How can we keep produce fresh longer?

Proper Produce Storage

Fruits and vegetables are often short-lived when stored in improper storage facilities. Here are some tips to help you keep your produce fresher for longer:

1. **Proper Storage Conditions**
   - **Refrigerate:**
     - Fruits: Tomatoes, avocados, mangoes, bananas, and pears
     - Vegetables: Leafy greens, asparagus, broccoli, and cauliflower
   - **Don't Refrigerate:**
     - Fruits: Oranges, apples, and peaches
     - Vegetables: Bell peppers, carrots, and onions

2. **Proper Refrigeration Settings**
   - Keep the temperature between 32°F to 35°F

3. **Proper Ventilation**
   - Use a well-ventilated fridge
   - Avoid overcrowding the fridge

4. **Proper Storage Methods**
   - Use airtight containers or bags
   - Keep fruits and vegetables separate

5. **Proper Handling**
   - Wash fruits and vegetables before storing

Where to Store:

- **Refrigerate:**
  - Fruits: Tomatoes, avocados, mangoes, bananas, and pears
  - Vegetables: Leafy greens, asparagus, broccoli, and cauliflower

- **Don't Refrigerate:**
  - Fruits: Oranges, apples, and peaches
  - Vegetables: Bell peppers, carrots, and onions

Keep the two separate:

- **GAS RELEASES**
  - Fruits: Apples, pears, and bananas
  - Vegetables: Broccoli, red cabbage, and lettuce

- **GAS PRODUCERS**
  - Fruits: Bananas, oranges, and tomatoes
  - Vegetables: Cabbage, onions, and peppers

Keep it safe:

- **Fresh Produce Without Mold or Bruises:**
  - Wash before storing
  - Keep in the fridge

From Purchase to Plate:

- **Separate:**
  - Fruits and vegetables

- **Set Fridge to:**
  - 40°F for Fruits and Vegetables

Resources:

- **Home Food Safety:**
  - www.fda.gov

For a complete list of the shelf-life of vegetables and fruits, download the Food Safety Guide from the USDA.