# SELECTING, STORING AND USING Fruits & Vegetables

<table>
<thead>
<tr>
<th>Fruits &amp; Vegetables</th>
<th>Select</th>
<th>Store</th>
<th>Use</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Asian Pear</strong></td>
<td>Hard and very fragrant.</td>
<td>In the refrigerator for up to 2 weeks.</td>
<td>Cut up in salads or eat whole for a snack.</td>
</tr>
<tr>
<td><strong>Cauliflower</strong></td>
<td>Firm, creamy white compact heads with no blemishes.</td>
<td>In the refrigerator, wrapped in plastic, for up to 5 days.</td>
<td>Steam and top with shredded cheese.</td>
</tr>
<tr>
<td><strong>Asparagus</strong></td>
<td>Bright colored, firm and with a tight tip.</td>
<td>Wrapped in a wet cloth and in an open plastic bag for up to 1 week.</td>
<td>Cut up in salads or eat whole for a snack.</td>
</tr>
<tr>
<td><strong>Chayote</strong></td>
<td>Firm and evenly colored.</td>
<td>In the refrigerator, in an open plastic bag for up to 1 month.</td>
<td>In soups or stir-fries.</td>
</tr>
<tr>
<td><strong>Beets</strong></td>
<td>Dark in color without bruises.</td>
<td>In a plastic bag and refrigerate for up to 1 week.</td>
<td>Steamed and cut up in salads.</td>
</tr>
<tr>
<td><strong>Eggplant</strong></td>
<td>Firm, smooth and with a green end.</td>
<td>In the refrigerator, unwrapped for 1 week.</td>
<td>Sliced and roasted for sandwiches.</td>
</tr>
<tr>
<td><strong>Berries</strong></td>
<td>Plump, firm, dark in color without mold.</td>
<td>In the refrigerator, covered, in a single layer on a paper towel for 2-3 days.</td>
<td>As a topping for yogurt, or blended in a smoothie.</td>
</tr>
<tr>
<td><strong>Greens</strong></td>
<td>Fresh leaves that are not limp or wilted.</td>
<td>Wrap in paper towels, in a plastic bag and refrigerate for up to 2-3 days.</td>
<td>In salads or stir-fries.</td>
</tr>
<tr>
<td><strong>Cabbage</strong></td>
<td>Firm with tightly wrapped leaves.</td>
<td>Wrap tightly in plastic and refrigerate for up to 1 week.</td>
<td>Shred for salads or as a topping for tacos.</td>
</tr>
<tr>
<td><strong>Jicama</strong></td>
<td>Firm and unblemished.</td>
<td>Place in a cool, dark place for up to 2-3 weeks.</td>
<td>Cut up in sticks and serve with a dip.</td>
</tr>
</tbody>
</table>
**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.

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**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.

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**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.

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**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.

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**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.

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**Rutabagas or Turnips**

**Select:** Firm without bruises.

**Store:** Refrigerate for up to 1 week.

**Use:** Roasted, mashed, or pureed in soups.

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**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.

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**Summer Squash**

**Select:** Firm without bruises, cracks, or dents.

**Store:** Refrigerate for up to 1 week.

**Use:** Roasted, grilled, or in soups.

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**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.

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**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.