

# 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.

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



Fridge temperature should be at 40° F or below.



Always refrigerate cut or peeled produce.

### 1 PANTRY

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

<b>ONIONS, GARLIC &amp; SHALLOTS</b>	<b>SWEET POTATOES, POTATOES, &amp; YAMS</b>
<b>HARD SQUASH</b>	<b>WATERMELON</b>

*(Winter, Acorn, Spaghetti, Butternut)*

### 2 COUNTERTOP

Store loose and away from sunlight, heat and moisture:

<b>BANANAS</b>	<b>STONE FRUIT</b>
<b>CITRUS FRUIT</b>	<i>Ripen avocados, apricots, nectarines, peaches and plums in a paper bag, then move to the fridge where they'll last a few more days.</i>

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

**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.

### 3 REFRIGERATOR

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

<b>APPLES &amp; PEARS</b>	<b>FRESH HERBS</b>
<b>BEETS &amp; TURNIPS</b>	<i>Except basil. Keep stems moist and wrap loosely in plastic.</i>
<i>Remove greens and keep loose in the crisper drawer.</i>	<b>GREEN BEANS</b>
<b>BERRIES, CHERRIES &amp; GRAPES</b>	<b>LETTUCE &amp; LEAFY GREENS</b>
<i>Keep dry in covered containers or plastic bags.</i>	<i>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.</i>
<b>BROCCOLI &amp; CAULIFLOWER</b>	<b>MELONS</b>
<b>CARROTS &amp; PARSNIPS</b>	<b>MUSHROOMS</b>
<i>Remove greens.</i>	<i>Keep dry and unwashed in store container or paper bag.</i>
<b>CELERY</b>	<b>PEARS</b>
<b>CORN</b>	<b>ZUCCHINI &amp; SUMMER/YELLOW SQUASH</b>
<i>Store inside their husks.</i>	
<b>CUCUMBERS, EGGPLANT &amp; PEPPERS</b>	
<i>Store on the upper shelf, which is the warmer part of the fridge.</i>	



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