


# How to Store *Fruits & Veggies*




The fiber is only good if the produce makes it out of the fridge. Pin this up, stop tossing money into the trash, and eat what you bought.

## On the counter


ROOM TEMP · COLD RUINS THESE

-  **Bananas**  
 Off on their own. They gas everything else. GASSER


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-  **Tomatoes**  
 Stem-side down. Cold turns them mealy. NO FRIDGE


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-  **Avocados**  
 Ripen here, then fridge to hold a few days. THEN FRIDGE


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-  **Peaches & stone fruit**  
 Plums, nectarines, apricots. Counter till soft. THEN FRIDGE

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-  **Pears**  
 Ripen on the counter, finish in the fridge. THEN FRIDGE

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-  **Whole melons**  
 Cantaloupe, honeydew, watermelon. Cut goes cold. THEN FRIDGE

## Cool, dark, dry


PANTRY OR CUPBOARD · AIRFLOW, NEVER FRIDGE

-  **Potatoes**  
 Scrub, skin on. That's half their fiber. SKIN ON


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-  **Sweet potatoes**  
 Cool and dry. The fridge makes them hard. NO FRIDGE


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-  **Onions**  
 Need airflow. Keep them away from potatoes. AIRFLOW

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-  **Garlic**  
 Whole heads keep for weeks in the dark. DARK

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-  **Winter squash**  
 Butternut, acorn, spaghetti. Keeps for months. MONTHS

## Fridge, vent closed


HIGH HUMIDITY · LEAFY, WILT-PRONE, ETHYLENE-SENSITIVE

-  **Leafy greens & lettuce**  
 Wash, dry fully, roll in a towel. Wet greens slime. DRY FIRST


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-  **Broccoli & cauliflower**  
 Loosely wrapped. Keep clear of apples. SENSITIVE


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-  **Carrots & celery**  
 Cut into sticks, stand in water. Crisp for a week-plus. IN WATER


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-  **Cucumbers & zucchini**  
 Skin on. They hate the cold back wall. FRONT DRAWER


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-  **Peppers**  
 Slice into strips for grab-and-snack. CRISP

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-  **Green beans & asparagus**  
 Asparagus upright in water. Don't wash beans. UNWASHED

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-  **Soft herbs**  
 Cilantro, parsley: trim stems, stand in a jar. JAR OF WATER

## Fridge, vent open


LOW HUMIDITY · FRUIT AND ETHYLENE PRODUCERS

-  **Apples**  
 Heavy gassers. Away from greens. Last weeks cold. GASSER


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-  **Berries**  
 Unwashed till you eat. Pull a moldy one fast. WASH LAST


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-  **Grapes**  
 Stay in the vented bag, back of the drawer. VENTED

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-  **Oranges & citrus**  
 Loose, not bagged. A month in the drawer. LOOSE

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-  **Mushrooms**  
 Paper bag, never plastic. Wipe, don't soak. PAPER BAG

NEW FROM WELLNESS AF CLUB

## The *Wellness AF* weight loss app

Log your produce, hit your fiber, see your numbers. Scan to take a look.



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