



## Selecting and Storing Produce

1. Do not store your fruit bowl on top of the fridge. The heat coming from the top of your refrigerator will cause your fruit to ripen too quickly and you'll be left with apple sauce instead of apples.
2. To perk up leafy vegetables, try a technique that produce departments use called "crisping". First cut the bottom and tops off of the produce item to open up the cells. Then soak the item in lukewarm water, pat dry, and immediately place in the fridge. This technique will perk up your lettuces, spinach, celery, carrots and parsley nicely.
3. And finally, Doug emphasizes taking as much care transporting and storing your produce as you do picking it out.

The following chart shows the recommended storage places and estimated premium freshness for commonly purchased fruits and vegetables as per Doug Ford, produce clerk for Thrifty Foods.

PRODUCE	WHERE TO STORE & ESTIMATED PREMIUM FRESHNESS	COMMENTS
Apples	Cold storage for longer life, room temperature for more flavour. About 7 days.	Waxed apples have a longer life; keep your apples dry to increase their longevity.
Asparagus	Cold storage, about 5 days	To perk up, cut the ends off and keep roots in one inch of water. Look for tight tips and uniformed green on stalk when purchasing.
Bananas	Room temperature, and depending on how "green" the banana is will determine how long it will keep	Doug recommends a "Banana Tree" as bananas are very susceptible to bruising. If you want to accelerate the ripening process place near a warm source (i.e. on top of the fridge) or in a paper bag.
Beans	Cold storage, 1-6 days.	Wash the beans as soon as you get home and throw away any beans starting to go bad – or the bad beans will start to spoil the beans around it.
Berries	Do not react well to temperature change. Either keep them in the fridge at all times or keep them at room temperature.	If storing in the fridge, expect 3-4 days. At room temp. 2-3 days. To prolong the life of your berry, it is best to only wash them as you eat them and to throw away any berries starting to go bad.
Cabbage	Cold storage, 1-2 months.	If your cabbage starts to brown on the outside, just peel the outer leaves off for a fresher product.
Carrots	Cold storage, 7-14 days	Try the "crisping" technique if your carrots start to go limp.
Cauliflower	Cold storage, 7 days	Cauliflower bruises very easily so do not rest anything on top of it when transporting or storing.
Celery	Cold storage, 7-10 days	Again try the "crisping" technique if your celery is looking a little less than fresh.

Citrus Fruits	Cold storage, 7-14 days	Similar to apples, there are waxed and un-waxed oranges. Waxed oranges will hold the moisture in longer and keep your product longer. The wax that is used is not like candle wax, it is a derivative of the actual product – so it is not dangerous to eat.
Corn on the Cob	Cold storage, 7-14 days	To keep your corn longer, keep it in the husk.
Cucumbers	Cold storage, about 7 days	Cut cucumber will go “bad” faster than most produce, so cut it as you need it.
Garlic Cloves	Room temperature, 7-30 days	Keep in a cool, dry place
Grapes	Cold storage, 3-7 days	Wash immediately when you get home, pat dry, and store in a Tupperware container with a layer of paper towel on the bottom and top to soak up any moisture.
Lettuce	Cold storage and use the “crisp” technique mentioned earlier.	If you do perform the “crisp” technique ensure you place the lettuce on a piece of paper towel. This will soak up any water still in the lettuce.
Mushrooms	Cold storage, 2-3 days	Keep in a paper bag and wash them as you need them/
Onions	Cool, dark place	Can keep for months
Papayas	Room temperature, 7 days	Cut papaya will break down quicker
Parsley	Cold storage, 7 days	Try the “crisping” technique when it starts to go limp.
Pineapple	Cold storage, 7 days	A tip when looking for a pineapple that is ripened, look for no green or soft spots, and pull one of its leaves. If it comes out easily, it is ripe.
Pears	Cold storage, 5-7 days	To ripen, place in a paper bag. To slow down the ripening process, place in a fruit bowl at room temp.
Potatoes	Cool, dark place, can last for months	Once a potatoe has started to sprout it is time to throw out.
Radishes	Cold storage, 7 days	Store them so the leaves stay dry for a longer life.
Spinach	Cold storage, 4-5 days	It is recommended to wash, dry and store in a Tupperware container lined with paper towel.
Tomatoes	Room temperature, 4-7 days	Keep them on the counter, unless you slice them at which point they will need to be refrigerated.