## Fruits

### How to Select
Choose firm, shiny, smooth-skinned fruit with no bruises, stem intact. Should smell fresh, not musty.

### How to Store
Refrigerate in plastic bag away from strong-smelled foods. Use within 3 weeks.

### Apple
- Choose firm, shiny, smooth-skinned fruit with no bruises, stem intact. Should smell fresh, not musty.
- Refrigerate in plastic bag away from strong-smelled foods. Use within 3 weeks.

### Fig, Dried
- Avoid darkened or moldy figs.
- Refrigerate in airtight containers. May be refrigerated.

### Avocado
- Choose avocados with firm skin and no soft spots, firm but yielding to gentle pressure when ripe.
- Refrigerate in paper bag at room temperature. Refrigerate when ripe for 2-3 days.

### Banana
- Choose bananas with slight green on stem and tip. They should be firm, without bruises. Ripens after harvest.
- Store unique bananas at room temperature. Store ripe bananas in refrigerator for up to two weeks; skin may turn black.

### Blueberry
- Choose firm, plump, dry blueberries with dusty blue color and uniform in size.
- Refrigerate blueberries for 10 days to 14 days.

### Cantaloupe
- Choose fragrant, symmetrical cantaloupes, heavy for size with no visible bruises and yellow or cream undertone. Stem end should give to gentle pressure.
- Store uncut cantaloupes at room temperature for up to 1 week. Refrigerate cut melon in airtight container up to 5 days.

### Grapefruit
- Choose grapefruits with thin, smooth, firm, blemish-free skins that are heavy for their size.
- Store grapefruits at room temperature for 1 week or under refrigeration for 2 to 3 weeks.

### Honeydew
- Choose well-shaped honeydew melons that are nearly spherical. Should have a waxy, not fuzzy surface and feel heavy for size.
- Store honeydew melons at room temperature. Once cut, store in refrigerator for up to two weeks.

### Kiwifruit
- Choose slightly firm kiwifruits with a tough, fuzzy skin.
- Store un-peeled kiwifruits in plastic bags under refrigeration for up to 6 weeks.

### Cherries
- Select firm, red cherries with stems attached. Avoid soft, shriveled or blemished cherries.
- Refrigerate cherries for up to 10 days.

### LEMON
- Choose lemons with firm, thin, smooth skin, heavy for size.
- Refrigerate lemons for up to 2 weeks.
How to Select
Choose limes with smooth, shiny skin, heavy for size.

How to Store
Refrigerate limes for up to 2 weeks.

How to Select
Choose slightly firm mangos with sweet aroma. Avoid sap on skin.

How to Store
Store mangos at room temperature 1-2 days. Refrigerate peeled, cut mangos.

How to Select
Choose firm nectarines with smooth skin.

How to Store
Store unripe nectarines in paper bag until ripe, then store at room temperature for use within 2-3 days.

How to Select
Choose plump plums with smooth skins. Avoid bruises and soft spots.

How to Store
Store unripe plums in paper bag until ripe. Refrigerate ripe plums.

How to Select
Choose firm peaches with firm, fuzzy skins that yield to gentle pressure when ripe. Avoid blemishes.

How to Store
Store unripe peaches in paper bag. When ripe, store at room temperature for use within 1-2 days.

How to Select
Choose firm pears, then “Check the Neck for Ripeness”™ daily by applying gentle pressure to the stem end of the pear with your thumb. When it yields to the pressure, it’s ready to eat.

How to Store
Store unripened pears in paper bag at room temperature. Refrigerate ripe pears.

How to Select
Choose firm plums with smooth skins. Avoid bruises.

How to Store
Store unopened containers at room temperature. Refrigerate after opening.

How to Select
Choose dry, plump, firm raspberries. Avoid wet or moldy berries.

How to Store
Do not wash raspberries until ready to eat. Refrigerate for use within 1-2 days.

How to Select
Choose slightly firm mangos with smooth skin.

How to Store
Store mangos at room temperature 1-2 days. Refrigerate peeled, cut mangos.

How to Select
Choose firm nectarines with smooth skin.

How to Store
Store unripe nectarines in paper bag until ripe, then store at room temperature for use within 2-3 days.

How to Select
Avoid darkened or moldy plums.

How to Store
Store unopened containers of plums at room temperature. Refrigerate after opening.

How to Select
Choose dry, plump, firm raspberries. Avoid wet or moldy berries.

How to Store
Do not wash raspberries until ready to eat. Refrigerate for use within 1-2 days.

How to Select
Choose firm mangos with sweet aroma. Avoid sap on skin.

How to Store
Store mangos at room temperature 1-2 days. Refrigerate peeled, cut mangos.

How to Select
Choose firm pears, then “Check the Neck for Ripeness”™ daily by applying gentle pressure to the stem end of the pear with your thumb. When it yields to the pressure, it’s ready to eat.

How to Store
Store unripened pears in paper bag at room temperature. Refrigerate ripe pears.

How to Select
Choose firm to semi-soft tangerines with deep orange color, heavy for size. Avoid soft spots and dull or brown color.

How to Store
Refrigerate tangerines for up to 2 weeks.

How to Select
Choose symmetrical watermelons with dried stems and yellowish undersides, heavy for size.

How to Store
Store whole watermelons at room temperature. Refrigerate cut watermelons in airtight container for use within 5 days.