

# Keeping Them Fresh – a guide to storing fruit and vegetables

*This free tip sheet was produced by the Cheapskates Club – [www.cheapskates.com.au](http://www.cheapskates.com.au)*

Keeping fresh fruit and vegetables in peak condition before use is essential. Correct storage will help to maintain freshness, quality, flavour and nutritional value. Use this quick guide to find the best conditions to store your fruit and vegetables.

Green leafy vegetables, Salad vegetables	Too much moisture can cause spoilage. These vegetables are very perishable and should be used soon after purchase. Store, unwashed in the crisper or vented plastic bags in the fridge.
Citrus fruits, apples, pears	Best stored in the fridge
Berries	Store in single layer, on paper towel covered tray, cover with paper towel. Ensure fruit is not touching other fruit.
Stonefruit, melons, grapes, kiwi fruit	Store unwashed in fridge in solid containers to avoid bruising
Bananas	Store at room temperature. In extreme heat, store in a cool place but do not store in fridge. Old bananas can be frozen but are only suitable for use in cooking when thawed.
Mushrooms	Store in paper bag in fridge.
Root vegetables (carrots, turnips, parsnips, beetroot)	Store in crisper or sealed plastic bags in fridge
Onions, potatoes, garlic	Store in cool, dry, dark, well ventilated place.

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