Fresh produce is the largest category of food waste, especially in the home kitchen. Here are some tips for extending the freshness of these products!

**Food Enemies**
In contrast, there are a few things that will cause any food product to spoil faster. These environmental factors encourage the growth of molds and bacterias, and should be avoided as much as possible.
- Extreme temperatures (too hot or too cold)
- Direct light
- Excessive moisture

**Food Friends**
In general, these conditions will usually result in longer life of perishable foods. The right conditions depend on the food (see reverse side for examples).
- Correct temperature range
- No direct light
- Dry conditions
Store on the counter: (Consume or move to the fridge when ripe)
- Tomatoes
- Avocado
- Stone Fruits
- Melon
- Plantains
- Summer Squash (Zucchini)
- Eggplant

Store in a cool, dry place:
- Onions & Garlic
- Potatoes (all kinds)
- Bananas
- Apples
- Citrus Fruits
- Root Vegetables
- Winter Squash

Store in the fridge:
- Greens
- Berries
- Asparagus
- Broccoli & Cauliflower
- Soft ripe fruit
- Any cut, peeled, or prepared produce

Store with stems in water, or wrapped in a wet towel:
- Asparagus (in fridge)
- Fresh Herbs
- Head Lettuce