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## Refrigerator food storage guidelines

New Africa/ShutterstockAfter going to the supermarket to buy groceries, putting food in the fridge to last longer seems like the most common thing to do. But is the refrigerator the best place to store certain foods? For some foods, it might be the best place to store it, but for others, it might be the worst. These are already 13 items in your kitchen that you have to throw out. Ludhi85/iStock Cooler can cut the number of antioxidants in half. A USDA study found that watermelons at room temperature develop nearly double levels of compounds like beta-carotene (which promotes healthy skin and vision) rather than cooling melons. Cold air makes antioxidant growth that occurs after harvest. Cool the sliced melons to prevent bacteria from growing. This often you really should clean the refrigerator. benstevens/iStockAs this tropical plant is stored below 40 degrees F, it quickly turns black. Keep on the counter in a shady place and imitate placing flowers in a vase: Fill the glass with water and soak the stems. Place a plastic zip bag over the plant to allow it to breathe and stay moist. So you can clean the refrigerator in a few simple steps. filonmara/iStockColda temperatures turn potato starch into sugar. This results in a rough texture and a slightly sweet taste. Potatoes are best made at 45° F (most refrigerators are set from 35°F to 38°F). Store them in a paper bag in a cold goby. Sunlight causes chlorophyll to accumulate, turning potatoes green and sometimes bitter. Use these 18 tricks to squeeze more into your storage. Marek Mnich/iStockThese vegetables need air circulation to stay fresh. Store the whole onion in a paper bag with holes in the nic. Do not stick to potatoes; onions emit gas and moisture that can make potatoes spoil quickly. Refrigerate the chopped onions. Here are 20 outstanding uses for everyday food you should know. Ilja Generalov/Shutterstock Moisture in your fridge causes beans to decay, which means you don't get the fresh, bold taste you want from your morning beer. In addition, the temperature varies every time you open the door of your refrigerator, creating condensation, which in turn creates even more moisture. Instead, store the coffee beans in an airtight container in the dish. Don't miss these 9 other kitchen hacks that keep half-empty ingredients fresh. Rob Hainer/shutterstockOcat and preservatives in a store-bought hot sauce keep him from the bad in the smog. In the refrigerator, spicy peppers can lose a little heat. Find out why you should not store eggs in the refrigerator door. Julia Sudnitskaya/ShutterstockIt sticky, sweet things should not go in the refrigerator. Honey is known to get cold and crystallize in cold temperatures. Room temperature is the ideal temperature level for this sweetener. If honey could talk, here's what he'd say. Space creator/ShutterstockAlthough keeping bread in mold in the bay, also from the loaf. Instead, store the extra bread in the freezer and bring to room temperature when you are ready to eat them. If you go through bread a lot, it is best to keep it on the counter. This is one place where you forget to check for mold. Etorres/ShutterstockFor optimal nutty taste, it is best to store nuts in an impermeable container in a smog or cupboard. Nuts do not need cooling. They don't have enough moisture to support the rapid growth of bacteria, so they can be stored safely at room temperature for up to three months, says Katie Heil, a certified food safety expert. Given this, cooling can prolong the quality of nuts. It's up to people to discretion whether to put them in the fridge or not. That's why peanuts aren't really crazy. Nataliya Arzamasova/Shutterstock Creamy green fruit is best stored at room temperature if it is hard, or if it is ripe and you plan to use it immediately. That said, picky avocados that quickly go from undermining to overripe can go in the fridge to last longer. That's what happens when you eat avocados every day. Strannik\_fox/ShutterstockIt cooking oil should go in a cool, dark place. Keeping it in the refrigerator can create a harder consistency resembling butter. This is what makes olive oil extra virgin. modustollens / ShutterstockMushy peppers are never delicious, so do not put them in the refrigerator. Low temperatures cause peppers to lose their crispiness. Here are 8 ways to change stuffed peppers. Sergey Fatin/Shutterstock If you eat eggplant a few days after purchase, it is ok to keep it on the counter. Refrigerated storage could dull the taste. Keep in mind that the eggplant has a short shelf life outside the refrigerator, so be sure to eat it immediately. If you're a home cook, your friends will love these holiday food gifts. Igor Sirbu/Shutterstock You don't have to make room for a huge, unsetting watermelon in the fridge. Fruits are actually best stored at room temperature. Keep it on the counter until it's time to cut it. After you slice it, wrap it and refrigerate. Then check out these 15 food storage guidelines you didn't know. Originally published: September 14, 2020Originally Published in Reader's DigestSources: Sheryl Barringer, Professor and Chair of the Department of Food Science and Technology at Ohio State University; medicalnewstoday.com; Cooking light; Lifehack.com; Theyummylife.com; eatingwell.com; ohionline.osu.edu; cal.uidaho.edu; rodalesorganiclife.com; Foodnetwork.com; Delish; Wellandgood.com The Spruce Eats uses cookies to give you a great user experience. Using The Spruce Eats, you accept our use of cookies. Foods with proper storage are kept longer and tastier, either on the shelf, in the cupboard or inside the refrigerator. With a few useful tips, your food can last longer. Check out these useful tips on storing food to preserve items in your kitchen. Storage and Dates You want your food to stay fresh and tasty for as long as possible. Find practical tips for buying and storing meat, milk, cheese and other perishables. How to store brown sugar Read a few sweet tips on keeping brown sugar soft and usable. How to store vinegar There is no need to get sour! Learn more about vinegar and the best storage mode. Storage containers: Jars are great for storage, but sometimes the lids just won't work together. Learn how to get out of a sticky situation and open the lids of the jar with ease. How to carefully store berries handle! Berries need additional attention when buying and storing. How to send edible gifts Make sure your sweet treats have arrived in one piece with this list of practical tips. To learn more about food storage, continue to the next page. For more information on food conservation, see: These plastic storage containers have a locking mechanism for attaching the lid to the base and a device intended to create a vacuum seal; were ineffective in keeping the air out. On the lid there is a microwave opening and a device to monitor how many days food is stored in containers. After we used them for microwave heating, the lid got damaged. If you are clumsy in the kitchen, you will love the fact that this container will not break even if it is dropped when filled with frozen cargo. You can also machine wash them without fear of being perverted. freshvac.com available in sizes 2.25 to 18 cups and in sets (\$20 to \$30). Viewed: November 2009Price When viewed: \$4.00 – \$10 This content is created and maintained by a third party and imported to this site so that users can provide their email addresses. You may be able to find more information about this and similar content on piano.io Find out which foods taste better and keep longer if stored at room temperature. Refrigerators are miraculous inventions, but they are usually overused by many home cooks, who assume that everything will last longer if it cools down. The fact is that some foods benefit from cooling, but others work much better if left at room temperature. Find out which foods you should not store in the refrigerator for longer lasting, better tasting products. Bananas: When placed in the refrigerator, the ripening process slows down and the bark can darken. Keep them on the counter at room temperature. If you have too many, put some in the freezer for future baking. Tomato: Cooling, especially over a long period of time, suppresses volatile compounds that are responsible for creating flavors in tomatoes. While the cold environment can prolong the life of tomatoes, it comes at a loss of flavor - hardly something that can be wasted when there is so little to start with in hot tomatoes! Potatoes: Potatoes are best done at cold temperatures, about 45 degrees Fahrenheit, which is approximately 10 degrees warmer than the average temperature of the refrigerator. If it cools down, it affect the taste and texture of potatoes. It is best to store them in a paper bag or cardboard box in a cold, dark dark such as a closed cabinet; the basement, of course, is ideal. Interestingly, apple-emitting ethylene suppresses the process of sticking in potatoes, which means it is wise to store them together. If they sprout, potatoes are fine to eat, as long as you cut sprouts, which are poisonous. Onions: When refrigerated, the onion becomes moldy and soft, unless it is already peeled, in which case the refrigerator is best. Keep the unpested onions in a cool, dark place, but not near the potatoes, as both emit gases that will accelerate each other's rot. Onions prefer more ventilation than potatoes. Garlic: Keep it on the counter, un peeled, ideally in a basket with good ventilation. Fresh garlic from the summer harvest will eventually dry out. If they are not there, cut them before eating, as green tops and centers can taste bitter. When you're in the fridge, the garlic exterior never changes, which means you won't be able to tell if it went wrong until you open it. Avocado: This is best when you are left out unless you have to slow down the ripening process to avoid spoilage. Only then should you put in the refrigerator. Bread: The fridge sucks moisture out of the bread, making it prematurely stale. Store it in a sealed plastic bag at room temperature or in the freezer. Honey: Honey is a naturally preserved food that will remain good indefinitely if sealed and kept in a dark place. Refrigerating will speed up the process of sugar crystallization, which will make it difficult to grab. Coffee: Similar to bread, cooling drains coffee, which is not something you want from deliciously greasy beans; it'll lose all flavor. In addition, coffee acts as a sponge for fragrant air inside the refrigerator - and this is probably not the flavor you go to in your morning java. Ah, fridge espresso! Basil: If you are lucky enough to have fresh basil with roots intact, then keep it in a jar of water on the counter, like a bouquet of flowers. It will fill the room with an amazing smell. Kitchn recommends covering the pile with a plastic bag, assuming the roots are cut off. Cooling will also turn basil leaves black. Vinaigrette: If you make a salad dressing based on oil and vinegar, keep it in a closed glass jar from the refrigerator, otherwise it will partially firm up and be difficult to use when you need it. However, if your homemade dressing contains milk or minced garlic, then it should remain in the refrigerator. Garlic in oil mixtures is associated with botulism. Botulism.