



YOUR GUIDE TO PRODUCE STORAGE

How to get the longest life and best taste out of your
fruits and vegetables using your Summit Appliance

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MARKET, HOME, REFRIGERATOR.

For many of us, this is our grocery shopping routine.

It's almost second nature to take fresh produce purchased at the grocery store or farmer's market, bring it home, and immediately place it into the refrigerator for, what we assume, is safe keeping. However, our routine may not be the best for all produce. Outlined within this brief guide are methods to ensure you enjoy the longest, freshest conditions for your fruits and vegetables.



TIPS & TRICKS TO PROPERLY PREPARE AND STORE PRODUCE

Storing produce is not just about where you keep it.

To get the longest life and freshest taste out of your greens, you also must consider factors like humidity, temperature, light conditions, when to rinse your fruits and vegetables, and which ones emit or are sensitive to ethylene. By storing each item under its recommended conditions, you can prolong the life of your produce, cutting down those constant trips to the grocery store and bringing out the best flavor in your food.



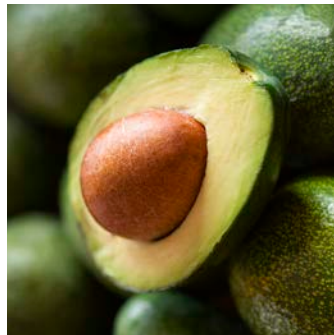


PREPARING YOUR PRODUCE FOR STORAGE

Different produce requires different storage procedures and conditions.

For example, apples are best stored in your refrigerator's crisper in a perforated bag, while avocados are better left on the counter, in the open, until they ripen.

To that end, we've supplied some general guidelines to prepare your produce.



LET IT BREATHE.

Like humans, fresh produce breathes, also known as respiration. Fruits and vegetables need room to breathe. So, as you prepare to store, be conscientious about where you are storing. Generally speaking, most fresh produce should not be stored in air-tight containers, but in breathable, perforated bags or similar containers that allow air flow and circulation.

STAY CHILL(ED).

In most cases, you will want to keep your produce cooler to slow the respiration process. The warmer the temperature gets, the faster or more accelerated the respiration process becomes. Chilling your produce will not only slow this process but, by default, also slows the spoiling process.

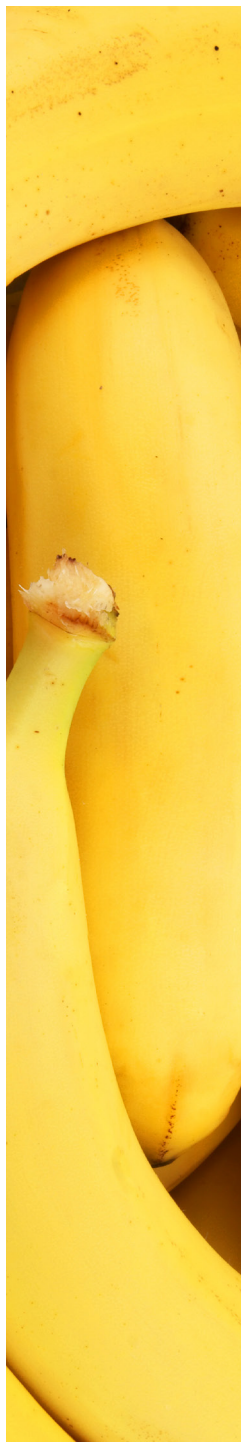
(Note: for recommended storage temperatures, see pages 9-13.)

RINSE, OR NOT.

Conventional wisdom is that once we get our produce home, we rinse to “clean” it before putting it away. However, washing produce prior to cooking or consumption adds moisture, which when stored, can speed up spoiling. Dirt all over your tomatoes? Leave it. As a general rule, do not wash produce prior to storage; rather, let it be until you intend to cook or consume it.

KEEP WHOLE.

Keep fruits and vegetables whole prior to storing them. Not only does this protect the produce from microorganisms, it also helps to prevent accelerated oxidation, where oxygen and the enzymes from the produce meet. This can cause discoloration and faster spoilage of your produce.





ETHYLENE & PRODUCE RIPENING WHAT TO KNOW & WHAT NOT TO DO

Ethylene is a naturally occurring gas that is produced by some fruits and vegetables. Ethylene itself causes cells to degrade, which can cause some fruits and vegetables that are susceptible to ethylene to ripen and spoil faster.

Ethylene can be both a positive and a negative with respect to fruits and vegetables. On the one hand, it can help to hasten the ripening process, ensuring they are ready to consume more quickly. On the other hand, if stored improperly, ethylene can accelerate the ripening process to a degree where fruits and vegetables spoil.

As a general rule, do not place fruits and vegetables that produce ethylene alongside fruits and vegetables that are sensitive to ethylene. The chart outlines which fruits/vegetables are ethylene producers, which are sensitive, and which are not sensitive. This should assist in properly storing fruits and vegetables to ensure maximum freshness and shelf life.

✓ ***Note: Some fruits and vegetables are both producers and sensitive, so you'll want to take extra caution in storing them.***



Ethylene Producers	Ethylene Sensitive	Not Sensitive to Ethylene
Apples	Apples	Beans (Snap)
Avocados	Asparagus	Blueberries
Bananas	Avocados	Cherries
Cantaloupe	Bananas	Grapefruit
Kiwi	Broccoli	Oranges
Mushrooms	Cabbage	Pineapple
Peaches	Cantaloupe	Potatoes
Pears	Carrots	Raspberries
Peppers	Celery	Strawberries
Tomatoes	Cucumber	Tomatoes
	Eggplant	
	Grapes	
	Honeydew	
	Kale	
	Kiwi	
	Lemons	
	Lettuce	
	Mangoes	
	Mushrooms	
	Olives	
	Onions	
	Peaches	
	Pears	
	Peppers	
	Squash	
	Sweet Potatoes	
	Watermelon	



Storage Conditions & Rules

Prolonging the shelf life of your produce depends on proper storage. The charts on the next few pages provide an overview of where each type of produce should be stored, as well as recommended storage duration and additional instructions.

✓ Cold Zone

The left side of your Pantry unit, or a refrigerated compartment running at slightly warmer-than-usual conditions (36 to 43°F)

✓ Pantry Zone/Wine Cellar

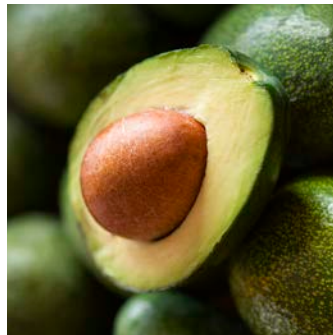
The right side of your Pantry unit, or most wine cellar interiors, with a warmer 41 to 68°F temperature range

✓ Refrigerator

Colder, more traditional refrigerator temperature (closer to 32 to 34°F) is recommended for certain types of produce

✓ Countertop

Room temperature (generally 68 to 72°F) is ideal for some produce, particularly if it needs time to ripen or will be used immediately



NOTE: The information contained in this section was researched from numerous sources and offers the general consensus of recommendations for proper produce storage. We understand there are additional methods you might prefer or already utilize. The information is not meant to be exhaustive or definitive.

COLD ZONE (36-43° F)

Fruit / Vegetable (Storage Temperature)	Length of Storage for Optimal Use	Special Storage Instructions	Ethylene Producer	Ethylene Sensitive
Apples (30-40°F)	Up to 1 month	Produces ethylene; store away from ethylene sensitive produce.	Yes	Yes
Avocados (Ripe) (38-45°F) <i>For unripe, see page 13</i>	Up to 5 days	Ripe Avocados - Store whole in the refrigerator. Sliced Avocados - Wrap tightly in plastic wrap with a squirt of lime juice to prolong freshness.	Yes	Yes
Berries (Blueberries, Raspberries, Strawberries) (32-36°F)	Up to 5 days	Do not wash until you are ready to use/consume them. Place the berries in a sealed container with a damp paper towel to absorb moisture.		
Cantaloupe (36-38°F)	2 days	Sliced Cantaloupe - Wrap in plastic wrap to keep fresh.	Yes	Yes
Carrots (32-38°F)	Varies up to 1 Month	Cut off the leafy tops and place carrots in a sealed container in water. Without replacing the water, they should stay fresh for about 7 days. If you replace the water, they should stay fresh for about a month.		Yes
Celery (~41°F)	Whole - 2 to 4 weeks Cut - 1 to 2 weeks	Whole Celery - Wrap the entire stalk in aluminum foil, or in a paper. Cut Celery - Place in a sealed container submerged in water to maintain moisture.		Yes
Lettuce (Leaf & Romaine) (40°F)	7 to 10 days	Leave intact and wrap in a few paper towels; store until ready to use.		Yes
Zucchini (41-50°F)	1 to 2 weeks	Keep the zucchini whole to prolong its freshness; store in a plastic bag.		

PANTRY ZONE/WINE CELLAR (41-68° F)

Fruit / Vegetable (Storage Temperature)	Length of Storage for Optimal Use	Special Storage Instructions	Ethylene Producer	Ethylene Sensitive
Bananas (Ripened) (56-60°F) For unripe, see page 13	5 to 7 days	Store here to help slow ripening.	Yes	Yes
Bell Peppers (All colors) (45-55°F)	Whole - 1 to 2 weeks Sliced - 3 to 5 days	Whole - Keep in a plastic bag. Sliced - Store in a sealed container with a paper towel to absorb excess moisture.	Yes	Yes
Cauliflower (41-50°F)	7 to 14 days	Trim cauliflower to fit into a sealed container but keep as whole as possible.		Yes
Corn (60°F)	2 to 3 days	Store in a sealed container or plastic bag.		
Cucumber (50-55°F)	Up to 5 days	Place in a plastic bag with a paper towel to absorb moisture to prolong freshness.		Yes
Eggplant (46-54°F)	3 days	Ethylene sensitive. Store away from other produce in a plastic bag or perforated container.		Yes
Grapefruit (Sliced) (55-60°F)	Up to 6 weeks	Place in a plastic bag either whole or sliced to keep fresh.		
Green Beans (40-45°F)	7 days	Store unwashed whole beans in a plastic bag.		

PANTRY ZONE/WINE CELLAR (41-68° F)

Fruit / Vegetable (Storage Temperature)	Length of Storage for Optimal Use	Special Storage Instructions	Ethylene Producer	Ethylene Sensitive
Honeydew (45-50°F)	1 to 2 weeks	Place in a plastic bag either whole or sliced to keep fresh.		Yes
Limes (48-55°F)	Up to 1 month	Store whole but keep away from ethylene producers.		Yes
Mangoes (Ripened) (50-55°F) For unripe, see page 13	Up to 5 days	Store whole or sliced mangoes in the fridge. Sliced mango should be placed in a sealed container.		Yes
Olives (41-50°F)	Up to 14 days	Keep chilled in the original container. If planning to stuff them, take out and let sit at room temperature a few hours prior to use.		Yes
Oranges (40-45°F)	Up to 10 days	Store whole in a drawer or other open container.		
Pineapple (50-55°F)	Whole - 1 to 2 days Cut - 3 to 4 days	Whole - Store in the warmest part of the pantry. Cut - Place in a sealed container until ready to eat.		
Tomatoes (Ripe) (50-70°F)	1 to 2 weeks	Place whole tomatoes uncovered in the pantry. For sliced or diced tomatoes, store in sealed container until ready to use/consume.		
Watermelon (50-60°F)	Up to 5 days	Place whole watermelon uncovered in the pantry. For sliced pieces, wrap in plastic wrap and store until ready to use/consume.		Yes

REFRIGERATOR

Fruit / Vegetable (Storage Temperature)	Length of Storage for Optimal Use	Special Storage Instructions	Ethylene Producer	Ethylene Sensitive
Asparagus (32-35°F)	7 days	Place the whole asparagus stem down in 1-2 inches of water and cover with a plastic bag.		Yes
Broccoli (32°F)	4 to 5 days	Wrap whole broccoli in a damp paper towel and place in the refrigerator; do not place in a sealed container as broccoli needs air.		Yes
Cabbage (32°F)	1 to 2 months	Place unwashed cabbage in a plastic bag and store in the refrigerator.		Yes
Cherries (32-35°F)	Up to 1 week	Store unwashed cherries with stem in a container that is lined with paper towels to absorb moisture.		
Grapes (31-32°F)	1 to 2 weeks	Store unwashed in the container they came in or in a plastic bag.		Yes
Jalapenos (32-36°F)	Up to 1 week	Whole - Place in plastic bag and store in crisper drawer. Sliced - Place in a sealed container.	Yes	Yes
Kale (32-34°F)	Whole - 1 week Prepared - 3 days	Whole - Store in a plastic bag wrapped in paper towels Prepared - Rinse and thoroughly dry then wrap in a paper towel and store in a plastic bag		Yes
Kiwi (Ripe & Unripened) (32-35°F)	Unripe - Up to 6 weeks Ripe - Up to 1 week	Unripe - Place in a plastic bag and store. Ripe - Place in sealed container and store.	Yes	Yes
Mushrooms (~32°F)	7 days	If in packaging, leave them but ensure it is perforated to allow the mushrooms to breathe. If not packaged, then place unwashed in perforated packaging.	Yes	Yes
Onions (Red & White) (32-35°F)	Whole - 10 to 14 days Peeled/Cut - 7 to 10 days	Regardless of whether whole or peeled/cut, store in a sealed container.		Yes
Peaches (Ripened) (31-32°F) For unripe, see page 13	Whole - Up to 1 week Sliced - 3-4 days	Whole peaches - Place in a plastic bag and refrigerate. Sliced - Wrap in plastic wrap or aluminum foil and place in a sealed container prior to refrigerating.	Yes	Yes
Pears (30-31°F)	Whole - Up to 1 week Sliced - 3-4 days	Whole peaches - Place in a plastic bag and refrigerate. Sliced - Wrap in plastic wrap or aluminum foil and place in a sealed container prior to refrigerating.	Yes	Yes
Spinach (32-36°F)	Up to 10 days	Store in a sealed container wrapped in paper towels to absorb moisture		Yes

COUNTERTOP

Fruit / Vegetable (Storage Temperature)	Length of Storage for Optimal Use	Special Storage Instructions	Ethylene Producer	Ethylene Sensitive
All fruits/vegetables in this section should be placed at room temperature, generally defined as 68-72°F				
Avocado (Unripe)	Left Out - 3 to 7 days Paper Bag - 1 to 2 days	Left Out - Leave at room temperature and allow them to ripen; they will be ripe when they are soft to the touch. Paper Bag - Place in paper bag with a banana (produces ethylene) and close it; check on them each day until ripe		
Bananas (Unripe)	Up to 7 days	Leave them on the counter and allow them to ripen; they will turn from green to yellow as they do so.	Yes	Yes
Cantaloupe (Unripe)	1 to 2 days	Leave on the counter and allow to ripen. Additionally, you can place in a brown paper bag (with a banana) that is perforated to quicken the ripening process.	Yes	Yes
Cucumber	Up to 1 week	Leave at room temperature. They will last longer and stay fresher.		Yes
Eggplant (Unripe)	Up to 3 days	Leave at room temperature until ready to use.		Yes
Mangoes (Unripe)	3 to 4 days	Leave at room temperature. To tell if it is ripe, squeeze slightly; a ripe mango will be just a bit soft and smell sweet.		Yes
Oranges (Unripe)	3 to 4 days	Keep unwashed until consuming. Leave at room temperature. You will know it's ripe if it's firm and has no soft spots.		
Peaches (Unripe)	1 to 2 days	Keep unwashed until consuming. Leave at room temperature. To tell if it is ripe, squeeze slightly; a ripe peach will be just a bit soft.	Yes	Yes
Pears (Unripe)	4 to 5 days	Keep unwashed until consuming. Leave at room temperature. To tell if it is ripe, squeeze slightly at the stem end; if it gives, then it's most likely ready to eat.	Yes	Yes
Pineapple	1 to 2 days	Leave at room temperature. Rinse the pineapple prior to cutting.		
Tomatoes	1 to 2 days	Leave uncovered on the counter if you're going to enjoy them soon. Ripe tomatoes are generally red.	Yes	Yes



ALSO FROM SUMMIT

Loving your Pantry? Check out what else Summit has for you! Our extensive selection of refrigeration storage solutions is perfect for your home or business. With a product line that includes a variety of capacities, heights, styles, and sizes, we have something for everyone! Additionally, our product line can be modified to meet your specific needs.

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