

How to Store & Display for Success



REFERENCE PRODUCE GUIDE

For detailed information about each fruit and vegetable, please refer to the Healthy Foods Here Fresh Produce Guide.



REFRIGERATE LIKE FLOWERS: PLACE STEMS IN 1 INCH OF WATER

- Asparagus
- Herbs (Mint, Cilantro, Parsley, etc.)
- Rapini



REFRIGERATE THESE FRUITS

- Apples
- Apricots
- Berries
- Cactus Fruit/Prickly
- Pears
- Cantaloupe
- Cherries
- Grapes
- Grapefruit
- Honeydew
- Kiwi
- Lemons
- Limes
- Nectarines*
- Oranges
- Peaches*
- Pears
- Peppers
- Plums*
- Summer Squash
- Zucchini

**take small amounts out of refrigeration to ripen as needed*



MIST FREQUENTLY

- Asparagus (keep tips dry)
- Broccoli
- Cabbage
- Carrots
- Celery
- Corn (very important)
- Green Onions
- Greens (Kale, Chard, Spinach, Collards, Parsley, Mustard, Bok Choy)
- Lettuce
- Parsley
- Red Potatoes
- Root Vegetables (Beets, Rutabagas, Turnips, Parsnips)
- Scallions
- Summer Squash
- Zucchini



More Storage & Display Tips



TRIM AS NEEDED & TURN OFTEN

- Beets, Turnips, Rutabagas (tops)
- Broccoli and Rapini (stems)
- Cabbage (wilted leaves)
- Carrots (tops)
- Celery (tops)
- Greens – Kales, Chards, Mustard, Collards (tips of stalks)
- Lettuce (outer leaves and bottom)
- Scallions/Green Onions (tops)



FOR BEST RESULTS: REFRIGERATE IN CLEAR PLASTIC BAGS

- Cabbage
- Carrots
- Celery
- Greens (Kale, Chard, Spinach, Collards, Parsley, Mustard, Bok Choy)
- Lettuce
- Summer Squash
- Zucchini



DISPLAY ON CHIPPED ICE

- Beets
- Broccoli
- Cantaloupes
- Carrots
- Cauliflower
- Cut Samples
- Kale
- Chards
- Collards
- Mustards
- Rapini



REFRIGERATE THESE VEGETABLES

- Asparagus
- Beets
- Broccoli
- Cabbage (all)
- Cactus Paddles (Nopales)
- Carrots
- Cauliflower
- Celery
- Corn
- Greens (Kale, Chard, Spinach, Collards, Parsley, Mustard, Bok Choy)
- Green Beans
- Leeks
- Lettuce
- Mushrooms
- Radishes/Daikon
- Red Potatoes
- Scallions
- Turnips
- Rutabagas
- Parsnips

DO NOT STORE OR DISPLAY TOGETHER

- Fruit & Vegetables
- Potatoes & Fruit
- Apples & Citrus
- Onions & Fruit
- Pears & Citrus
- Citrus & Bananas
- Bananas & Apples
- Apples & Peaches

DO NOT REFRIGERATE: KEEP COOL & AWAY FROM DIRECT LIGHT

- Avocado**
- Bananas
- Basil (store in clear plastic bags)
- Cucumbers
- Eggplants
- Garlic*
- Ginger
- Jicama
- Mangoes
- Okra
- Onions*
- Papaya
- Persimmons
- Pineapple
- Plantains
- Pomegranates
- Pumpkins
- Russet Potatoes* (discard if green, soft or sprouting)
- Taro Root
- Tomatillos
- Tomatoes
- Winter Squash
- Watermelons
- Yams/Sweet Potatoes



**discard if sprouting
** Refrigerate to slow ripening*