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.

PANTRY

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

ONIONS, GARLIC & SHALLOTS
HARD SQUASH
(Winter, Acorn, Spaghetti, Butternut)

SWEET POTATOES, POTATOES, & YAMS
WATERMELON

COUNTERTOP

Store loose and away from sunlight, heat and moisture:

BANANAS
CITRUS FRUIT
Store lemons, limes, oranges and grapefruit loose or in a mesh bag. Refrigerate for longer storage.

STRAWBERRIES
Apples, bananas, cucumbers, onions, pears, tomatoes and watermelon away from other produce.

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.

REFRIGERATOR

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

APPLES & Pears
BEETS & TURNIPS
Remove greens and keep loose in the crisper drawer.

BERRIES, CHERRIES & GRAPES
Keep dry in covered containers or plastic bags.

BROCCOLI & CAULIFLOWER
CARROTS & PARSNIPS
Remove greens.

CELERY
CORN
Store inside their husks.

MELONS
MUSHROOMS
Keep dry and unwashed in store container or paper bag.

PEAS
ZUCCHINI & SUMMER/YELLOW SQUASH

FRESH HERBS
Except basil. Keep stems moist and wrap loosely in plastic.

GREEN BEANS
LETTUCE & LEAFY GREENS
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.

STONE FRUIT
Ripen avocados, apricots, nectarines, peaches and plums in a paper bag, then move to the fridge where they’ll last a few more days.

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.

Fridge temperature should be at 40° F or below.

Always refrigerate cut or peeled produce.

FOR MORE TIPS ON HEALTHY EATING, COOKING AND RECIPES:
HEART.ORG/SIMPLECOOKING

©2014 American Heart Association. 2/14DS7752