

Produce Storage and Selection Best Practices

Fruit	Selection	Storage
Apple*	Choose firm, shiny, smooth-skinned apples with intact stems. Should smell fresh, not musty.	Refrigerate in plastic bag away from strong-odored foods. Use within 3 weeks.
Banana	Choose fruit with slight green on stem and tip, firm without bruises. Ripens after harvest.	Store unripe fruit at room temperature. Store ripe fruit in refrigerator for up to two weeks; skin may turn black.
Cantaloupe*	Choose fragrant, symmetrical melons, heavy for size with no visible bruises and yellow or cream undertone. Stem end should give to gentle pressure.	Store uncut at room temperature up to 1 week. Refrigerate cut melon in airtight container up to 5 days.
Grapefruit	Choose fruits with thin, smooth, firm blemish free skins that are heavy for their size.	Store at room temperature for 1 week or under refrigeration for 2 to 3 weeks.
Grapes	Choose plump, firm fruits that are firmly attached to the stem.	Store in a plastic bag in the refrigerator for up to 1 week.
Kiwi*	Choose slightly firm fruit with a rough, fuzzy skin.	Store un-ripened fruit in plastic bags under refrigeration for up to 6 weeks.
Mango*	Choose slightly firm mangos with sweet aroma. Avoid wrinkled or fully orange/yellow mangos = too ripe.	Store at room temperature 1-2 days. Refrigerate cut mango for up to 3 days.
Oranges	Choose oranges with firm, smooth skins, heavy for size.	Store at room temperature for 1-2 days. Refrigerate for 1-2 weeks.
Papaya*	Select papayas that are firm with some yellow streaks and free of blemishes or wrinkles.	Keep at room temperature until it is totally yellow to orange. Store cut fruit in refrigerator up to 3 days.
Peaches/ Nectarines*	Choose peaches with firm, fuzzy skins that yield to gentle pressure when ripe. Avoid blemishes. Should smell fragrant.	Store unripe peaches in paper bag. When ripe, store at room temperature for use within 1-2 days.
Pears*	Choose firm fruit, then "Check the Neck for Ripeness"™ daily by applying gentle pressure to the stem end of the pear with your thumb, when it yields to the pressure, it's ready to eat.	Store un-ripened in paper bag at room temperature. Refrigerate ripe pears for up to 5 days.
Pineapple	Choose pineapples with dark green leaves, heavy for size and fragrant bottoms. Avoid soft or dark spots and dry-looking leaves.	Eat as soon as possible. Refrigerate cut pineapple for 2-3 days.
Plums*	Choose plump plums with smooth skins and slight give to pressure. Avoid bruises and soft spots.	Store unripe plums in paper bag until ripe. Refrigerate ripe plums.
Pomegranate	Select fruit that is plump, round and heavy for its size.	Store whole in cool, dry place up to 1 month, or in refrigerator up to 2 months. Only eat the seeds and clear

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		flesh around them.
Strawberries	Choose shiny, firm fruit with a bright red color. Avoid shriveled, mushy or leaky berries.	Do not wash until ready to eat. Store in refrigerator for 1-3 days.
Watermelon	Choose symmetrical watermelons with dried stems and yellowish undersides, heavy for size.	Store whole watermelons at room temperature. Refrigerate cut watermelons in airtight container for use within 5 days.
Vegetable	Selection	Storage
Asparagus	Choose odorless stalks with dry, tight tips. Avoid limp or wilted stalks.	Refrigerate up to four days by wrapping ends of stalks in wet paper towel and placing in plastic bag.
Avocado*	Firm but yielding to gentle pressure when ripe.	To ripen store in paper bag at room temp. Once ripe store in refrigerator for 2-3 days.
Bell Peppers	Choose firm, brightly colored peppers with tight skin that are heavy for their size. Avoid dull, shriveled or pitted peppers.	Refrigerate in plastic bag for use within 5 days.
Broccoli	Choose odorless heads with tight, bluish-green florets.	Refrigerate for use within 3-5 days.
Carrots	Choose well-shaped, smooth, firm, crisp carrots with deep color and fresh, green tops. Avoid soft, wilted or split carrots.	Refrigerate in plastic bag with tops removed up to 2 weeks. Baby carrots up to 3 weeks.
Cauliflower	Choose cauliflower with compact, creamy white curds and bright green, firmly attached leaves. Avoid brown spots or loose sections that are spread out.	Refrigerate in plastic bag up to 5 days.
Celery	Choose straight, rigid stalks with fresh leaves. Avoid pithy, woody or limp stalks.	Refrigerate in plastic bag for 1 week or more.
Cucumbers	Choose firm, well-shaped cucumbers with dark green color, heavy for size.	Refrigerate in plastic bag up to 1 week.
Green Beans	Choose fresh, well-colored beans that snap easily when bent.	Refrigerate in plastic bag, use within 1 week.
Jicama	Select jicama that is firm and unblemished.	Store cut for up to 2 weeks in the refrigerator. Good with dips, in salads, stir-fry, and in soup
Lettuce – head and pre-cut & fresh spinach	Choose heads with fresh, clean outer leaves and compact inner leaves. Avoid brown spots or blemishes.	Rinse head or leaves upon purchase; dry on paper towels. Refrigerate in plastic bag wrapped in paper towels for use within 1 week.
Mushrooms	Choose well-shaped mushrooms with firm texture. Avoid spots and slime.	Refrigerate in brown paper bag for up to one week.
Potato	All varieties should be clean, firm, smooth, dry and uniform in size.	Store in a cool, dark, well-ventilated place for use within 3-5 weeks.
Squash	Choose heavy for size free of wrinkles.	Store in cool, dry place for up to one

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		month. Refrigerate once cut, use within 3 days.
Sweet Corn	Choose ears with green husks, fresh silks and tight rows of kernels.	Refrigerate with husks for use within 1-2 days.
Sweet Potato	Choose firm, small- to medium-sized potatoes with smooth skin. Avoid cracks, soft spots and blemishes.	Store in a cool, dark place for use within 3-5 weeks.
Tomato*	Choose tomatoes with bright, shiny skins and firm flesh.	Store at room temperature away from direct sunlight, for use within 1 week after ripe.

*Indicates high ethylene gas producing fruit – make sure to keep separate from other fruits/veggies