

# 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.

### DO NOT STORE OR DISPLAY TOGETHER



Fruit & Vegetables



Potatoes & Fruit



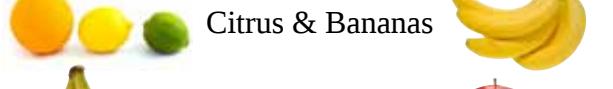
Apples & Citrus



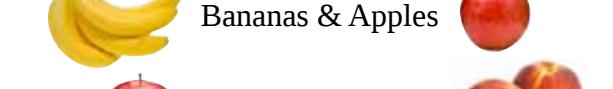
Onions & Fruit



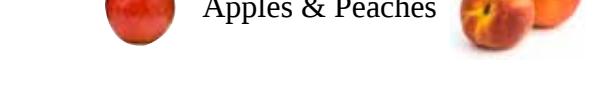
Pears & Citrus



Citrus & Bananas



Bananas & Apples



Apples & Peaches

## 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)  
Kiwis  
Lemons  
Limes  
Nectarines\*  
Oranges  
Peaches\*  
Pears  
Peppers  
Plums\*  
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  
  
Greens (Kale, Chard, Spinach, Collards, Parsley, Mustard, Bok Choy)  
Green Beans  
Leeks  
Lettuce  
Mushrooms  
Radishes/Daikon  
Red Potatoes  
Scallions  
Turnips  
Rutabagas  
Parsnips  
  
Tomatillos  
Tomatoes  
Winter Squash  
Watermelons  
Yams/Sweet Potatoes  
  
\*discard if sprouting  
\*\*Refrigerate to slow ripening

## 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