



how to store **FRESH PRODUCE**

STORE IN THE REFRIGERATOR

Fruits

Cherries, Grapes, Berries

Tip: Ripen apples and strawberries on the counter first, then refrigerate if you prefer them cold.

Vegetables

Ripe avocados, Broccoli, Cabbage, Carrots, Cauliflower, Celery, Corn, Green beans, Green Onions, Lettuce, Peppers, Mushrooms, New potatoes

Tip #1: Mushrooms should be stored in a paper bag in the fridge.

Tip #2: Wrap green onions in a damp (not soaked) paper towel and store in a plastic zipped bag.

Tip #3: Store cut lettuce in a sealed container or plastic bag with paper towels to collect moisture.

Herbs

Parsley, Rosemary, Sage, Tarragon

Tip: If you keep fresh herbs in a plastic bag or put them in a glass jar and tent with a plastic bag, they will last almost two weeks.

STORE ON THE COUNTER

Fruits

Apples, Bananas, Kiwi, Lemons, Limes, Melons, Pears, Oranges, Pineapple,

Tip: Place stone fruits (peaches, nectarines, apricots, plums) in a brown bag to ripen. Refrigerate for up to two days for optimum flavor.

Vegetables

Avocados, Jicama, Baking potatoes, Onions, Pumpkins, Summer and winter squash, Tomatoes

Tip: Keep potatoes and onions separated in breathable containers in a cool, dark corner, drawer or cupboard.

Herbs

Basil, Cilantro

Tip: For longest life, place basil and cilantro in a glass or jar with their stems in water.