

# FOOD STORAGE CHART

Reduce waste by getting your food storage right.  
Follow this guide to keep your fruit and vegetables fresh and tasty.  
Remember don't wash your produce until just before you use it.

## FRUIT STORAGE TIPS



Fruit type	Storage on bench top	Storage in refrigerator	Recommended use by
 <b>Apples</b>	No	In plastic bag	Up to 4 weeks
<b>Apricots</b>	Uncovered until ripe	Once ripe – uncovered	1 week
<b>Avocado</b>	Uncovered until ripe	Once ripe – uncovered	2 – 5 days
 <b>Bananas*</b>	Uncovered until ripe	Once ripe (may cause discolouration)	Up to 1 week
Blackberries	No	In vented container	2 – 3 days
Blueberries	No	In vented container	10 days
 Cherries	No	Covered	Up to 5 days
Coconut – whole	Uncovered until ripe	Uncovered	2 – 4 weeks
Coconut – cut	No	In coconut juice or water	1 week
Cranberries	No	In airtight bag	2 – 4 weeks
Grapefruit	Uncovered until ripe	Once ripe – in perforated plastic bag	Up to 3 weeks
 Grapes	No	In perforated plastic bag	Up to 1 week
<b>Kiwifruit*</b>	Uncovered until ripe	Once ripe – in plastic bag	1 – 2 weeks
 Lemons and limes	Up to 1 week	Once ripe – in plastic bag	Up to 1 month
Mandarins	Uncovered until ripe	Once ripe – in perforated plastic bag	Up to 1 month
<b>Mangoes</b>	Uncovered until ripe	Once ripe – uncovered	Up to 1 week
 <b>Melon – whole</b>	Uncovered until ripe	Once ripe – uncovered	3 – 5 days
<b>Melon – cut</b>	No	In airtight container	Up to 3 days
<b>Nectarines</b>	In paper bag until ripe	Once ripe – in plastic bag	Up to 1 week
 Oranges	Uncovered until ripe	Once ripe – in plastic bag	Up to 1 month
<b>Papaya</b>	Uncovered until ripe	Once ripe – uncovered	Up to 1 week
<b>Passionfruit</b>	Uncovered until ripe	Once ripe – uncovered	Up to 1 week
<b>Peaches</b>	Uncovered until ripe	Once ripe – uncovered	Up to 1 week
 <b>Pears</b>	Uncovered until ripe	Once ripe – uncovered	2 – 3 days
<b>Persimmon</b>	Uncovered until ripe	Once ripe – uncovered	2 – 3 days
 Pineapple – whole	Uncovered until ripe	Once ripe – uncovered	3 – 5 days
Pineapple – cut	No	In airtight wrap or container	3 – 4 days
 <b>Plums</b>	In paper bag until ripe	Once ripe – in plastic bag or container	3 – 5 days
Raspberries	No	In vented container	1 – 2 days
Rhubarb	No	In perforated plastic bag	5 days
 Strawberries	No	In vented container	1 – 2 days
<b>Watermelon – whole</b>	Uncovered until ripe	Once ripe – uncovered	Up to 2 weeks
 <b>Watermelon – cut</b>	No	In airtight wrap or container	3 – 4 days

**Ethylene producers** are listed in **bold** and should be stored away from *ethylene sensitive* produce which are listed in *italics*. Foods indicated by an asterisk \* are *ethylene sensitive when unripe* and an *ethylene producer when ripe*.

**What is ethylene?** Fruits and vegetables naturally emit a gas called ethylene as they ripen, some produce it in greater quantities. When ethylene-producing foods are stored next to ethylene-sensitive foods, the gas will speed up the ripening process (or deterioration) of the other produce. To reduce spoilage store ethylene-producing foods separately to ethylene-sensitive foods.

# VEGETABLE STORAGE TIPS



Vegetable type	Storage in a cool, dry, dark place	Storage in refrigerator	Recommended use by
Artichokes	No	Sprinkle with water and seal in airtight bag	1 week
Asparagus	No	Stand up in jar of water or wrap end of stalks in damp paper and store in plastic bag	4 days
<i>Beans – green or snap</i>	No	Plastic bag	5 days
Beetroot	No	Plastic bag	2 weeks
<i>Broccoli</i>	No	In perforated plastic bag in vegetable crisper	5 days
<i>Brussels Sprouts</i>	No	In perforated plastic bag in vegetable crisper	5 days
<i>Cabbage – red and green</i>	No	Plastic bag	2 – 3 weeks
<i>Cabbage – Chinese</i>	No	Tight plastic wrap or airtight bag or container	1 week
<i>Capsicum</i>	No	Plastic bag	1 week
<i>Carrots – young</i>	No	Plastic bag with tops removed	2 weeks
<i>Carrots – mature</i>	No	Plastic bag with tops removed	3 – 4 weeks
<i>Cauliflower</i>	No	Plastic bag	1 week
Celery	No	Tight plastic wrap or airtight bag or container	2 weeks
Corn on cob – husks on	No	Uncovered	When ripe
Corn on cob – husks off	No	Wrapped in damp towel	1 – 2 days
<i>Cucumbers</i>	No	Plastic bag	1 week
<i>Eggplant</i>	No	Plastic bag	5 days
Garlic bulb – whole	Yes	No (may cause sprouting)	3 – 5 months
Garlic – individual cloves	Yes	No (may cause sprouting)	7 – 10 days
Ginger root	No	Plastic bag or container	2 – 3 weeks
Kale	No	Plastic bag	5 – 7 days
Leeks	No	Plastic bag	1 – 2 weeks
Lettuce – Iceberg	No	Loosely closed plastic bag	1 week
Lettuce – leaves	No	Rinse well and dry on paper towel before storage in loosely closed plastic bag	1 week
Mushrooms	No	Paper bag	1 week
<b>Onions – whole</b>	Mesh bag – with good ventilation	No (do not store with potatoes)	2 – 3 months
<b>Onions – cut</b>	No	Tight plastic wrap or airtight bag or container	2 – 3 days
Parsnips	No	Plastic bag	3 – 4 weeks
<i>Peas</i>	No	Loosely closed plastic bag	3 – 4 days
Potatoes	Paper bag – with good ventilation	No (do not store with onions)	1 – 2 weeks
Pumpkins – whole	Uncovered – with good ventilation	No	1 month
Pumpkins – cut	No	Tight plastic wrap or airtight bag or container	2 – 4 days
Radishes	No	Plastic bag with tops removed	1 – 2 weeks
Sprouts	No	Plastic bag or airtight container	2 – 4 days
Squash – summer (incl. zucchini)	No	Tight plastic wrap or airtight bag or container	1 week
<i>Squash – winter (incl. spaghetti)</i>	Uncovered – with good ventilation	No	1 week
<i>Sweet potatoes/yams</i>	Uncovered – with good ventilation	No	3 – 5 weeks
<b>Tomatoes</b>	Uncovered – away from direct sunlight	Once ripe (will affect flavour)	1 week

Contact Darebin City Council at:

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