

# Eat More Fruits and Vegetables

## Produce Storage Guide



### Store in the refrigerator

#### FRUITS

- Apples  
*If you will be keeping them more than 7 days*
- Apricots
- Asian pears
- Berries (blackberries, blueberries, raspberries, strawberries)
- Cherries
- Citrus (grapefruit, oranges, lemons, limes)  
*If you will be keeping them more than 7 days*
- Cut fruits  
*Stored in air-tight containers*
- Figs
- Grapes

#### VEGETABLES

- Artichokes
- Asparagus
- Beets
- Belgian endive
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cut vegetables  
*Stored in air-tight containers*
- Green beans
- Green onions
- Herbs (not basil)
- Leafy vegetables
- Leeks
- Lettuce
- Lima beans
- Mushrooms
- Peas
- Radishes
- Spinach
- Sprouts
- Summer squashes
- Sweet corn

### ▼ TIPS

- Keep fruits and vegetables in perforated plastic bags (make your own by putting about 20 pin holes in a medium-sized produce bag).
- Store fruits and vegetables in separate drawers to minimize the damage of ethylene (a gas produced by fruits) on vegetables.
- Use refrigerated fruits and vegetables within a few days for maximum freshness and flavor.



### Ripen on the counter first, then store in the refrigerator

#### FRUITS

- Avocados
- Kiwi
- Nectarines
- Peaches
- Pears
- Plums
- Plumcots



### ▼ TIPS

- Ripen fruits away from sunlight in a paper bag, perforated plastic bag, or ventilated bowl on the counter in order to prevent moisture loss.
- Put an apple with the fruits to be ripened to speed up the ripening process.



## Store only at room temperature

### FRUITS

- Apples  
*If you will be using them within 7 days*
- Bananas
- Citrus (grapefruit, oranges, lemons, limes)  
*If you will be using them within 7 days*
- Mangoes
- Melons (cantaloupe, honeydew, watermelons)
- Papayas
- Persimmons
- Pineapple
- Plantain
- Pomegranates

### VEGETABLES

- Basil (in water)
- Cucumbers<sup>1</sup>
- Eggplant<sup>1</sup>
- Garlic<sup>2</sup>
- Ginger
- Jicama
- Onions<sup>2</sup>
- Peppers<sup>1</sup>
- Potatoes<sup>2</sup>
- Pumpkins
- Sweet potatoes<sup>2</sup>
- Tomatoes
- Winter squashes

1. Cucumbers, eggplants, and peppers can be refrigerated for 1–3 days if they are used soon after removing from the refrigerator.
2. Store onions and potatoes separately in order to increase shelf life.

### ▼ TIPS

- Follow storage guidance for minimum damage and maximum flavor and texture.
- Place away from direct sunlight.
- Keep fruits and vegetables in a ventilated plastic bowl or perforated plastic bag to prevent moisture loss. Do not store in a sealed plastic bag, as this may cause spoilage.

## Keep your fruits and vegetables safe

- Keep fruits and vegetables separate from raw meat, poultry, and seafood.
- Wash hands with hot, soapy water before and after handling fruits and vegetables. Make sure work area and utensils are clean.
- Wash all whole fruits and vegetables with running water and cut away damaged areas (bruised, discolored) before eating. Never use detergent or bleach to wash fruits and vegetables.
- No need to rewash packaged fruits and vegetables labeled “ready-to-eat,” “washed,” or “triple washed.”
- Refrigerate all cut, peeled, and/or cooked fruits and vegetables within 2 hours.

