

Fruits & Vegetables

STORING FRUITS & VEGETABLES FOR BEST FLAVOR

Store in Refrigerator

Apple Blueberries Cantaloupe (cut) Cherries	Grapefruit Grapes Honeydew Kiwifruit	Lemon Lime Orange Pineapple	Raspberries Strawberries Tangerine Watermelon (cut)
Artichoke Asparagus Bell Pepper Broccoli Brussels Sprouts	Carrot Cauliflower Cabbage Celery Collard Greens	Corn Cucumber Green Beans Green Onion Lettuce	Mushrooms Radish Spinach Summer Squash

Ripen on Countertop, then refrigerate

Avocado Banana Cantaloupe (whole)	Mango Nectarine Peach	Pear Plum Watermelon (whole)
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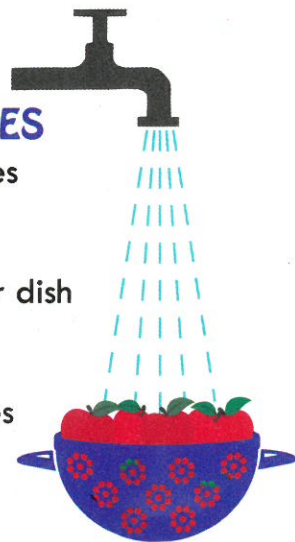
Store in a Cool, Dark Place

Onion Potato Sweet Potato Winter Squash
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Tomato

CLEANING FRUITS AND VEGETABLES

- Keep fruits and vegetables away from raw meat, fish and chicken.
- Never use soap, bleach or dish detergent to wash fruits and vegetables.
- Rinse fruits and vegetables under running water right before using them.



HOW LONG WILL FRUITS AND VEGETABLES LAST?

EAT FIRST	EAT NEXT		EAT LAST
1-2 Days	3-5 Days	One week	7+ Days
Mango Peach Pear Plum Raspberries Strawberries Avocado	Nectarine Pineapple Watermelon	Cantaloupe Grapes Orange	Apple Banana Blueberries Cherries Grapefruit Honeydew Kiwifruit Lemon Lime
Collard Greens Corn Green Onion Summer Squash	Asparagus Bell Pepper Broccoli Cauliflower Spinach	Brussels Sprouts Cucumber Green Beans Lettuce Mushrooms Radish Tomato	Artichoke Carrot Celery Cabbage Onion Potato Sweet Potato Winter Squash

