Keep It Fresh

A handy guide to green groceries

June 5, 2017 By Kate Ferguson

If you keep buying produce only to have it spoil, check out these suggestions from experts about ways to keep fruits and veggies fresher longer.

Store precut or peeled produce in the refrigerator at 40°F or below. Fresh apples can be stored on the counter for up to a week or in the fridge for longer. Berries, cherries, grapes, cantaloupes and honeydew melons, as well as mushrooms and leafy greens, go in the refrigerator unwashed until you're ready to eat them. Ripen avocados on the counter before transferring them to the refrigerator, but keep bananas, tomatoes and cucumbers out of the icebox. Vegetables such as onions, eggplants and peppers can be stored at room temperature or kept in the refrigerator for one to three days.

Put away citrus fruits, garlic, onions and root vegetables, such as carrots, beets and radishes, in a cool, dark and dry space (hint: the crisper drawer). Additionally, you can extend the shelf life of produce stored in the refrigerator by wrapping it in paper towels to absorb moisture. Finally, try not to buy more fruits and veggies than you can eat.

© 2026 Smart + Strong All Rights Reserved.