

Food Storage Tips—Quick Reference

| | Counter/Room Temp | Fridge | Freezer | Exceptions | |
|--|---|---|---|--|--|
| Fruits | Apples, pears | Ripen pears on counter. | Keep in the fridge; remove bad apples/pears. |  For longer storage: keep in cool place in a cardboard box with damp towel over them. | |
| | Berries, cherries, grapes | Last longer in fridge. | Store single layer, unwashed, airtight container. | Freeze in single layer on cookie sheet. Store airtight. If you need to wash ahead, put a little vinegar in water. | |
| | Citrus | Last longer in fridge. | Keep in open container in fridge. | Freeze juice in ice cube trays. Store peels and cubes airtight. |  |
| | Melons | Ripen on counter. | Store ripe and cut melons in the fridge. | Freeze cut up melon and store airtight for smoothies. |  |
| | Stone fruits <i>(peaches, plums, apricots, etc.)</i> | Ripen on counter. | Once ripe, store in open container in fridge. | Peel and freeze, then store airtight. | Cherries should be kept in the fridge—follow berry guidelines. |
| | Tropical fruits <i>(bananas, avocados, etc.)</i> | Ripen on counter. Keep bananas on counter. | Store ripe in the fridge. Keep pit in avocado to keep it from going brown. | Store peeled or unpeeled bananas in freezer to use for baking or smoothies. | Don't put bananas in fridge, even when ripe. |
| Vegetables | Cucumber, squash | Last longer in fridge. Winter squash can be stored in a cool, dark place. | Wrap whole or cut in damp towel in fridge. | Blanch and freeze zucchini . Store airtight. |  |
| | Greens <i>(salad and cooking)</i> | Kale or collards can keep on counter in cup of cold water changed daily. Better to keep in fridge. | Store airtight in fridge with damp towel. | Blanch and freeze cooking greens. Store airtight. | Store broccoli in open/loose container in crisper. |
| | Mushrooms | Last longer in fridge. | Store in a paper bag in fridge. | Sauté and then freeze in airtight container. |  |
| | Root Vegetables <i>(potatoes, onions, carrots, etc.)</i> | Store in cool, dark place with original dirt on them or in wet sand. No potatoes with onions. | Keep in airtight container with a damp towel. Store partial onions in fridge with paper skin on in airtight container. | Better stored in root cellar, but can blanch, freeze, and store airtight. | Potatoes and whole onions —no fridge. Potatoes can be kept near apples to help keep them from sprouting. |
| | Stalk vegetables <i>(celery, asparagus, etc.)</i> | Lasts longer in fridge. | Keep standing up in jar of water. | Blanch and freeze. Store airtight. |  |
| | Tomatoes, peppers, eggplant | Tomatoes on counter, unless really ripe. Keep away from other produce. | Keep in crisper drawer. Keep seeds and stem attached to partial peppers . | Freeze raw or blanched. Store airtight. | Keep eggplant away from moisture. |
| | Herbs | Keep basil on counter in damp towel or cup of water. | Put in jars with a little water, covered loosely with a damp towel or airtight in crisper. | Chop and freeze in ice cube trays; add olive oil to fill. Store airtight. | Don't put basil in fridge. |
| Meat, poultry, fish | NO  | Keep on bottom shelf of fridge. | Freeze individual portions between wax paper and store airtight. | Storage length: Fridge, uncooked: 1-2 days; cooked: 4-5 days. Freeze: several months. | |
| Dairy | NO | Don't keep in door, keep in colder parts of fridge like bottom shelf. Wrap cheese in wax paper to breathe. | Freeze liquid in ice cube trays or jars. Freeze firm cheese cubed or grated. Store airtight. | Slightly whip cream before freezing so it doesn't get grainy. | |
| Grains <i>(rice, pasta, flours, bread, etc.)</i> | Wrap bread in wax paper and put in tin. Store other grains airtight. | Cooked grains. | Freeze flours, sliced bread, breadcrumbs, stale bread, and cooked rice and other grains in airtight containers. | Don't keep bread in fridge unless using for toast—it will dry out. | |
| Nuts | Keep airtight. Lasts longer in fridge. | Keep away from high odor foods—nuts will take on other odors. | Freeze in airtight containers. |  © 659/flickr | |