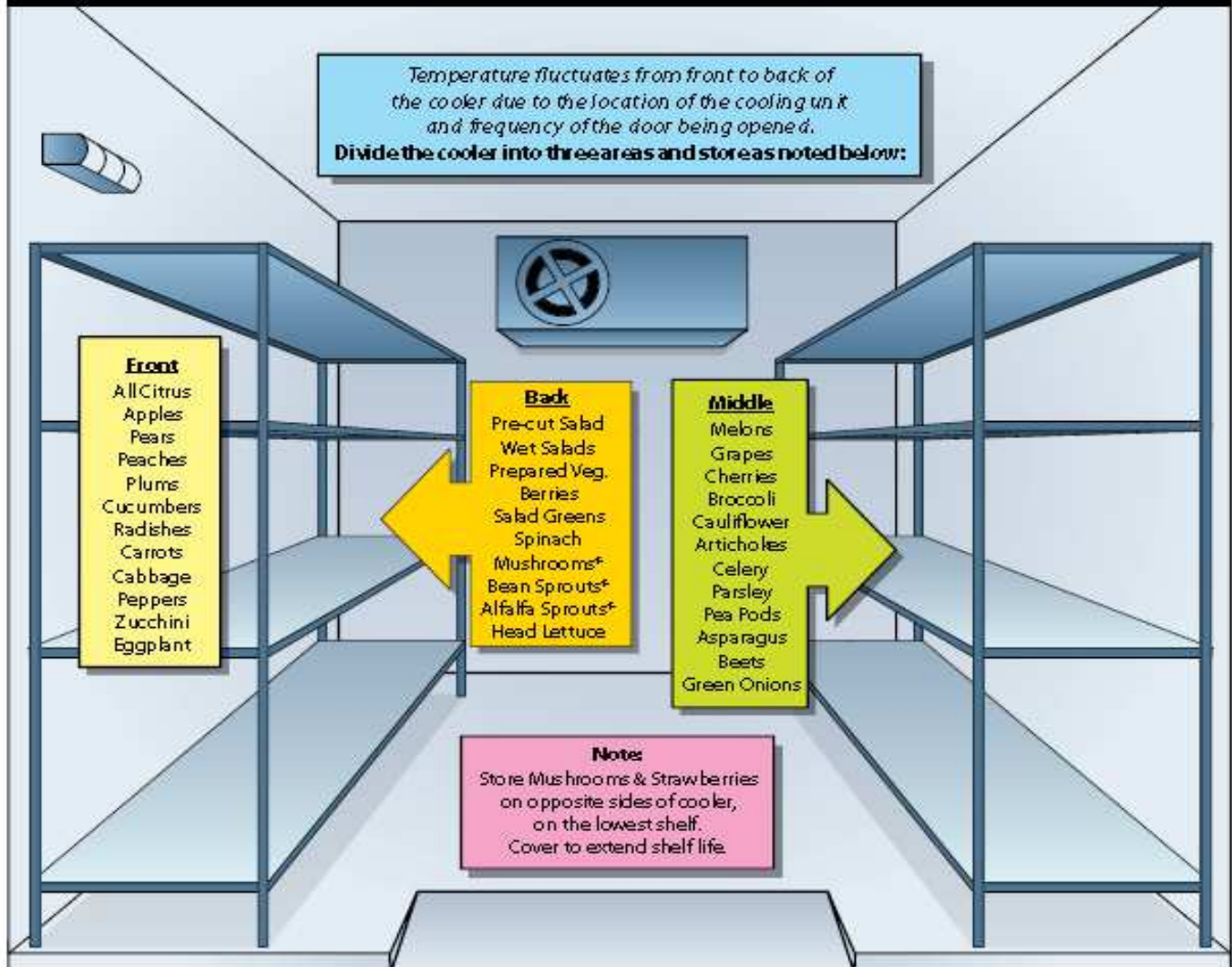


## STORAGE HINTS TO PROLONG LIFE OF FRESH FRUITS AND VEGETABLES



\*Store as far away from light as possible, usually in back of the cooler.

**Tropical Fruit:** Pineapple, bananas, papayas, mangos, avocados should be used upon arrival, but if additional ripening is needed, store at room temperature. Once ripe, all but bananas can be held in refrigerator for a short period of time.

**Tomatoes:** Should be held at room temperature to ripen and then used immediately. Be careful not to over-buy – if you refrigerate a ripe tomato, it loses flavor.

**Dry Storage:** Recommended for potatoes, onions, garlic, ginger root, rutabagas, yams. Do not refrigerate these items.

Some fresh fruits continue to ripen after they have been harvested while others do not. Whether or not a fruit continues to ripen is a key factor in determining its storage and shelf life. Fruits that require additional ripening should be stored at room temperature until they become ripe. Fruits that do not ripen after harvesting should be stored in a cool area until they are used.

### Fruits That Ripen

Apricots	Honeydew	Pears
Avocados	Kiwifruit	Plantains
Bananas	Nectarines	Plums
Cantaloupe	Papaya	Tomatoes
Carambola	Peaches	

### Fruits That Don't Ripen

Apples	Grapes	Pineapple
Berries	Lemons	Strawberries
Cherries	Limes	Tangerines
Grapefruit	Oranges	Watermelon



*Your Complete Foodservice Solution*

# STORAGE FOR FRESH PRODUCE

## Key:

**Rear of Cooler 33 - 38 F    Front of Cooler 38 - 43 F    Outside Cooler 60 - 80 F**

**\* = Ethylene Generator    + = Ethylene Sensitive**

<b>Product</b>	<b>Ideal Location</b>
<b>* Apples</b>	<b>Rear of Cooler</b>
<b>* Avocado Unripe</b>	<b>Outside Cooler</b>
<b>* Bananas</b>	<b>Outside Cooler</b>
<b>Beans</b>	<b>Rear of Cooler</b>
<b>+ Broccoli</b>	<b>Rear of Cooler</b>
<b>Cabbage</b>	<b>Rear of Cooler</b>
<b>* Cantaloupe</b>	<b>Rear of Cooler</b>
<b>+ Carrots</b>	<b>Rear of Cooler</b>
<b>Cauliflower</b>	<b>Rear of Cooler</b>
<b>Citrus</b>	<b>Front of Cooler</b>
<b>+ Cucumbers</b>	<b>Front of Cooler</b>
<b>Eggplant</b>	<b>Front of Cooler</b>
<b>Fresh Cut Items</b>	<b>Rear of Cooler</b>
<b>Grapes</b>	<b>Rear of Cooler</b>
<b>Herbs Fresh</b>	<b>Rear of Cooler</b>
<b>*Honeydew Unripe</b>	<b>Outside of Cooler</b>
<b>*Honeydew Ripe</b>	<b>Front of Cooler</b>
<b>+Lettuce</b>	<b>Rear of Cooler</b>
<b>Mushrooms</b>	<b>Rear of Cooler</b>
<b>Onions</b>	<b>Outside of Cooler</b>
<b>Peppers</b>	<b>Front of Cooler</b>
<b>Pineapple</b>	<b>Front of Cooler</b>
<b>Potatoes</b>	<b>Outside of Cooler</b>
<b>Spinach</b>	<b>Rear of Cooler</b>
<b>Squash</b>	<b>Front of Cooler</b>
<b>*Tomatoes</b>	<b>Outside of Cooler</b>
<b>Watermelon</b>	<b>Outside of Cooler</b>