



Fruits & Vegetables

STORING FRUITS & VEGETABLES FOR BEST FLAVOR

Store in Refrigerator			
Apples Blueberries Cantaloupe (cut) Cherries	Grapefruit Grapes Honeydew Kiwifruit	Lemon Lime Orange Pineapple	Raspberries Strawberries Tangerine Watermelon (cut)
Artichokes Asparagus Bell Peppers Broccoli Brussels Sprouts	Carrots Cauliflower Cabbage Celery Collard Greens	Corn Cucumber Green Beans Green Onion Lettuce	Mushrooms Radish Spinach Summer Squash
Ripen on Countertop, then refrigerate			Store in a Cool, Dark Place
Avocado Banana Cantaloupe (whole)	Mango Nectarine Peach	Pear Plum Watermelon (whole)	Onions Potato Sweet Potato Winter Squash
Tomato			

CLEANING FRUITS AND VEGETABLES

- Keep fruits and vegetables away from raw meat, fish and chicken.
- Never use soap, bleach or dish detergent to wash fruits and vegetables.
- Rinse fruits and vegetables under running water right before using them.



HOW LONG WILL FRUITS AND VEGETABLES LAST?

EAT FIRST	EAT NEXT		EAT LAST
1-2 Days	3-5 Days	One week	7+ Days
Mango Peach Pear Plum Raspberries Strawberries Avocado	Nectarine Pineapple Watermelon	Cantaloupe Grapes Orange	Apple Banana Blueberries Cherries Grapefruit Honeydew Kiwifruit Lemon Lime
Collard Greens Corn Green Onion Summer Squash	Asparagus Bell Peppers Broccoli Cauliflower Spinach	Brussels Sprouts Cucumbers Green Beans Lettuce Mushrooms Radishes Tomato	Artichokes Carrots Celery Cabbage Onion Potatoes Sweet Potato Winter Squash