

STORING














































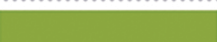











FRESH

PRODUCE

Nothing is worse than spending a bundle on fresh fruits and veggies at the local farmer's market only to throw out rotting produce just days later. Before placing blame on the innocent produce, perhaps the problem is how you're storing it. Stop unnecessary produce rot with this helpful cheat sheet.

	REFRIGERATE	ROOM TEMP	RIPEN, THEN FRIDGE	COOL & DRY	LIFE EXPECTANCY WITH PROPER STORAGE
APPLES	●	●			Up to a month
AVOCADOS			●		2-4 days once ripe
ASPARAGUS	●				5-7 days
BANANAS		●			2-4 days
BEETS	●				2 weeks
BERRIES	●				2-4 days
BROCCOLI	●				1 week
CARROTS	●				Up to a month
CANTALOUPE	●				1 week
CELERY	●				1-2 weeks
CHERRIES	●				2-3 days
CITRUS	●	●			1-2 weeks
CORN	●				5-7 days
CUCUMBERS	●				1 week
EGGPLANT	●				1 week
GARLIC				●	3-6 months

GRAPES		 1 week
GREEN BEANS		 1 week
GREENS		 4-5 days
LEEEKS		 1-2 weeks
LETTUCE		 1 week
MANGOES		 3-5 days once ripe
MUSHROOMS		 1 week
NECTARINES		 3-5 days once ripe
ONIONS		 Up to a month
PEACHES		 3-5 days once ripe
PEARS		 3-5 days once ripe
PEAS		 3-5 days
PEPPERS	 	 1-2 weeks
PINEAPPLES	 	 2-5 days
POTATOES		 Up to a month
PLUMS		 3-4 days once ripe
PUMPKINS		 2-3 months
RADISHES		 1 week
SPINACH		 1 week
SQUASH		 1-2 months
SPROUTS		 3-4 days
SWEET POTATOES		 Up to a month
TOMATOES		 1 week
TURNIPS		 Up to a month
WATERMELON	 	 1-3 weeks
ZUCCHINI		 5-7 days

SOURCES:

http://www.education.ne.gov/ns/nslp/FFVP/BINDERS/Binder1-Food_Service_Resource/FactsNutritionSection.pdf
<http://voices.yahoo.com/fruit-storage-guidelines-1395427.html>
<http://www.womansday.com/food-recipes/cooking-tips-shortcuts/your-guide-to-storing-every-type-of-produce-111850>
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www.eatbydate.com
www.stilltasty.com