

6 FRUIT STORAGE

Wash all fruit before eating, even those that will be peeled!

Fruits	How to Store	You can keep it approximately this long from ripe
Apples	Store ripe apples in refrigerator. Unripe or hard apples are best held at cool room temperature (15-21°C) until ready to eat.	1 month
Apricots, Nectarines, Peaches	If not ripe, store at room temperature in a brown paper bag until flesh begins to soften then refrigerate.	3-5 days
Avocados, Bananas, Pears	Allow these fruits to ripen at room temperature (few days) then refrigerate. Do not refrigerate until ripe. NB skin of refrigerated bananas will darken but flesh will be unaffected. Bring to room temperature before eating for optimum flavour.	3-5 days
Blueberries	Store covered in refrigerator to prevent moisture loss. Do not wash before storing. Remove any spoiled berries before storing. Leave at room temperature just before eating for flavour.	Up to 10 days

Fruits	How to Store	You can keep it approximately this long from ripe
Cherries	Store covered in refrigerator to prevent moisture loss. Do not wash or stem before storing. Remove any spoiled cherries before storing. Leave at room temperature for a few hours for full flavour.	2-4 days
Chilli peppers	Store wrapped in paper towels in the fridge.	3 weeks
Cranberries	Store covered in the refrigerator. Discard any damaged fruit before refrigerating.	Several months
Grapes	These are ready to use when purchased. Store covered in the refrigerator.	4-6 days
Grapefruit	Room temperature. Store in refrigerator – leave at room temperature for few hours before eating for better flavour.	1 week 7 weeks
Kiwi	Ripen at room temperature (few days to 1 week). Store in refrigerator.	1 week
Lemons	Stored at room temperature out of direct sunlight. Refrigerator crisper.	1 weeks 4 weeks
Limes	Stored at room temperature out of direct sunlight. Refrigerator crisper, wrapped loosely in plastic bag.	1 week 10-14 days

Fruits	How to Store	You can keep it approximately this long from ripe
Lychees	Will not ripen further once harvested. Store in plastic bag in refrigerator. NB the red rind will turn dark brown in refrigerator but this won't affect the taste.	1 week
Mangoes	Ripens within a week at room temperature. Once ripened, will keep in refrigerator for a few days – leave at room temperature just before eating for full flavour.	2-3 days
Melons	Will not ripen further once harvested. Wrap cantaloupe and honeydew once cut to prevent odour from spreading to other foods in the refrigerator.	1 week
Oranges	Will not ripen further once harvested. These fruits are best stored at cool room temperature (15-21°C). Use within 2 weeks. May also be stored uncovered in the refrigerator.	2 weeks
Papayas	Reddish-orange skinned ie ripe papaya should be stored in a fridge and consumed within one or two days. Those with partially yellow skins should be left at room temperature to ripen (several days) and then refrigerated.	1-2 days
Passion Fruit	Room temperature. Refrigerated.	1 week 2 weeks

Fruits	How to Store	You can keep it approximately this long from ripe
Pineapples	Will not ripen further once harvested. No increase in sugar during storage. Use as soon as possible as holding results in deterioration. Once cut store in refrigerator in a container.	1 week 2-3 days, cut
Plums	Generally ripe when sold. If not yet ripe, leave at room temperature (1-2 days) and refrigerate once ripe.	2-3 days
Raspberries	Remove berries that are moulded or spoiled before storing. Handle carefully. Should be refrigerated. Remove from refrigerator 30 minutes before eating for optimum flavour.	1-2 days
Strawberries	Will not ripen further once harvested. Remove berries that are moulded or spoiled before storing. Should be refrigerated. Remove from refrigerator 30 minutes before eating for optimum flavour.	1-2 days



AND DID YOU KNOW?

Speed up the ripening process by placing fruit in a paper bag with a banana, apple or pear.



DID YOU KNOW?

Antioxidant levels are highest when fruit is fully ripened (see page 71).