

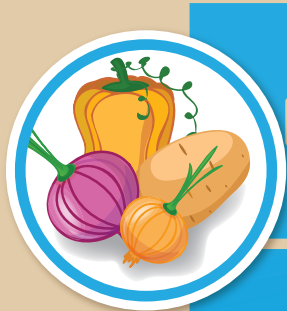
# Get Fresh

## 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**

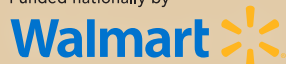
**MUSHROOMS**

*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](http://heart.org/simplecooking)

