

Proper Produce Handling

****IMPORTANT: ALL produce bruises easily (some more easily than others), treat produce carefully even if it looks durable (such as garlic or onions).**

Produce Item	Refrigerate	Needs Moisture	Cover	Cool Room (about 65-70 degrees)	Benefits From Stems Being in Water
Fruit					
Apricot	X		X		
Apple	X		X		
Berries (all)	X		X		
Nectarine	X		X		
Peach	X		X		
Pear	X		X		
Plum	X		X		
Vegetable					
Arugula	X	X	X		
Asparagus	X		X		
Basil	X	X	X		X
Bean	X		X		
Beet	X	X	X		
Brocoli	X	X	X		
Cabbage	X	X	X		
Carrot	X	X	X		
Celery	X	X	X		X
Cilantro	X	X	X		X
Collard Greens	X	X	X		X
Corn	X		X		
Cucumbers	X		X		
Eggplant	X		X		
Fennel	X	X	X		X

Produce Item	Refrigerate	Needs Moisture	Cover	Cool Room (about 65-70 degrees)	Benefits From Stems Being in Water
Garlic				X	
Kale	X	X	X		X
Leek	X		X		
Melons	X		X		
Parsley	X	X	X		X
Peppers	X		X		
Potatoe				X	
Salad Greens	X	X	X		
Storage onion				X	
Spinach	X	X	X		
Sweet onion	X		X		
Swiss chard	X	X	X		X
Tomatoes				X	