

PRODUCE SAFETY



Fruit in general produce Ethylene gas, which causes natural ripening, but it can cause for most vegetables and some non-ethylene fruits to ripe more quickly and develop unwanted characteristics.

Ideally Ethylene producing fruits should be separated from the non-ethylene fruits

Some fruits and vegetables should be stored in the refrigerator while others are cold-sensitive and should be stored at room temperature. Make sure you are storing your produce in the proper place.

Potatoes, onions, winter squash or garlic do not need refrigeration. Keep them in a cool, dark, dry cabinet, and they can last up to a month or more. But separate them so their flavors and smells don't migrate.

(Keep in dry storage 60-70 F)



Keep It SAFE—From purchase to your plate



Follow these safe handling tips to help protect yourself and your family.

BUYING When possible, buy in-season produce. Summer is the perfect time to enjoy in-season fruits (berries, peaches and watermelon) and vegetables (corn, cucumbers and squash).

STORING As we mentioned some items like bananas and potatoes do not require refrigeration. Produce that needs refrigeration should be stored below 40° F within two hours of purchase (Example: Cut and peeled fruits and veggies).

PREPARING It is very important to wash all fruits and vegetables with cool tap water before eating and dry with a clean cloth or paper towel to eliminate bacteria. Wash produce before you peel to make sure dirt and bacteria aren't transferred from the knife to your fruits or vegetables. You don't need to use soap or produce wash, just scrub them and wash with water.

Fruits and vegetables are an important part of every diet. However, harmful bacteria may contaminate fruits and vegetables, which can lead to food poisoning, even if the food is labeled organic.

The proper storage of your produce will prevent them to go bad quickly and therefore it will help to prevent food waste.

Information from: Acad Nutr Diet (eatright.org) & USDA