

# Ruining produce in the refrigerator

By Huffington Post



Keep onions  
out of the  
refrigerator

Don't stick that onion in the fridge. You might think that you're being resourceful. You might think you're stretching your dollars by prolonging the life of your produce (which, in a way, you kind of are). But what you're really doing is making them taste worse – a lot worse.

If you think about it, refrigerating much of our produce just isn't logical. All of the foods we eat are unique, so it makes sense that they should be treated according to their individual makeup. There's a pretty simple rule to follow (disclaimer: it isn't 100 percent fool-proof, because even supermarkets get it wrong sometimes): if it's not being kept cold at the supermarket, it really shouldn't be kept cold in your home.

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