Find the fruit or vegetable you want to store listed under the first table to the right.

Based on the row it is in you can see where it should be stored.

Based on the column it is listed under you can tell how long it will last if stored properly.

For specific storage instructions note the font color of your selected fruit or vegetable and refer to the detailed directions below to ensure proper storage.

Some fruits and vegetables produce a gas called ethylene that will cause early spoilage in ethylene sensitive produce. Be sure to store ethylene producers away from ethylene sensitive produce.

1. WHERE TO STORE
2. 1 WEEK
3. 2 WEEKS
4. 3 WEEKS
5. 4 WEEKS

**Apricots**
**Berries**
**Arugula**
**Kale**
**Leafy Greens**
**Snap Peas**
**Cherries**
**Grapes**
**Corn**
**Sprouts**
**Cut Fruits**
**Cut Vegetables**
**Fresh Herbs (except Basil)**

**Chard**
**Collard Greens**
**Lettuce**
**Spinach**
**Artichokes**
**Asparagus**
**Broccoli**
**Baby Carrots**
**Mushrooms**
**Green Beans**
**Lima Beans**
**Bell Peppers**
**Hot Peppers**
**Summer Squash (Soft)**
**Peas**

**Nectarines**
**Peaches**
**Avocados**
**Kiwifruit**
**Pears**
**Plums**

**Banana**
**Cucumber**
**Plantain**
**Basil (stems in water)**

**Mandarins**
**Cantaloupes**
**Papaya**
**Tomatoes**
**Watermelon**
**Mangoes**
**Persimmons**

**Apples**
**Grapefruit**
**Oranges**
**Lemons**
**Limes**
**Honeydew**
**Pineapple**
**Potatoes**
**Pumpkins**

**Onions**
**Pomegranates**
**Winter Squash (Hard)**
**Sweet Potatoes**
**Garlic**
**Ginger**

Green: Wash and spin or pat dry immediately after purchase; store in a perforated plastic bag wrapped with a dry paper towel (Note: if you don’t have a perforated bag you can use a fork or knife to punch holes in a plastic bag)

Red: Store in a single layer to avoid bruising

Blue: Open area, open container or perforated bag with airflow

Orange: Bag or container with water

Purple: Closed container

**Ethylene Producers:**
Tomatoes, Onions,
Plums, Apples, Melons,
Persimmons, Pears,
Peaches, Papayas,
Nectarines, Mangos,
Bananas (ripe),
Avocados, Apricots

**Ethylene Sensitive:**
Sweet Potatoes, Cabbage,
Winter Squash, Watermelon,
Peppers (Hot & Bell), Peas,
Broccoli, Leafy Greens,
Brussels Sprouts, Carrots,
Cucumbers, Green Beans,
Cauliflower, Bananas (unripe)
A “HANDY” TOOL FOR MEASURING INGREDIENTS:

When you don’t have measuring cups or spoons to use, another way to measure out the ingredients you need is to use your hand as a guideline as demonstrated below.

Although some recipes spell out measurements, a lot of cookbooks use abbreviations. Below are common abbreviations for measurements and what they stand for.

<table>
<thead>
<tr>
<th>Abbreviation(s)</th>
<th>What it Stands For</th>
</tr>
</thead>
<tbody>
<tr>
<td>C, c</td>
<td>cup</td>
</tr>
<tr>
<td>g</td>
<td>gram</td>
</tr>
<tr>
<td>kg</td>
<td>kilogram</td>
</tr>
<tr>
<td>L, l</td>
<td>liter</td>
</tr>
<tr>
<td>lb</td>
<td>pound</td>
</tr>
<tr>
<td>mL, ml</td>
<td>milliliter</td>
</tr>
<tr>
<td>oz</td>
<td>ounce</td>
</tr>
<tr>
<td>pt</td>
<td>pint</td>
</tr>
<tr>
<td>t, tsp</td>
<td>teaspoon</td>
</tr>
<tr>
<td>T, TB, Tbl, Tbsp</td>
<td>tablespoon</td>
</tr>
</tbody>
</table>

The chart below explains how you can use other measuring tools to measure out what you need.

### CONVERTING MEASUREMENTS

<table>
<thead>
<tr>
<th>This Measurement</th>
<th>Equals This Measurement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pinch or dash</td>
<td>less than 1/8 teaspoon</td>
</tr>
<tr>
<td>3 teaspoons</td>
<td>1 tablespoon</td>
</tr>
<tr>
<td>2 tablespoons</td>
<td>1 fluid ounce</td>
</tr>
<tr>
<td>4 tablespoons</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>5 T + 1 tsp</td>
<td>1/3 cup</td>
</tr>
<tr>
<td>12 tablespoons</td>
<td>3/4 cup</td>
</tr>
<tr>
<td>16 tablespoons</td>
<td>1 cup</td>
</tr>
<tr>
<td>1 cup</td>
<td>8 fluid ounces</td>
</tr>
<tr>
<td>2 cups</td>
<td>1 pint or 16 fluid ounces</td>
</tr>
<tr>
<td>2 pints</td>
<td>1 quart or 32 fluid ounces</td>
</tr>
<tr>
<td>4 quarts</td>
<td>1 gallon</td>
</tr>
</tbody>
</table>