

Is there a right way to store produce?

— Lauren D.

organized, with leafy greens and most other vegetables and fruits in the open refrigerators and tomatoes and most root vegetables in their own non-refrigerated sections. This makes shopping easier, but also helps veggies and fruits last longer by taking into account temperature, moisture and ethylene, a gas that some veggies and fruits release as they ripen that can cause neighboring produce to spoil more quickly. The chart below uses the same principles to suggest where you should store your goodies for the best taste and longest life span. Resist the urge to take produce out of its original packaging—it's designed to prolong freshness.

PRODUCE		STORE HERE	WHY?
Bananas Figs Cantaloupes Peaches Tomatoes	Citrus Fruits + Kiwis Pears Honeydew Melons Mangoes Avocados	Counter	Room-temp conditions give fruits a chance to continue to ripen so they can be eaten at the optimal temp and texture for best taste.
Figs Kiwis Honeydew Melons Most Stone Fruits	Pears + Cantaloupes Citrus Fruits Tomatoes Avocados	Low-humidity fridge drawer	Allows for some airflow, which lets ethylene gas escape and helps prevent ethylene-producing foods from rotting too quickly
Carrots Beets Radishes Green Onions Greens	Parsnips + Turnips Ginger Celery Broccoli + Cauliflower Eggplant + Corn	High-humidity fridge drawer	Locks in moisture and keeps ethylene gas out so ethylene-sensitive foods can be protected
Potatoes Unpeeled Garlic	Squash Onions	A cool, dry place away from light (e.g., your pantry or cupboard)	Moderate temps help reduce changes in food cells that can affect taste; having no moisture sources helps prevent the formation of mold, and with no light they are less likely to turn green.