

# Quick tips on the best way to store fruits



**For Fruits:** Non-cherry stone fruits, avocados, tomatoes, mangoes, melons, apples, and pears will continue to ripen if left sitting out on a countertop, while items like bell peppers, grapes, all citrus, and berries will only deteriorate and should be refrigerated. Bananas in particular ripen very quickly, and will also speed the ripening of any nearby fruits.

## Apples

- Apples are best stored somewhere around 10°C, in a humid environment.
- If you want to store your apples in the fridge, place them inside a crisper drawer and lay a slightly dampened paper towel on top of the apples.

## Avocados

- Avocados are best stored in the fridge; this just halts the ripening process. When anticipating a need for an avocado, you just put the avocados on the counter to finish ripening.
- Keeping avocados in a paper bag will speed up the ripening process, just like with other fruits.

## Cherries

- Cold storage is ideal for keeping cherries fresh, preferably wrapped in a plastic. Cherries can lose more quality in one hour at room temperature than a day in the refrigerator.
- Avoid washing prior to storage, as moisture can be absorbed where the stem meets the fruit and will lead to splits or spoilage. You can wash them with cold water just before eating.
- Cherries can also be frozen. Pit them, or keep them whole with stems intact. Spread them in a single layer on a baking sheet, freeze until firm, and then place in a bag or container.

## Dates

- For long term storage, dates should be placed in a well-sealed container and put in the refrigerator or a cool cupboard.

## Fresh Figs

- Store your figs in the refrigerator until you're ready to use them. Avoid unnecessary bruising by keeping them on a plate or a very shallow bowl and cover with plastic wrap so you don't end up with dried-up figs. Before using, wash them under cool water and pat dry. Make sure to remove the stem.

## Grapes

- Grapes are best stored in a paper bag (or perforated plastic) in the refrigerator. They will last 1 to 2 weeks.

## Kiwi

- Kiwi will continue to ripen after picking. If your kiwi is under ripe, leave it on the kitchen counter for a few days. Ripe kiwis can be kept in the refrigerator for several weeks.

## Lemons

- Store lemons in fridge sealed in plastic bags.

## Tomatoes

- The best place to store tomatoes is on top of the counter at room temperature. Tomatoes actually continue to develop flavor a few days after picking.
- Refrigerating tomatoes damages the membranes inside the fruit walls, causing the tomato to lose flavor.