








## GREEN CORNER- Zero Food Waste Series (Week 4 of 4)

Summer is in full swing with delicious fruits and vegetables lining the markets. Follow these tips to enjoy and save the precious produce you have just purchased or are growing in your garden. I hope you have enjoyed the *Zero Food Waste Series*. Find more tips and tools at [StopFoodWaste.org](http://StopFoodWaste.org) or contact me, Leticia Padilla, [carlosletty3@gmail.com](mailto:carlosletty3@gmail.com)

# Fruit & Veggie STORAGE GUIDE



Storing your fresh produce correctly is one of the easiest and best ways to keep them fresher, longer, and reduce wasted food.

WHERE	WHAT	HOW
<b>REFRIGERATOR</b> 		<ul style="list-style-type: none"> <li>• Set your fridge to 40 degrees or below.</li> <li>• Store veggies separately from fruit.</li> <li>• Use sealable plastic bags and containers to prevent drying out.</li> <li>• Items that wilt need high humidity while those that rot and mold need low humidity.</li> </ul>
<b>COUNTER AND REFRIGERATOR</b> 		<ul style="list-style-type: none"> <li>• Ripen these items loosely on the counter, away from sunlight, heat, and moisture.</li> <li>• When ripe, store in refrigerator to prolong lifespan.</li> <li>• Separate ripe from unripe fruit.</li> </ul>
<b>COUNTER</b> 		<ul style="list-style-type: none"> <li>• Store basil in a cup of water, like flowers.</li> <li>• Separate bananas from other produce as they promote ripening.</li> </ul>
<b>PANTRY</b> 		<ul style="list-style-type: none"> <li>• Store these items in a cold, dark place like a cupboard or pantry.</li> <li>• Keep potatoes separately from onions to prevent sprouting.</li> <li>• Store an apple with potatoes to prevent sprouting.</li> </ul>

GENERAL RULES: Do not wash fresh produce until ready to eat. Always refrigerate cut or peeled produce.