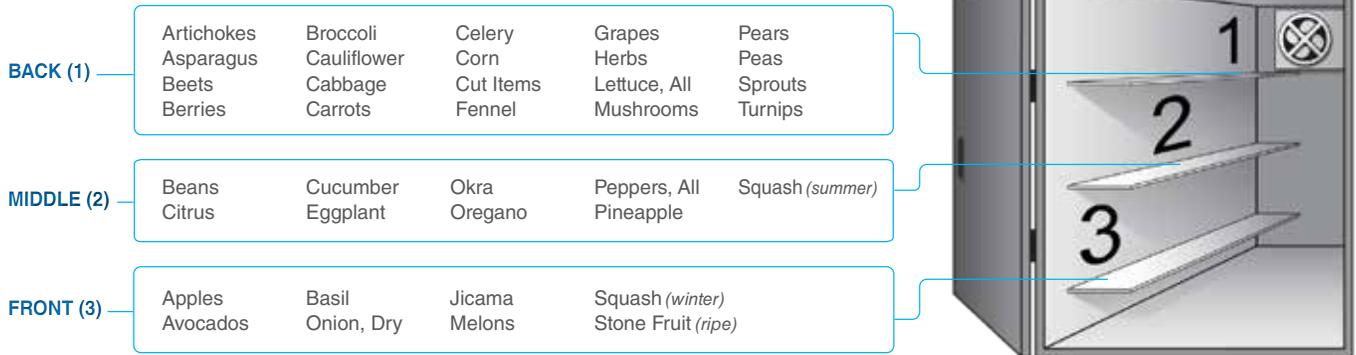


## STORAGE HINTS TO PROLONG LIFE OF FRESH FRUIT & VEGETABLES

The temperature fluctuates from the front to the back of the cooler due to the location of the cooling unit and frequency of the door being opened. To protect the produce, the cooler should be divided as follows:



**FRUIT:** Pineapple, bananas, papayas, pears, mangos, avocados, and stone fruit (excluding cherries, they should always be refrigerated) 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.

**DRY STORAGE:** Recommended for potatoes, garlic, ginger root, rutabagas, and sweet potatoes. Do not refrigerate these items. Onions can be stored unrefrigerated for short time periods. The ideal temperature for tomatoes is 55°F.

### RELEASE ETHYLENE

Apples	Cantaloupe	Mangos	Plums
Apricots	Figs	Papayas	Tomatoes
Avocados	Honeydew	Peaches	
Bananas	Kiwifruit ( <i>ripe</i> )	Pears	

### SENSITIVE TO ETHYLENE

Asparagus	Brussels Sprouts	Cauliflower	Eggplant	Okra	Squash
Bananas	Cabbage	Celery	Kiwifruit ( <i>unripe</i> )	Peas	Sweet Potatoes
Beans	Carrots	Citrus	Lettuce, All	Peppers, All	Watermelon
Broccoli		Cucumber	Nectarines	Spinach	

## IDEAL STORAGE TEMPERATURES



### 32° - 40°F

Apples	Brussels Sprouts	Fennel	Kiwifruit	Radishes
Artichokes	Cabbage	Garlic	Lettuce, All	Spinach
Asparagus	Carrots	Grapes	Mushrooms	Sprouts
Beets	Cauliflower	Herbs ( <i>other than Basil and Oregano</i> )	Onions, Dry	Stone Fruit ( <i>ripe</i> )
Berries	Celery	Kale	Pears ( <i>ripe</i> )	Turnips
Broccoli	Corn		Peas	Watercress

### 40° - 50°F

Avocado ( <i>ripe</i> )	Citrus	Ginger Root	Okra	Pineapples
Basil	Cucumber	Jicama	Oregano	Squash
Beans	Eggplant	Melons	Peppers, All	Tomatoes ( <i>ripe</i> )*

\*Ideal temp is 55°F. Will lose flavor at this temperature during prolonged storage.

## Ripening Guides

Green - stage 1	Breakers - stage 2	Turning - stage 3	Pink - stage 4	Light Red - stage 5	Red - stage 6	Use in 3 - 5 Days	Use in 2 - 3 Days	Ready To Eat
Deep Green	Light Green	Equally Green & Yellow	More Yellow than Green	Yellow with Green Tips	All Yellow	Firm	Breaking	Ripe*
1	2	3	4	5	6	7		

\*A ripe avocado will be soft to the touch