

Appendix D - Food Storage Options

To preserve the best quality of food and prolong their usable life, consider the following suggestions for various items. The FoodKeeper App has valuable information about recommended length of storage.

In the Refrigerator

Fruits

Strawberries
Raspberries
Blueberries
Blackberries
Goldenberries
Cherries
Grapes
Apple*
Pomegranate*
Citrus
Lemon*
Lime*
Orange*
Grapefruit*

Vegetables/ Legumes/Tubers

Radish
Cucumber*
Carrots
Broccoli
Cauliflower
Cabbage
Eggplant
Peppers
Bell Pepper*
Jalapeño Pepper*
Serrano Pepper*
Fresno Pepper*
Celery
Fresh Fennel
Herbs
Parsley
Basil
Cilantro
Chives
Mint
Lemon Balm
Leafy greens
Spinach
Arugula
Chard

Kale
Endives
Brussels Sprouts
Green onions
Leeks
Beets
Green beans
Corn
Okra
English peas
Snap peas
Snow peas
Fresh fava beans
Fresh edamame
Fresh Ginger

Fungi/Cacti

Mushrooms
King Oyster
Shiitake
Portobello
Baby Bella
Crimini
Nopal/Prickly Pear

Others

Chia seeds
Flaxseeds
Hemp seeds
Dates

Dry Place Away from Directly Sunlight

Fruits

Bananas
Plantains
Pears
Plums
Cantaloupe Melon
Honeydew Melon
Watermelon
Apricot
Kiwi
Mango

Pineapple
Papaya

Vegetables/Tubers

Avocadoes
Tomatoes**
Potatoes
Sweet Potatoes
Yam
Jicama
Yuca
Summer squash
Zucchini
Yellow/Crookneck
White
Chayote
Winter squash
Pumpkin
Acorn
Delicata
Butternut
Onions
Red
Brown
Sweet
Garlic
Shallots

Airtight Container and Stored in the Pantry

Grains

Rice (brown, wild)
Quinoa
Amaranth
Farro
Fonio
Millets
Oats

Pulses

Beans (black, white, red,
kidney, soy, etc.)
Lentils (green, black,
red)

Peas (green, yellow)

Flours

gluten-free
rice, amaranth, millet,
oat, almond, etc.)

Nuts

Cashews
Pistachios
Peanuts
Almonds
Walnuts

Seeds

Sunflower
Pumpkin

Dry Fruits

Apricots
Raisins
Currants
Cranberries
Mango
Desiccated coconut

Spices

Peppercorn
Star anise
Cinnamon
All-spice
Cloves
Cumin
Smoked Paprika
Annatto

Dry herbs

Basil
Oregano
Dill
Rosemary

Others

Dried mushrooms

* These items do not have to be refrigerated but they will last a lot longer when they are.

** Tomatoes develop a dense and mealy texture when refrigerated.