

SELECTING, STORING AND USING *Fruits & Vegetables*

Asian Pear

- Select:** Hard and very fragrant.
Store: In the refrigerator for up to 2 weeks.
Use: Cut up in salads or eat whole for a snack.



Cauliflower

- Select:** Firm, creamy white compact heads with no blemishes.
Store: In the refrigerator, wrapped in plastic, for up to 5 days.
Use: Steam and top with shredded cheese.



Asparagus

- Select:** Bright colored, firm and with a tight tip.
Store: Wrapped in a wet cloth and in an open plastic bag for up to 1 week.
Use: Cut up in salads or eat whole for a snack.



Chayote

- Select:** Firm and evenly colored.
Store: In the refrigerator, in an open plastic bag for up to 1 month.
Use: In soups or stir-frys.



Beets

- Select:** Dark in color without bruises.
Store: In a plastic bag and refrigerate for up to 1 week.
Use: Steamed and cut up in salads.



Eggplant

- Select:** Firm, smooth and with a green end.
Store: In the refrigerator, unwrapped for 1 week.
Use: Sliced and roasted for sandwiches.



Berries

- Select:** Plump, firm, dark in color without mold.
Store: In the refrigerator, covered, in a single layer on a paper towel for 2-3 days.
Use: As a topping for yogurt, or blended in a smoothie.



Greens

- Select:** Fresh leaves that are not limp or wilted.
Store: Wrap in paper towels, in a plastic bag and refrigerate for up to 2-3 days.
Use: In salads or stir-frys.



Cabbage

- Select:** Firm with tightly wrapped leaves.
Store: Wrap tightly in plastic and refrigerate for up to 1 week.
Use: Shred for salads or as a topping for tacos.



Jicama

- Select:** Firm and unblemished.
Store: Place in a cool, dark place for up to 2-3 weeks.
Use: Cut up in sticks and serve with a dip.



Kiwi

- Select:** Plump and firm. Ripe fruit will be slightly tender to the touch.
- Store:** In refrigerator for up to 3 days.
- Use:** Slice in salads or blend in smoothies.



Papaya

- Select:** Slightly soft with a yellow skin.
- Store:** At room temperature to ripen, then refrigerate for up to 3 days.
- Use:** Cut up in salads or blended in smoothies.



Mango

- Select:** Without bruises.
- Store:** At room temperature to ripen, then refrigerate for up to 3 days.
- Use:** Cut up as a snack, in salads, or blended in smoothies.



Pineapple

- Select:** Fragrant pineapples with leaves that are glossy, not dull and faded.
- Store:** Cut ripe pineapple and seal in a container and refrigerate.
- Use:** As a snack, in salads, or blended in a smoothie.



Nopales (Cactus)

- Select:** Firm, crisp pads without wrinkles.
- Store:** In refrigerator for up to 2 weeks.
- Use:** In stir-frys or as a topping for tostadas.



Rutabagas or Turnips

- Select:** Firm without bruises.
- Store:** Refrigerate for up to 1 week.
- Use:** Roasted, mashed, or pureed in soups.



Okra

- Select:** Small, bright green okra under 4 inches.
- Store:** Use as soon as you purchase it. Does not store well.
- Use:** In stews or stir-fried.



Summer Squash

- Select:** Firm without bruises, cracks, or dents.
- Store:** Refrigerate for up to 1 week.
- Use:** Roasted, grilled, or in soups.



Opo (Bottle Gourd)

- Select:** Small, firm, green and unblemished with stem attached.
- Store:** In the refrigerator in a plastic bag for up to 1 week.
- Use:** In soups and stir-frys.



Winter Squash

- Select:** Firm without bruises, cracks, or dents.
- Store:** In a cool dry place up to 1–6 months.
- Use:** Roasted or pureed for soups.

