

Get Fresh

WITH FRUITS & VEGETABLES



Stretch your produce and your dollars by knowing how to store fresh fruits and vegetables.



THE AMERICAN
HEART ASSOCIATION
RECOMMENDS



4-5 SERVINGS
of fruits and vegetables
each per day.

Don't wash, cut or peel until you're ready to eat (except lettuce and greens).



Fridge temperature should be at 40° F or below.



Always refrigerate cut or peeled produce.

1 PANTRY

Pack away in a cool, dark place like your pantry or cellar:

ONIONS, GARLIC & SHALLOTS	SWEET POTATOES, POTATOES, & YAMS
HARD SQUASH	WATERMELON

(Winter, Acorn, Spaghetti, Butternut)

2 COUNTERTOP

Store loose and away from sunlight, heat and moisture:

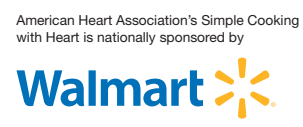
BANANAS	STONE FRUIT
CITRUS FRUIT	<i>Ripen avocados, apricots, nectarines, peaches and plums in a paper bag, then move to the fridge where they'll last a few more days.</i>
<i>Store lemons, limes, oranges and grapefruit loose or in a mesh bag. Refrigerate for longer storage.</i>	TOMATOES

- ### KEEP THEM APART:
- Fruits like apples, bananas and pears give off ethylene gas, which can make other produce ripen and rot faster.
 - Store vegetables and fruits separately.
 - Keep apples, bananas, broccoli, cauliflower, cucumbers, onions, pears, potatoes and watermelon away from other produce.

3 REFRIGERATOR

Store in plastic bags with holes, in your produce drawer, unless noted:

APPLES & PEARS	FRESH HERBS
BEETS & TURNIPS	<i>Except basil. Keep stems moist and wrap loosely in plastic.</i>
<i>Remove greens and keep loose in the crisper drawer.</i>	GREEN BEANS
BERRIES, CHERRIES & GRAPES	LETTUCE & LEAFY GREENS
<i>Keep dry in covered containers or plastic bags.</i>	<i>Wash, spin or pat dry, wrap loosely in a dishtowel or paper towels and place in a plastic bag in vegetable drawer. Keep stems moist.</i>
BROCCOLI & CAULIFLOWER	MELONS
CARROTS & PARSNIPS	MUSHROOMS
<i>Remove greens.</i>	<i>Keep dry and unwashed in store container or paper bag.</i>
CELERY	PEARS
CORN	ZUCCHINI & SUMMER/YELLOW SQUASH
<i>Store inside their husks.</i>	
CUCUMBERS, EGGPLANT & PEPPERS	
<i>Store on the upper shelf, which is the warmer part of the fridge.</i>	



FOR MORE TIPS ON HEALTHY EATING, COOKING AND RECIPES:
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