







































The Fruit and Vegetable Guide

Fruit	Storage	Ethylene Production	Ethylene Sensitive	Post-Harvest Ripening	Peak Seasons (These differ slightly depending on location.)
Apple	Fridge			✓	Late Summer - Autumn
Apricot	Fridge			✓	Early - Mid Summer
Avocado	Room			✓	Early - Late Summer
Banana	Room			✓	Year-Round
Berry	Fridge, keep dry				Early - Mid Summer
Cherry	Fridge, keep dry				Early - Mid Summer
Fig	Fridge, on a plate or in a paper bag				Mid Summer - Autumn
Grape	Fridge				Late Summer - Autumn
Kiwi	Fridge			✓	Autumn - Early Spring
Lemon	Fridge				Autumn - Early Summer
Mandarin	Room				Autumn - Early Summer
Mango	Room			✓	Early Summer - Autumn
Melon	Room			✓	Mid - Late Summer
Orange	Fridge				Autumn - Early Summer
Peach	Fridge			✓	Mid - Late Summer
Pear	Room			✓	Mid Summer - Early Spring
Pineapple	Room				Year-Round
Plum	Fridge			✓	Mid Summer - Autumn
Pomegranate	Room				Autumn - Winter



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Vegetable	Storage	Ethylene Production	Ethylene Sensitive	Post-Harvest Ripening	Peak Seasons (These differ slightly depending on location.)
Artichoke	Room	■	■■		Spring - Early Summer
Asparagus	Fridge	■	■■■ ■		Autumn - Early Summer
Aubergine	Room	■■	■■■ ■ ■		Mid Summer - Autumn
Beetroot	Fridge, open container with wet towel	■	■■■ ■		Autumn - Early Summer
Bell Pepper	Fridge, crisper drawer	■■	■■		Mid Summer - Autumn
Black Salsify	Fridge	■	■		Late Autumn - Early Spring
Cabbage	Fridge	■	■■■ ■ ■		Autumn - Early Summer
Carrot	Fridge, wrapped in a damp cloth	■	■■■ ■		Early - Late Summer
Cauliflower	Fridge	■	■■■ ■	✓	Early Spring
Celery	Fridge, or in a glass of water on the counter	■	■■		Autumn - Early Summer
Chicory	Fridge	■	■■■ ■		Autumn - Early Summer
Courgette	Fridge, wrapped in a cloth	■■	■■■ ■		Mid Summer - Late Autumn
Cucumber	Fridge, wrapped in a damp cloth	■■	■■■ ■		Early Summer - Autumn
Green Beans	Fridge, open container with damp cloth	■■	■■■ ■		Mid - Late Summer
Leek	Fridge, in crisper drawer	■	■■■ ■		Early Summer - Winter
Lettuce	Fridge, airtight container	■	■■■ ■ ■		Autumn - Mid Summer
Mushroom	Fridge	■	■■■ ■		Autumn - Winter
Potato	Room	■	■		Year-Round, or Spring - Mid Summer
Radish	Fridge, separate from radish greens	■	■■■ ■		Autumn - Mid Summer
Spinach	Fridge, open container in crisper drawer	■	■■■ ■ ■		Autumn - Early Summer
Sprouts	Fridge	■	■■■ ■ ■		Year-Round
Tomato	Room	■■■ ■	■■■ ■ ■	✓	Early - Late Summer

