

Produce Shelf Life

USE QUICKLY (3-5 DAYS)

Asparagus	Okra
Bananas	Papaya
Corn	Peaches
Cucumber	Pears
Cut Fruits & Vegetables	Peas
Greens	Plantain
Lettuce	Plums
Mango	Strawberries
Nectarines	Tomatoes

USE SOON (5-7 DAYS)

Apricots	Kiwi
Avocado	Mushrooms
Beans	Peppers
Broccoli	Pineapple
Brussels Sprouts	Pomegranate
Cauliflower	Radishes
Cherries	Scallions/Green Onions
Eggplant	Summer Squash
Grapes	Zucchini

NO RUSH (2+ WEEKS)

Apples	Onions
Beets	Potatoes
Cabbage	Sweet Potatoes
Carrots	Turnips
Celery	Watermelon
Citrus Fruit	Winter Squash

Fruits & Vegetables Safety at Home

1

Wash your hands before and after preparing fruits and vegetables.

2

Get fruits & vegetables home and in proper storage in 2 hours or less.

3

Rinse all fruits and vegetables under running water before eating, cutting, or cooking.

4

Refrigerate cut, peeled, or cooked fruits and vegetables as soon as possible.

5

Do not store fruits and vegetables next to or below raw meat, poultry, or seafood.

6

Use separate cutting boards: one for fruits and vegetables, another for raw meats, poultry, or seafood.

7

Wash cutting boards, counter tops, and utensils with hot, soapy water before and after preparing fruits and vegetables.

South Carolina PRODUCE GUIDE



SOUTH CAROLINA
FARM to SCHOOL

SCFARMTOSCHOOL.COM
CERTIFIEDSCGROWN.COM



Tips for Eating More Fruits & Vegetables

1

Remember to get at least 5 servings of fruits and vegetables per day.

2

Try to fill half your plate with colorful fruits and vegetables at every meal!

3

Frozen and canned fruits and vegetables are also healthy choices. Choose products with the lowest amount of sodium and sugar.

4

Rinsing canned vegetables before eating is a way to remove some of the sodium.

5

Keep whole or pre-cut fruits and vegetables available to grab for a quick and healthy snack!

6

Freeze leftover produce to add to smoothies, soups and breads.

7

Challenge yourself to try new vegetables and fruits!

8

Try adding fruit to yogurt, cereal, or oatmeal or adding veggies to your eggs for an extra nutritious breakfast.

9

Buy fresh fruits and veggies when they are in season – they are usually less expensive and taste better!



Where to Store Your Fruits & Vegetables

ROOM TEMPERATURE

Bananas
Citrus Fruit
Cucumber
Eggplant
Mango
Onions

Papaya
Peppers
Pineapple
Plantain
Pomegranate
Potatoes

Summer Squash
Sweet Potatoes
Tomatoes
Watermelon
Winter Squash
Zucchini

KEEP ON COUNTER UNTIL RIPE, THEN REFRIGERATE

Avocados
Kiwi
Nectarines
Peaches
Pears
Plums

REFRIGERATOR

Apples
Apricots
Asparagus
Beans
Beets
Broccoli
Brussel Sprouts
Cabbage
Carrots

Cauliflower
Celery
Cherries
Corn
Cut Fruit
Cut Vegetables
Grapes
Greens
Lettuce

Mushrooms
Okra
Peas
Radishes
Scallions/
Green Onions
Strawberries
Turnips