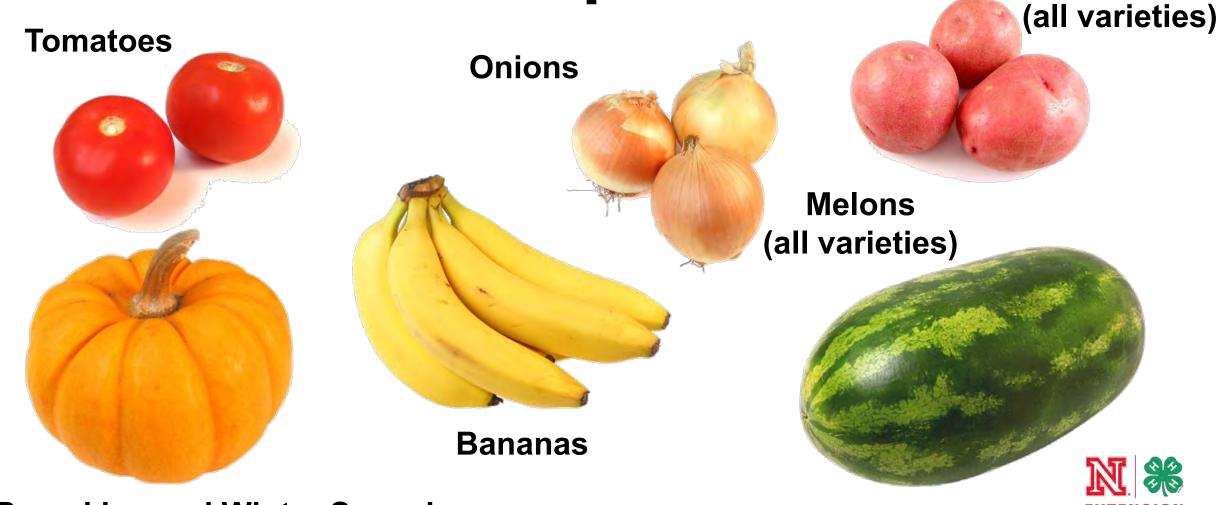


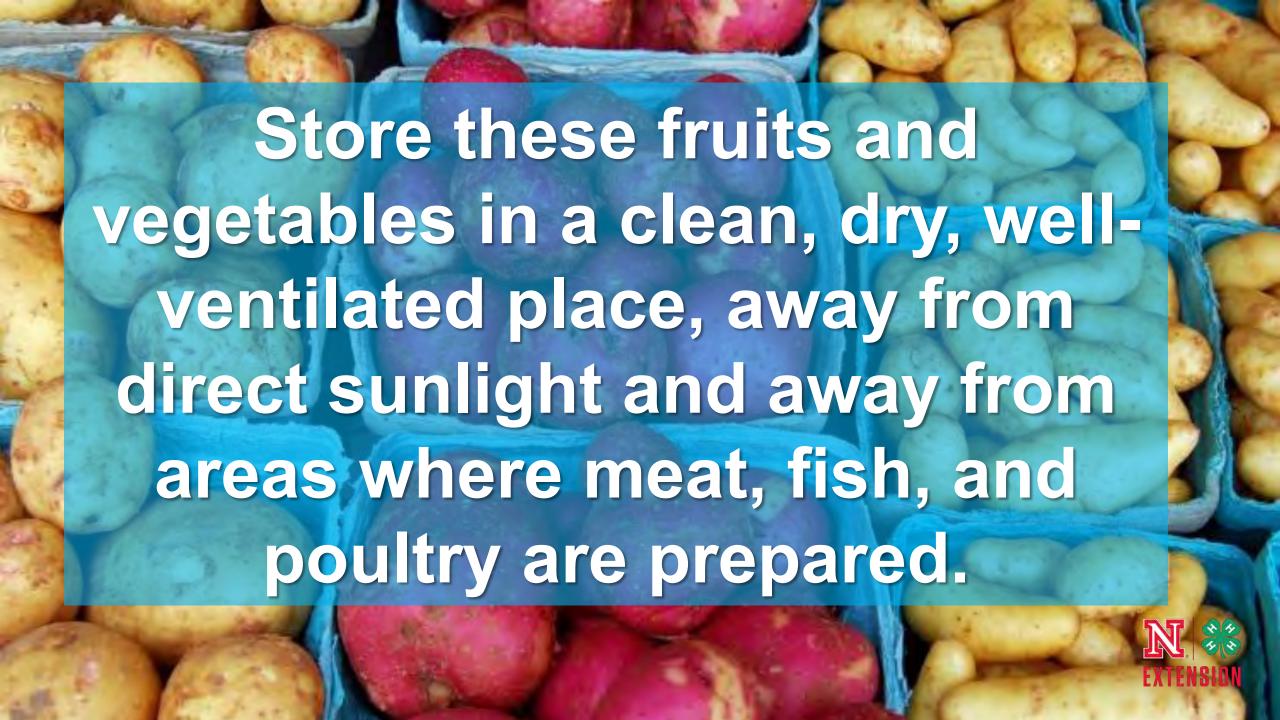


Store these foods at room temperature!

**Potatoes** 



**Pumpkins and Winter Squashes** 



# Ripen these foods on counter, then store in refrigerator!

#### **Avocado**

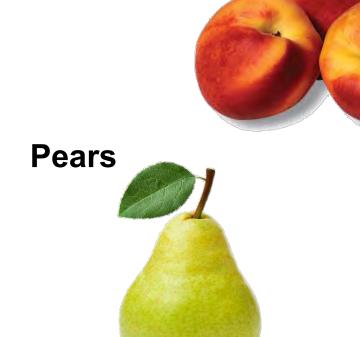






#### **Plums**





Peaches and

**Nectarines** 

# Avoid placing produce in a sealed plastic bag on your countertop.



This slows ripening and may increase off-odors and decay from accumulation of carbon dioxide and depletion of oxygen inside the bag.





Most other fresh fruits and vegetables keep best stored in a clean refrigerator at a temperature of 40° F or below.

# Store fruits in a separate refrigerator crisper drawer from vegetables.

- Fruits give off ethylene gas which can shorten the storage life of vegetables.
- Some vegetables give off odors that can be absorbed by fruits and affect their quality.

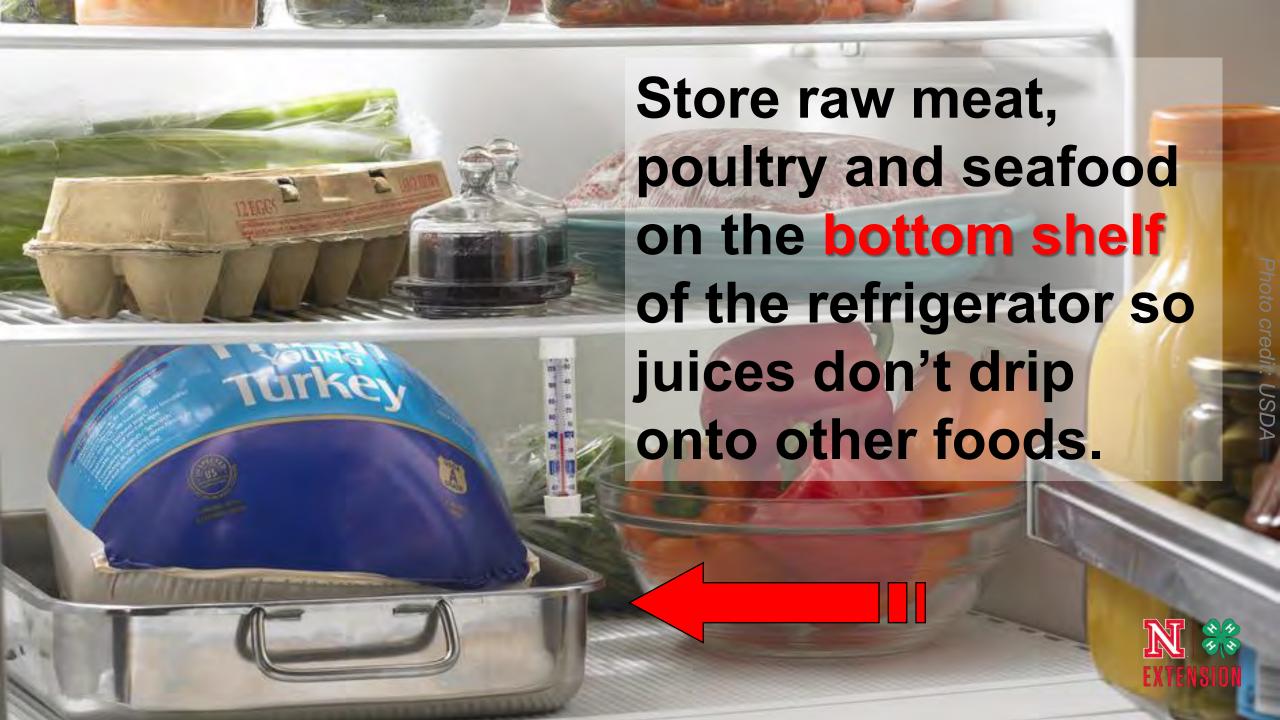


Refrigerate fruits and vegetables in perforated plastic bags to help maintain moisture. This helps provide air flow and prevent growth of mold or bacteria.



If you don't have access to commercial, food-grade, perforated bags, use a knife or scissors to make several small holes in a food-grade plastic bag (about 20 holes per medium-size bag).





# Wash hands properly before handling produce

- Wet hands with clean, warm water
- Apply soap; work into a lather
- Rub hands together for 20 seconds; rinse under clean, running water
- Dry hands with disposable paper towel or clean cloth towel





## Wash produce thoroughly

Wash produce before using it, **NOT** when you bring it home. Fresh produce has a natural protective coating that helps keep in moisture and freshness.

Washing produce before storage causes it to spoil faster.



- Remove and discard outer leaves of produce such as cabbage and lettuce.
- Rinse under clean, running water just before preparing or eating.
- Don't use soap or detergent as it can get into produce and make you sick



- Rub firm produce briskly, scrubbing with a clean brush or hands, to clean the surface
- Dry with a clean cloth or paper towel
- Cut away bruised and damaged areas







Moisture left on fruits and vegetables helps bacteria grow. Dry them if you won't eat or cook them right away.

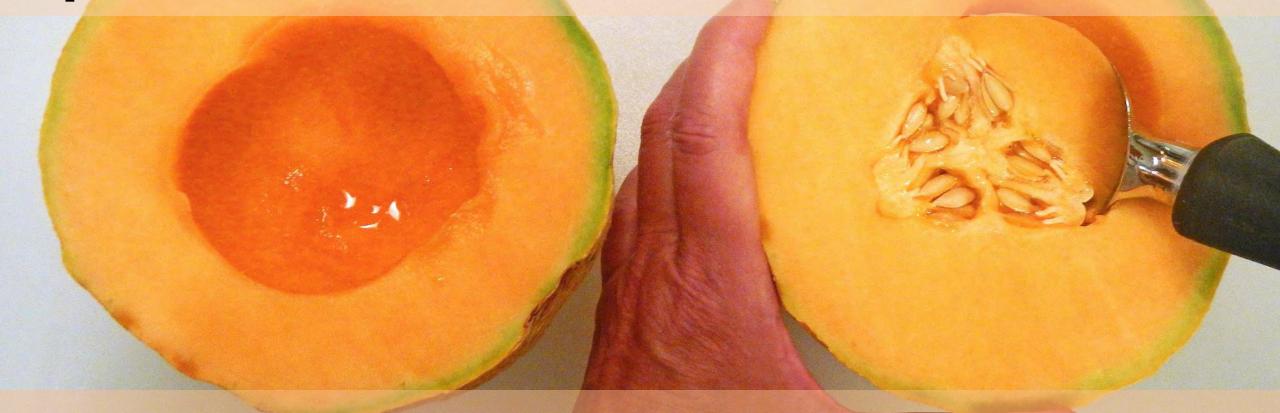


- Bacteria on the outside of produce can be transferred to the inside when they are cut or peeled
- Rinse produce even
   when the peel is
   removed such as for
   melons and citrus fruits!





# Once you have cut through the protective out skin, bacteria can enter.



Refrigerate cut or peeled fruits and vegetables within TWO hours!















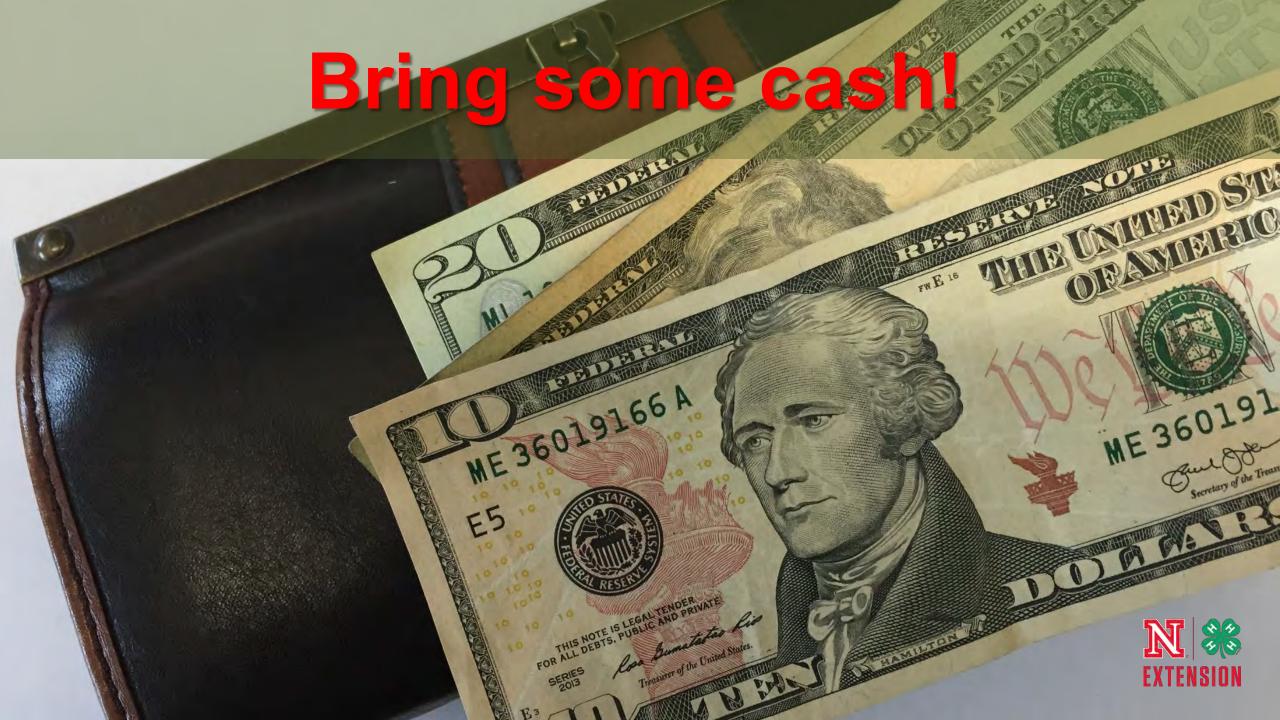


...zucchinis with blossoms Richard









- Take your own canvas or net bags or baskets, as Farmers' Markets don't usually have shopping carts
- Wide woven baskets help prevent produce from piling on each other
- Place heavier items at the bottom of the basket or bag
- To avoid squishing your produce, consider shopping with several bags or baskets

## How Clean is Your Market Bag?

Reusable bags are an eco-friendly alternative to plastic bags for carting your grub home from the farmer's market, grocery store or big box store. You can help prevent bacteria, yeasts and mold from growing on your bags and cross-contaminating your food by washing and storing the bags safely between each use.





## Got Germ-free Re-Useable Bags?

Reusable bags are an eco-friendly alternative to plastic bags for carting your grub home from the farmer's market, grocery store or big box store. You can help prevent bacteria, yeasts, and mold from growing on your bags and cross-contaminating your food by washing and storing the bags safely between each use. Here's how...

#### Clean

Wash bags after each use, following care instructions. See fabric care label or below for more details.

Wipe insulated bags with a disinfecting or sanitizing cloth, especially along seams.

#### Separate

Use separate bags for raw meats, seafood, and produce. Label bags to avoid confusion. Keep bags for non-food items like cleaners, books, sports gear, etc., separate from food bags.

#### Store

After washing, make sure bags are dry before storing. Don't store your bags in your car trunk. This is a dark, warm and often humid environment that promotes bacteria growth. Help prevent bag bacteria by storing your bags at home in a cool dry environment where air can circulate.

#### When in doubt, wash your bags! If bags are worn & dirty throw them out!

#### Woven or Nonwoven Polypropylene

first few washings.

A form of plastic that can be made from recycled plastic containers. Machine wash (gentle cycle with soap

& cold water) or hand wash in soap & warm water, then line dry.

#### Nylon or Polyester



A durable, petroleum product. Hand wash in warm water & soap, then hang inside out to dry.

#### Bamboo or Hemp



Made of biodegradable, natural fibers. Hand or machine wash (gentle cycle) with mild laundry detergent, then place in dryer or line dry.

#### .



Cotton

Made of biodegradable, natural fiber. Machine wash with hot water & laundry detergent. Machine or line dry.

#### Insulated Bags

Insulated polyester fiber and coated thermal film to keep foods/drinks cold or hot. Hand wash in warm water & soap or wipe with disinfecting or anti-bacterial wipes, especially along seams.

Contact: Nancy Bock, Senior Vice President, Education

Email: nbock@cleaninginstitute.org











- The weather can change fast!
- Wear comfortable shoes if you have to walk a lot
- Keep a jacket and umbrella in the car in case of wet weather



# **Experiment! Try something new! You might find a tasty treat for your family's menu!**





## **CHECK IT ALL OUT!**

- See who has what and at what price
- Buy something you haven't tried before
- Ask the grower ways to select and prepare your produce







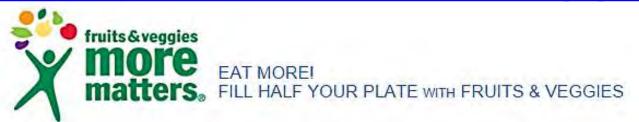




## http://food.unl.edu/nep-materials



### http://www.fruitsandveggiesmorematters.org/





Website Recipes

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#### WHO WE ARE

We can help you eat more fruits & vegetables! Fruits & Veggies-More Matters® is a health initiative focused on helping Americans increase fruit & vegetable consumption for better health. More

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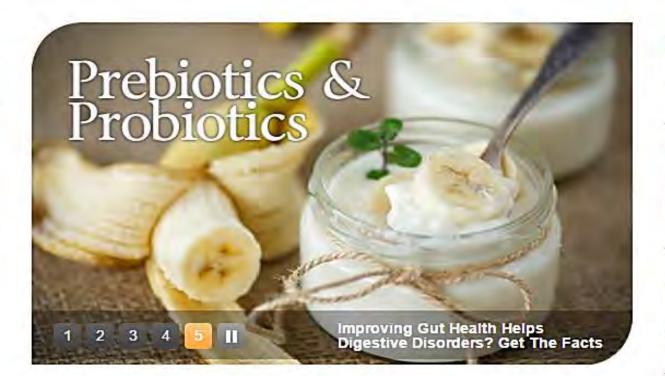














What's In Season? See What's Peaking Now



Fruit & Vegaie List Nutrition, Storage, Selection



Quick Recipes 30 Minutes or Lessi





Further questions? Contact your local Extension office or check out <a href="http://food.unl.edu">http://food.unl.edu</a>!







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