

THE COMPLETE GUIDE TO STORING FRUIT & VEGETABLES



Store apples on countertop in fruit bowl or fridge with damp towel.



Store asparagus in fridge crisper or vase with water for freshness.



Keep unripe avocados on countertop, ripe in fridge. Consider freezing.



Avoid sunlight and use a banana hanger to help avoid bruising.



Trim beet greens, leaving a stub. Keep uncleaned beets in fridge's crisper.



Check blueberries, remove bad ones. Keep dry in container in fridge.



Remove carrot greens. Keep dry. Wrap in paper towel, fridge.



Chill cherries in fridge. Keep uncovered. Freeze pitted cherries on sheet.



Trim cilantro stems, place in water-filled jar, cover, refrigerate.



Keep citrus at room temp; refrigerate when ripe. Freeze excess for drinks.



Wash, wrap individually, and store cucumbers in an airtight container.



Store garlic in cool, dry spot. Freeze peeled cloves spread on baking sheet.



Store ginger in sealed container in fridge. Wash, dry before freezing.



Keep grapes in ventilated container in fridge, not airtight.



Chop and freeze with olive oil in ice cube tray for convenience.



Wrap in paper towels in fridge drawer; keep iceberg packaged.



Store unripe mangoes at room temp until ripe. Ripe ones last in fridge.



Store mushrooms in original packaging or paper bag with paper towels.



Store onions, potatoes, and shallots in a cool, dark spot. Avoid plastic bags.



Ripen peaches on counter. Wash only before eating to maintain freshness.



Refrigerate strawberries with paper towel. Freeze on wax paper.



Ripen tomatoes on counter. Store ripe ones in fridge. Freeze extras for sauces.



Counter for 1-2 weeks, fridge for 2-3 weeks. Freeze chopped chunks.



Scan the QR code or visit the website for the full post:

everydaycheapskate.com/fruitandveggies