



Storing Fresh Fruits and Vegetables for Best Flavor

Store in the refrigerator

<u>FRUIT</u>		<u>VEGETABLES</u>				
Apples (more than 7 days)	Berries	Belgian Endive	Cauliflower	Leafy Vegetables	Radishes	
Apricots	Cherries	Broccoli	Celery	Leeks	Spinach	
Asian pears	Cut Fruit	Brussel Sprouts	Cut Vegetables	Lettuce	Sprouts	
	Figs	Cabbage	Green Onions	Mushrooms	Summer Squashes	
	Grapes	Beets	Herbs (not basil)	Peas	Sweet Corn	

- Place fruits and vegetables in separate, perforated plastic bags.
- Use within 1-3 days for maximum flavor and freshness.
- Store each group in different produce drawers in the refrigerator to minimize the detrimental effects of ethylene produced by the fruits on the vegetables.

Ripen on the counter first, then refrigerate

Avocados	Kiwi	Nectarines	Peaches	Pears	Plums	Plumcots
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- To prevent moisture loss, store fruits and vegetables separately in a paper bag, perforated plastic bag, or ripening bowl on the counter away from sunlight. Ripening fruit in a bowl or paper bag can be enhanced by placing an apple with the fruit to be ripened.
- After ripening, store in refrigerator and use within 1-3 days.

Store only at room temperature

<u>FRUIT</u>			<u>VEGETABLES</u>			
Apples (fewer than 7 days)	Citrus fruits	Persimmons	Basil (in water)	Garlic*	Peppers†	Tomatoes
Bananas	Mangoes	Pineapple	Cucumber†	Ginger	Potatoes*	Winter Squashes
	Melons	Plantain	Eggplant†	Jicama	Pumpkins	
	Papayas	Pomegranates		Onions*	Sweet Potatoes*	

- Many fruits and vegetables should only be stored at room temperatures. Refrigeration can cause cold damage or prevent them from ripening to good flavor and texture. For example, pink tomatoes ripen to a better taste and red color if they are left at room temperature. In the refrigerator, they do not turn red, and even red tomatoes kept in the refrigerator lose their flavor.
- Keep away from direct sunlight.
 - *Store garlic, onions, potatoes, and sweet potatoes in a well-ventilated area in the pantry.
 - †Cucumbers, eggplant, and peppers can be refrigerated for 1-3 days if they are used soon after removing from the refrigerator.

Cleaning Your Produce

Always keep produce separate from raw meat, poultry, and seafood. Never use detergent or bleach to wash produce. Instead, rinse produce under running tap water immediately prior to use, including those with skins and rinds that are not eaten. Washing too far in advance removes some of nature's natural preservatives. However, head lettuce or leafy greens remain crisper when washed right away and then refrigerated. Packaged fruits and vegetables labeled "ready-to-eat," "washed," or "triple washed" need not be washed. Refrigerate all cut, peeled, or cooked fruits and vegetables within 2 hours.

For information on how to store other fruits and vegetables go to FruitsAndVeggiesMoreMatters.org

SPEND SMART. EAT SMART.

Cheesy Pasta with Summer Veggies

Serves: 6 Cost/Serving: \$1.07

Serving size: 1 1/2 cups

INGREDIENTS

4 cups assorted vegetables, sliced (zucchini, broccoli, peas)

1 cup grape or fresh tomatoes (chopped and seeds removed)

2 cups (about 8 ounces) whole wheat pasta (rotini, bow tie, penne)

1 1/2 tablespoons oil (canola or vegetable)

2 medium garlic cloves, minced, or 1/4 teaspoon garlic salt

1/2 cup onion, chopped (about 1/2 medium onion)

1 teaspoon dried Italian seasoning

1/4 teaspoon salt

1/8 teaspoon ground black pepper

1/4 cup Parmesan cheese

1/2 cup mozzarella cheese, shredded

INSTRUCTIONS

1. Wash and prepare vegetables and tomatoes.
2. Cook pasta according to package directions. Drain water from cooked pasta and save 1/4 cup of water.
3. Heat oil in a large skillet as pasta cooks. Add garlic and onion to skillet. Sauté over medium heat about 1-2 minutes or until soft.
4. Add any uncooked hard vegetables and cook for 3 minutes. Add soft vegetables and continue to cook. Add Italian seasoning, salt, and pepper. Add tomatoes last and cook until warm.
5. Add cooked drained pasta to the vegetables. Add a little of the water from the pasta, if needed.
6. Add cheeses to mixture. Stir until cheese is mostly melted.
7. Serve immediately.

TIPS

Pasta and cheese may help picky eaters enjoy vegetables. Vary the flavors and colors.

Add protein to this dish by stirring in cooked beans, meat, or fish.

Use thawed frozen vegetables in this recipe.

Keep pasta on hand and use when you have extra vegetables.

Use this recipe for a quick, delicious, and nutritious meal.

Nutrition Facts

6 Servings Per Recipe

Serving Size: 1 1/2 cups

Amount Per Serving

Calories 230

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 240mg **10%**

Total Carbohydrates 35g **12%**

Dietary Fiber 5g **20%**

Total Sugars 3g

Added Sugars **NA***

Protein 11g

Vitamin D 0.1mcg **1%**

Calcium 135mg **10%**

Iron 1.7mg **9%**

Potassium 463mg **10%**

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

NA* - We are currently in the process of integrating the new FDA Nutrition Standards. Added Sugar information is not currently available for the recipe. We will be updating the information shortly.



Extension

UNIVERSITY OF WISCONSIN-MADISON