### Food Storage Chart

**Store on countertop:**
- apples and pears
- bananas
- citrus fruit (lemons, limes, oranges, etc.)
- eggplant
- grapefruit
- jicama
- melons *(cantaloupe, honeydew, etc.)*
- pineapple
- pomegranate
- tomatoes
- watermelon

**Ethylene Producers are listed in bold and should be stored away from other produce.**

**Don’t wash produce until just before using.**

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**Store in Refrigerator:**
- artichokes
- peas
- beets
- prepared condiments *(ketchup, mustard, mayo, horseradish, soy sauce, etc.)*
- berries
- radishes
- broccoli
- sprouts
- brussels sprouts
- stone fruits *(apricots, peaches, plums, etc.)*
- cabbage
- vinegars
- cantaloupe
- zucchinis
- carrots
- figs
- cauliflowers
- grapes
- celery
- cherries
- green beans
- corn
- green onions
- cucumber
- juices *(lemon, lime, etc.)*
- figs
- kiwi
- leeks
- squashes
- lettuces and leafy vegetables *(keep wrapped in a dishtowel to remove moisture)*
- sweet potatoes
- mushrooms *(store in a paper or cotton bag)*
--store in a sealed container in a cool, dry place:
  - baking powder
  - coffee beans
  - dried beans
  - dried fruits
  - dried coconut
  - dried pasta
  - nutritional yeast
  - oats
  - oils *(keep in the dark)*
  - quinoa
  - rice & other dry grains
  - seeds *(flax, sunflower)*
  - starches *(corn, potato, arrowroot, etc.)*
  - yeast

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**Store in Freezer:**
- bread, buns & tortillas, flours, frozen fruits and vegetables, ground seeds

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