies/store-fruits-veggies/](http://halfyourplate.ca/fruits-and-veggies/store-fruits-veggies/) and information from *Love Food Hate Waste, New Zealand* – [lovefoodhatewaste.co.nz](http://lovefoodhatewaste.co.nz)