

# Storage for Longer Life



Fresh produce is the largest category of food waste, especially in the home kitchen. Here are some tips for extending the freshness of these products!



## Food Friends

In general, these conditions will usually result in longer life of perishable foods. The right conditions depend on the food (see reverse side for examples).

- Correct temperature range
- No direct light
- Dry conditions

## Food Enemies

In contrast, there are a few things that will cause any food product to spoil faster. These environmental factors encourage the growth of molds and bacteria, and should be avoided as much as possible.

- Extreme temperatures (too hot or too cold)
- Direct light
- Excessive moisture





**Store on the counter:  
(Consume or move to the  
fridge when ripe)**

- Tomatoes
- Avocado
- Stone Fruits
- Melon
- Plantains
- Summer Squash (Zucchini)
- Eggplant



**Store in a cool, dry place:**

- Onions & Garlic
- Potatoes (all kinds)
- Bananas
- Apples
- Citrus Fruits
- Root Vegetables
- Winter Squash

**Store in the fridge:**

- Greens
- Berries
- Asparagus
- Broccoli & Cauliflower
- Soft ripe fruit
- Any cut, peeled, or prepared produce



**Store with stems in water, or  
wrapped in a wet towel:**

- Asparagus (in fridge)
- Fresh Herbs
- Head Lettuce

