

Get Fresh

with FRUITS and VEGETABLES



My Heart. My Life.™

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



1



Fridge temperature should be at 40° F or below

3



2



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

Always refrigerate cut or peeled produce.

The American Heart Association **RECOMMENDS**



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

PANTRY

1

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

2

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

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

3

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 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.

MELONS

MUSHROOMS

Keep dry and unwashed in store container or paper bag.

PEAS

ZUCCHINI & SUMMER/YELLOW SQUASH

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For more tips on healthy eating, cooking and recipes,
heart.org/simplecooking

