

Fresh Produce Storage Tips

Here are some food storage tips we at FoodTruths use to help ensure our food remains fresh. Well stored food means less wastage and more tasty meals to enjoy!

- Most refrigerated produce stays fresh longer when sealed, whether in zip-top plastic bags, reusable silicone pouches, or containers with tight-fitting lids. These containers hold in moisture, preventing produce from dehydrating, and they help protect sensitive produce from the effects of ethylene gas (a gas some produce naturally which can speed up the ripening and eventual spoilage of other produce). If you have none of the above, just keep them stored in the plastic bags from the produce department as if left uncovered a fridge can dry things out..
- If possible, depending on your fridge layout, store fruits and vegetables separately to prevent the produce from ripening too fast.
- Produce that keeps best at room temperature needs air circulation. Produce stored at room temperature in plastic bags can lead to premature spoilage. Even if the bananas, potatoes, or onions you bought came in a perforated plastic bag, they'll last longer if you take them out and let them breathe.
- Knowing how long certain vegetables last also helps determine what to cook and when. If you are making a stir fry or a dish where the vegetables you choose to add in are relatively interchangeable then opt to use the ones which spoil the quickest. eg. mushrooms, fresh corn and bean sprouts and save your (correctly stored!) carrots, celery and capsicums for a dish in the near future. (see table below)
- Once ripe, bananas can last 5-7 days in the fridge, the skins will turn brown however the fruit inside will be perfectly good to eat. So if you notice your bananas getting too ripe before you are ready to eat then either 'fridge' them or 'freezer' them (with the skins off) to be used in smoothies or baking.
- Leafy greens should be stored in a plastic bag and if you prefer to save time later, you can wash them first however ensure you wrap them in paper towel/ tea towel to help remove any excess moisture and then store in the fridge.
- Keeping the stalks of a variety of vegetables moist helps prolong their shelf life. Celery and asparagus for example can be wrapped in a damp paper towel or stood upright in a glass of water in the fridge. (interesting to note if you store asparagus in water on the bench it will continue to grow!)



Fresh Produce	Storage Times	Storage Conditions
Asparagus	3-4 days	Refrigerate
Avocado	3-5 days	Once ripened at room temperature, refrigerate
Capsicum	1-2 weeks	Refrigerate
Broccoli	3-5 days	Refrigerate
Cabbage	1 week	Refrigerate
Carrot	3-4 weeks	Refrigerate
Cauliflower	1 week	Refrigerate
Celery	1-2 weeks	Refrigerate
Corn	1-2 days	Refrigerate
Eggplant	5-7 days	Refrigerate
Green beans	3-5 days	Refrigerate
Lettuces	3-7 days	Refrigerate
Mushroom	4-7 days	Paper bag in fridge





Fresh Produce	Storage Times	Storage Conditions
Onion	2-3 months	Room temperature, dark place
Potato	1-2 weeks	Room temperature, dark place
Tomato	3-7 days	Don't refrigerate until fully ripe, bring to room temperature before consuming.
Berries	2-5 days	Once ripened at room temperature, refrigerate.
Kiwi fruit	5-7 days	Once ripened at room temperature, refrigerate.
Lemons & limes	2-4 weeks	Once ripened at room temperature, refrigerate.

Resources

- <https://www.unlockfood.ca/en/Articles/Cooking-Food-Preparation/How-to-store-vegetables-to-keep-them-fresh.aspx>
- <https://www.nytimes.com/wirecutter/blog/keep-your-produce-fresh/>
- https://ivaluefood.com/downloads/Produce_Cheat_Sheet.pdf
- <https://lovefoodhatewaste.co.nz/what-to-do-with-food-that-cant-be-eaten/>

