

Keeping it Fresh



Tired of buying fresh fruits and veggies just to have them go bad before anyone can eat them?

Say goodbye to limp lettuce and moldy melons by knowing how to store and when to serve your produce.

Some fruits and veggies last longer than others. With a little planning, you can shop just once, and still have a week's worth of fresh produce.

Not sure which fruits and veggies to eat first? Use the following chart to help you plan your week of meals.



When to serve

Beginning of the week	Asparagus Broccoli Corn Green Beans Strawberries Bananas
Middle of the week	Cucumbers Eggplant Grapes Lettuce Zucchini
End of the week	Bell peppers Cauliflower Spinach Tomatoes Oranges Pears
After a week or longer	Apples Cabbage Carrots Celery Potatoes Winter squash

Where to store

Where you store your fruits and veggies makes a difference in how long they last. Simply follow these storage guidelines to maximize their freshness:

Keep in the refrigerator:

- Fruits: apples, berries, cherries, grapes, and cut melon.
- Veggies: Most fresh veggies with the exception of those listed below.



Hold off on washing refrigerated produce until you're ready to eat them.

Leave out on the counter:

- Fruits: avocados, mangoes, bananas, oranges, grapefruit, and pineapple.
- Veggies: onions, potatoes, tomatoes, and butternut and acorn squash.



Tip

Bananas cause other fruits and veggies stored near them to ripen more quickly, so keep them in a separate place.