

### FRUIT STORAGE GUIDE

FRUIT / VEGETABLE	ROOM TEMPERATURE STORAGE	REFRIGERATOR STORAGE	SPECIAL TIPS
Products scheduled for rotation	20° to 22° C  68° to 72° F	4°C / 40°F  (Unless otherwise indicated, store in plastic bag or a covered container)	* Ready to eat, no ripening needed  ** Information about the product
<b>APPLES</b>			
<u>Sliced Apples</u>	Do not store at room temperature	2 weeks from date packed (check package expiry date)	** Apples will absorb odours from potatoes, onions and other fragrant produce. They tend to soften 10 times faster at room temperature.
<u>Whole Apples</u> August to January February to July	Store loosely, product will soften faster than in refrigeration	2 months 2 to 3 weeks in perforated plastic bag in crisper	
<b>BLUEBERRIES</b>	Do not store at room temperature	10 days, loosely covered	* Store in shallow container.
<b>CARROTS</b> <u>Baby Peeled</u>	Do not store at room temperature	2 weeks from date packed (check package expiry date)	** Carrots absorb odours from apples and pears.
<b>CUCUMBERS</b> <u>Greenhouse</u>	Do not store at room temperature	1 week	
<b>ORANGES</b>	1 week; store loosely in open or perforated plastic bag	1 month; store loosely in open or perforated plastic bag	** Oranges produce odours that are absorbed by meat, eggs and dairy products.
<b>PEARS</b>	Store loosely until ripe	2 to 3 days; store uncovered in a single layer	**Pears are ripe when flesh around stem gives to gentle pressure.
<b>PLUMS</b>	Store loosely until ripe	3 to 5 days (ripe)	
<b>TOMATOES</b> <u>Greenhouse</u>	3 to 4 days, uncovered, out of direct sunlight, until ripe; when ripe use in 1 to 2 days	No.  Stops ripening and affects flavour.	*Refrigerate only when well ripened, but will affect flavour.

Source: Canadian Produce Marketing Association (CPMA), BCSFVNP Suppliers  
 Information about storing fruits and vegetables can be found on the CPMA website at the following link:  
[http://www.cpma.ca/en\\_hear\\_storage.asp](http://www.cpma.ca/en_hear_storage.asp)

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