



# KEEP IT FRESH

Stretch your produce and dollars by knowing how to store fresh fruits and vegetables. The **American Heart Association** recommends 2 cups of fruit and 2.5 cups of vegetables per day.

## Generally:

Fridge temperature should be at 40° F or below. Always refrigerate cut or peeled produce. Store vegetables and fruits separately. Keep apples, bananas, broccoli, cauliflower, cucumbers, onions, pears, potatoes and watermelon away from other produce, as they can affect how quickly other items ripen and rot.

## Pantry

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

**GARLIC, ONIONS & 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.

**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**

## 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.

**CUCUMBERS,  
EGGPLANT & PEPPERS**

Store on the upper shelf, which is the warmer part of the fridge.

**FRESH HERBS**

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

**GREEN BEANS**

**LETTUCE & LEAFY GREENS**

Wash, spin or pat dry, wrap loosely in a dish towel or paper towels and place in a plastic bag in vegetable drawer. Keep stems moist.

**MELON**

**MUSHROOMS**

Keep dry and unwashed in store container or paper bag.

**PEAS**

**ZUCCHINI &  
SUMMER/YELLOW SQUASH**



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