



- 1** Find the fruit or vegetable you want to store listed under the first table to the right.
- 2** Based on the row it is in you can see where it should be stored.
- 3** Based on the column it is listed under you can tell how long it will last if stored properly.
- 4** 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.
- 5** 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.

WHERE TO STORE	1 WEEK	2 WEEKS	3 WEEKS	4 WEEKS
<i>in the</i> REFRIGERATOR	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	Brussels Sprouts Cabbage Cauliflower Beets	Apples Topped Carrots Celery Radishes
<i>Ripen on</i> COUNTER 1-4 DAYS <i>then store in</i> REFRIGERATOR		Nectarines Peaches Avocados Kiwifruit Pears Plums		
<i>on the</i> COUNTER	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

Detailed Storage Instructions

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

Do NOT store together

Ethylene Producers: Tomatoes, Onions, Plums, Apples, Melons, Persimmons, Pears, Peaches, Papayas, Nectarines, Mangoes, 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)

Measurement ABBREVIATIONS & CONVERSIONS

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

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

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

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

A "HANDY" TOOL FOR MEASURING INGREDIENTS:

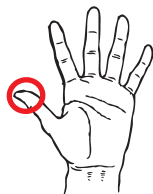
When you don't have measuring cups or spoons to use, another way to measure out the ingredients you need is to use your hand as a guideline as demonstrated below.



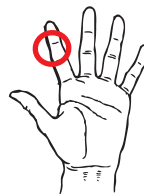
1/2 cup



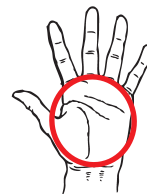
1 oz



1 Tbsp



1 tsp



3 oz



1 cup