



Storing Fresh Fruits and Vegetables for Best Flavor

Store in the refrigerator

<u>FRUIT</u>		<u>VEGETABLES</u>				
Apples (more than 7 days)	Berries	Belgian Endive	Cauliflower	Leafy Vegetables	Radishes	
Apricots	Cherries	Broccoli	Celery	Leeks	Spinach	
Asian pears	Cut Fruit	Brussel Sprouts	Cut Vegetables	Lettuce	Sprouts	
	Figs	Cabbage	Green Onions	Mushrooms	Summer Squashes	
	Grapes	Carrots	Herbs (not basil)	Peas	Sweet Corn	

1. Place fruits and vegetables in separate, perforated plastic bags.
2. Use within 1-3 days for maximum flavor and freshness.
3. Store each group in different produce drawers in the refrigerator to minimize the detrimental effects of ethylene produced by the fruits on the vegetables.

Ripen on the counter first, then refrigerate

Avocados Kiwi Nectarines Peaches Pears Plums Plumcots

1. To prevent moisture loss, store fruits and vegetables separately in a paper bag, perforated plastic bag, or ripening bowl on the counter away from sunlight. Ripening fruit in a bowl or paper bag can be enhanced by placing an apple with the fruit to be ripened.
2. After ripening, store in refrigerator and use within 1-3 days.

Store only at room temperature

<u>FRUIT</u>			<u>VEGETABLES</u>			
Apples (fewer than 7 days)	Citrus fruits	Persimmons	Garlic*	Peppers†	Tomatoes	
Bananas	Mangoes	Pineapple	Ginger	Potatoes*	Winter Squashes	
	Melons	Plantain	Jicama	Pumpkins		
	Papayas	Pomegranates	Eggplant†	Sweet Potatoes*		

1. Many fruits and vegetables should only be stored at room temperatures. Refrigeration can cause cold damage or prevent them from ripening to good flavor and texture. For example, pink tomatoes ripen to a better taste and red color if they are left at room temperature. In the refrigerator, they do not turn red, and even red tomatoes kept in the refrigerator lose their flavor.
2. Keep away from direct sunlight.
 - *Store garlic, onions, potatoes, and sweet potatoes in a well-ventilated area in the pantry.
 - †Cucumbers, eggplant, and peppers can be refrigerated for 1-3 days if they are used soon after removing from the refrigerator.

Cleaning Your Produce

Always keep produce separate from raw meat, poultry, and seafood. Never use detergent or bleach to wash produce. Instead, rinse produce under running tap water immediately prior to use, including those with skins and rinds that are not eaten. Washing too far in advance removes some of nature's natural preservatives. However, head lettuce or leafy greens remain crisper when washed right away and then refrigerated. Packaged fruits and vegetables labeled "ready-to-eat," "washed," or "triple washed" need not be washed. Refrigerate all cut, peeled, or cooked fruits and vegetables within 2 hours.

For information on how to store other fruits and vegetables go to
www.FruitsAndVeggiesMoreMatters.org