

# Choosing & Storing Fruits And Vegetables

Use these tips to get the most for your money when purchasing and storing fresh produce.

## Fruits

<b>Apple</b>		Should be firm and sweet smelling with a rich color, no brown soft spots or bruising. Keep at room temperature or in the refrigerator.
<b>Avocado</b>		Slightly soft to the touch, brownish-black outer skin, no indentations or mushy spots when pressed. Store at room temperature until ripened. Once ripe, transfer to refrigerator to stop further ripening. Once open, squeeze a little lemon over the flesh, cover in plastic wrap tightly to minimize air exposure and keep refrigerated.
<b>Mango</b>		Slightly soft to the touch. Smell near the stem to determine ripeness. Store at room temperature. Place in fridge to slow down ripening process.
<b>Banana</b>		Slightly green to bright yellow, bruise free skin. Keep at room temperature, separate from other fruits. Once ripe or over ripe, peel and freeze for use in smoothies and baking.
<b>Pear, Plum, Nectarine &amp; Peach</b>		Fragrant, slightly soft to the touch. Press gently near the stem with your thumb and see if the pear gives. Plums, nectarines, and peaches should smell fragrant when ripe. Store at room temperature.
<b>Berries</b>		Firm, bright colored, fragrant, not wet or mushy. Store in fridge, keep on a paper towel in a breathable container to keep dry. Wash just before use.
<b>Melons</b>		Knocking them for ripeness should produce a hollow sound. Keep at room temperature, place in the refrigerator once cut.
<b>Pineapple</b>		The top center leaves should be easily plucked, a yellow green, not too brownish in color and fragrant. Keep at room temperature, place in refrigerator once sliced or cut.

## Vegetables

<b>Tomato</b>		Slightly firm, bright red, no cuts. Keep in a cool, dry place at room temperature. Once cut, store in airtight container in fridge.
<b>Mushroom</b>		Firm, bruise free, not shriveled. Keep in a brown paper bag or breathable container in the refrigerator. Do not place in an airtight container.
<b>Bell Pepper</b>		Firm, vibrant in color, no wrinkles on skin, variations in colors are okay. Store in refrigerator.
<b>Onion</b>		Firm, not mushy. Inspect for mold or soft spots (this could mean there is mold inside). Store in cool, dry area at room temperature. Once cut, store in airtight container in the refrigerator.