

# FRUIT & VEGETABLE STORAGE GUIDE

## SUCCESSFUL STORAGE TIPS

When harvesting your own produce for storage, or buying it locally in season, there are certain guidelines to follow to assure maximum quality and minimize spoilage of your stored food.

- Harvest fruits and vegetable at peak maturity or as near as possible.
- Use only product that is free from all visible evidence of disease.
- Do not pick any fruit or vegetable that has severe insect damage.
- Handle food carefully after harvest so that it is not cut or bruised.
- Leave an inch or more of stem on most vegetable to reduce water loss and prevent infection.
- Use late maturing varieties better suited to storage.
- Fruits and vegetables should always be stored separately. Fruit releases ethylene, which speeds the ripening process of vegetables. Fruits are very susceptible to picking up the taste of nearby vegetables.
- All produce must be kept in a dark, aerated environment.
- While most vegetables like moist conditions, standing water must be avoided, as it will quickly lead to rot.
- One of the best ways to store small quantities of vegetable requiring cool, moist storage is in an extra or old refrigerator.
- For best storage, produce should be washed free of soil and placed in plastic bags with 2" - 4 1/4" holes for ventilation. Vegetables in plastic bags will not wilt nearly so rapidly as those stored openly in the refrigerator.



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For more detailed information on various types of food preservation visit Ohio Line ([www.ohioline.osu.edu](http://www.ohioline.osu.edu)), click on "Food/Selection and Preparation".

Information compiled from Cornell Cooperative Extension, Chemung County, Eric de Long

## FRUITS & VEGETABLES THAT REQUIRE COOL & MOIST CONDITIONS

ITEM	IDEAL STORAGE TEMPERATURE	IDEAL STORAGE HUMIDITY	AVERAGE LENGTH OF STORAGE
ASPARAGUS	32-36	95	2-3 weeks
APPLES	32	90	2-6 months
BEANS, SNAP	40-50	95	7-10 days
BEETS	32	95	3-5 months
BROCCOLI	32	94	10-14 days
BRUSSELS SPROUTS	32	95	3-5 weeks
CABBAGE, EARLY	32	95	3-6 weeks
CABBAGE, LATE	32	95	3-4 months
CABBAGE, CHINESE	32	95	1-2 months
CANTALOUPE	40	90	15 days
CARROTS, MATURE	32	95	4-5 months
CARROTS, IMMATURE	32	95	4-6 weeks
CAULIFLOWER	32	95	2-4 weeks
CELERIAC	32	95	3-4 months
CELERY	32	95	2-3 months
COLLARDS	32	95	4-8 days
CORN, SWEET	32	95	4-8 weeks
CUCUMBERS	45-50	95	10-14 days
EGGPLANT	45-50	90	1 week
ENDIVE, ESCAROLE	32	95	2-3 weeks
GRAPES	32	90	4-6 weeks
KALE	32	93	10-14 days
LEEKs, GREEN	32	95	1-3 months
LETTUCE	32	95	2-3 weeks
PARSLEY	32	95	1-2 months
PARSNIPS	32	95	2-6 months
PEARS	32	95	2-7 months
PEAS, GREEN	32	95	1-3 weeks
PEPPERS, SWEET	45-50	95	2-3 weeks
POTATOES, EARLY	50	90	1-3 weeks
POTATOES, LATE	39	90	4-9 months
RADISHES, SPRING	32	95	3-4 weeks
RADISHES, WINTER	32	95	2-4 months
RHUBARB	32	95	2-4 weeks
RUTABAGAS	32	95	2-4 months
SPINACH	32	95	10-14 days
TOMATOES, GREEN	50-70	90	4-7 days
TOMATOES, RIPE	45-50	90	4-7 days
WATERMELON	40-50	80-85	2-3 weeks

## FRUITS & VEGETABLES THAT REQUIRE DRY CONDITIONS

ITEM	IDEAL STORAGE TEMPERATURE	IDEAL STORAGE HUMIDITY	AVERAGE LENGTH OF STORAGE
<b>VEGETABLES THAT REQUIRE COOL, DRY CONDITIONS</b>			
GARLIC & ONIONS	32	65-70	6-7 months
<b>VEGETABLES THAT REQUIRE WARM, DRY CONDITIONS</b>			
PEPPERS, HOT	50	60-65	6 months
PUMPKINS	50-55	70-75	2-3 months
SQUASH, WINTER	50-55	50-60	2-6 months
SWEET POTATOES	55-60	80-85	4-6 months