



Is it Ripe?

This mini-guide will help take the guesswork out of ripening and storing your favorite fruits and vegetables.

Fruits

Store in the Fridge:

The following fruits are ripe when picked and won't need to be ripened further to enjoy. These fruits should be refrigerated once you get them home from the market, unless you eat them that same day.

- Apricots
- Asian Pears
- Berries, all types
- Cherries, all types
- Figs
- Grapes, all types

Ripen on the Counter, at Room Temperature (away from light and heat):

- Apples
- Avocados
- Stone Fruits, such as nectarines, peaches, plums and pluots
- Pears

These fruits are great to keep in a bowl for grab & go convenience.

If these fruits have ripened—they'll have a slight give when you press them gently—and you find that you won't be eating them right away, place in the refrigerator to prolong their shelf life.

Ripen and Store at Room Temperature:

Citrus fruit:

- Oranges
- Lemons
- Limes

Tropical fruit:

- Bananas
- Mangos
- Papayas
- Pineapple
- Melons

Vegetables

Store in the Fridge:

Refrigerate most of your vegetables, **except** these that can be left at room temperature:

- Cucumber
- Eggplant
- Jicama
- Pumpkin
- Tomato
- Winter squash

Store in a Cool, Dry and Well-Ventilated Place (away from sunlight):

- Root vegetables
- Garlic
- Potatoes
- Sweet potatoes
- Onions

Storing properly will prevent mold, greening and sprouting. These items shouldn't be placed in the refrigerator.

A Few More Tips to Keep in Mind:

Keep fruits and vegetables that have been peeled, cut, or cooked in the fridge in resealable containers or plastic bags.

Cold temperatures can mask the flavor of many foods. If your produce has been in the fridge for a while, let it come to room temperature to enjoy its full flavor and juiciness.