



KEEP IT FRESH: A SUMMER FRUIT STORAGE GUIDE

Summer fruit is worth getting excited about, and knowing how to store it right makes every piece count. This guide breaks down exactly where your summer favorites live best, how to ripen them on your timeline, and how to extend them once they hit their peak.

STONE FRUIT			
Fruit	How to Store It	How to Ripen It	How to Extend It
Apricot 	Store at room temp until slightly soft. They ripen quickly, so check daily.	Place unripe fruit in a brown paper bag and fold the top closed. Fruit naturally releases ethylene gas as it ripens, and trapping it speeds up the process.	Once ripe, move to the fridge immediately. They'll keep for 3 to 5 days. Don't wash until ready to eat. Apricots are especially delicate, so handle gently and use within 2 to 3 days of refrigerating.
Cherrie 	Store in the fridge in a loose container. They're delicate and don't like pressure.	Picked at peak sweetness. Refrigerate immediately. They have a short window, so don't leave them on the counter.	Once ripe, move to the fridge immediately. They'll keep for 3 to 5 days. Don't wash until ready to eat.
Nectarine 	Stem-side down, single layer, out of direct sun.	Place unripe fruit in a brown paper bag and fold the top closed. Fruit naturally releases ethylene gas as it ripens, and trapping it speeds up the process. When they are fragrant and slightly soft near the top, they're ready.	Once ripe, move to the fridge immediately. They'll keep for 3 to 5 days. Don't wash until ready to eat.
Peache 	Stand stem-side down on the counter. Never stack them. They bruise easily.	Place unripe fruit in a brown paper bag and fold the top closed. Fruit naturally releases ethylene gas as it ripens, and trapping it speeds up the process. When they are fragrant and slightly soft near the top, they're ready.	Once ripe, move to the fridge immediately. They'll keep for 3 to 5 days. Don't wash until ready to eat.
Plum 	Keep at room temp in a single layer until ripe and fragrant.	Place unripe fruit in a brown paper bag and fold the top closed. Fruit naturally releases ethylene gas as it ripens, and trapping it speeds up the process. If they are deep color, slightly give, and smell sweet, they're ready.	Once ripe, move to the fridge immediately. They'll keep for 3 to 5 days. Don't wash until ready to eat.
BERRIES			
Fruit	How to Store It	How to Ripen It	How to Extend It
Blueberry 	Keep dry in the fridge. Moisture is their enemy.	Picked fully ripe. No ripening needed. Refrigerate right away and keep them dry until you're ready to eat.	Keep dry, line container with a paper towel, and vinegar rinse extends life.
Strawberry 	Don't wash until ready to eat. Store in original container or loosely covered.	Already at peak ripeness when picked. Skip the counter and go straight to the fridge to keep them fresh longer.	Keep dry and wash only before eating. Line container with a paper towel. A diluted vinegar rinse can extend life by several days.

TROPICAL			
Fruit	How to Store It	How to Ripen It	How to Extend It
Avocado 	Leave on the counter until they give slightly to gentle pressure.	A slightly warm spot in your kitchen, near the stove or in a sunny corner, will speed up ripening naturally. Just avoid direct sunlight, which can cause uneven ripening and hot spots.	Refrigerate whole for up to 5 days. Keep the pit in the half you're saving, press plastic wrap directly onto the flesh, and refrigerate. Use within 1 to 2 days.
Banana 	Keep in a bunch on the counter. Separating them speeds up ripening.	Keep bananas near other fruit on the counter. Their natural ethylene gas gently nudges ripening along.	Refrigerate whole for up to 5 days, or cube and refrigerate for 3 days. Ripe bananas going brown? Peel, break into chunks, and freeze.
Mango 	Store at room temp until ripe. Keep away from direct sunlight.	Place in a paper bag and fold closed. Traps ethylene gas to speed ripening. A warm spot in the kitchen helps too.	Refrigerate whole for up to 5 days, or cube and refrigerate for 3 days.
EVERYDAY ESSENTIALS			
Fruit	How to Store It	How to Ripen It	How to Extend It
Apple 	Fine on the counter for up to a week if your kitchen isn't too warm.	Picked ripe and ready to eat. No ripening needed at home.	Apples last longest in the crisper drawer, up to 4 to 6 weeks. Keep them away from other produce - they emit ethylene and will cause nearby fruit to over-ripen.
Grapes 	Store unwashed in a ventilated bag. Wash just before eating.	Fully ripe off the vine. They won't sweeten further at home. Refrigerate immediately and keep unwashed until serving.	Keep unwashed and refrigerated. Freeze extras as a snack.
Lemon 	Keep in a zip-lock bag in the fridge to retain moisture and freshness.	Ripe when you get them. Flavor won't develop further at home. Refrigerate to preserve juice and freshness.	Store in a zip-lock bag in the fridge and freeze the juice if they start to soften.
Orange 	Last up to 2 to 3 weeks in the fridge. Fine on the counter for about a week.	Harvested ripe. No ripening happens after picking. Move straight to storage, counter for a week or fridge for up to three weeks.	Oranges last 2 to 3 weeks in the fridge.

SUMMER FRUIT MOVES FAST. HERE'S HOW TO HIT PAUSE.

- **SEPARATE YOUR FRUIT:** Ethylene-producing fruits ripen everything near them faster. Keep high producers away from fruit you want to stay firm. High producers: Bananas, Apples, Mangoes, Avocados, Peaches, Apricots. Sensitive: Grapes, Citrus, Berries, Cherries.
- **USE THE FRIDGE STRATEGICALLY:** Move almost-ripe stone fruit to the fridge for 2 to 3 more days. Don't refrigerate bananas. Instead, separate them from the bunch instead. Store grapes and citrus in the crisper drawer.
- **KEEP IT DRY & DON'T STACK:** Moisture speeds up decay, and pressure causes bruising, which make fruit ripen faster. Store in a single layer and don't wash until right before eating.
- **FREEZE BEFORE IT'S TOO LATE:** Spread fruit on a baking sheet before bagging to prevent clumping. Great for: Peaches, Nectarines, Plums, Apricots, Strawberries, Blueberries, Mangoes, Cherries, Bananas.