



Produce Guide

SHOPPING & STORAGE

K-STATE
Research and Extension

Marais des Cygnes
District



ACORN SQUASH

SHOPPING TIPS

- Look for firm squash that have dull-colored skin and feel heavy for their size.
- Avoid squash that feel soft or have cracks in the skin

STORAGE

Store uncut squash in a cool, dark, dry place for up to three months. Once cut, wrap and refrigerate squash for up to one week.



APPLES

SHOPPING TIPS

- Look for apples that are firm and do not have soft spots.
- Avoid apples with broken or bruised skin.

STORAGE

Apples can be stored at room temperature, but they will last up to six weeks if refrigerated. Do not refrigerate apples in closed bags.



ARTICHOKES

SHOPPING TIPS

- Look for artichokes that are heavy for their size with tightly closed leaves. Fresh artichokes make a squeaking sound when squeezed.

STORAGE

Cut a thin slice off of the stem and sprinkle the leaves with water. Place the artichokes in a plastic bag and store in the refrigerator for up to one week.



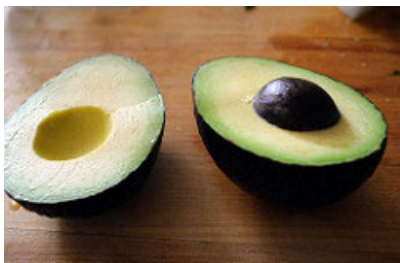
ASPARAGUS

SHOPPING TIPS

- Look for firm, bright green stalks with tightly closed tips.
- Avoid limp asparagus stalks with open tips.

STORAGE

Wrap bottom of the stalks in a damp paper towel and place in a plastic bag. Store in refrigerator for up to three days, and make sure the tips stay dry.



AVOCADOS

SHOPPING TIPS

- Look for avocados that give slightly to gentle pressure. Firm avocados can be ripened at home for use later in the week.
- Avoid avocados that are very soft.

STORAGE

Let hard avocados ripen on a countertop or place in a paper for two to three days at room temperature. Refrigerate ripe avocados for up to three days.



BANANAS

SHOPPING TIPS

- Look for bananas that are firm and have a bright color.
- Avoid bananas with brown spots that seem very soft.

STORAGE

To ripen bananas, leave at room temperature for a couple of days. Enjoy bananas once they are ripe and have lost their green color.



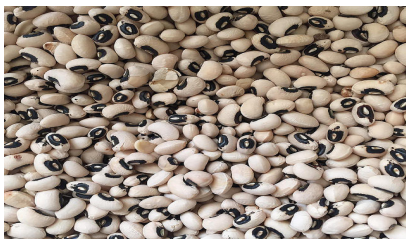
BELL PEPPERS

SHOPPING TIPS

- Look for peppers that have firm, smooth skin and a fresh green stem.
- Avoid peppers with sunken areas, broken skin, or black spots.

STORAGE

Store bell peppers in a plastic bag in the refrigerator for up to five days.



BLACKEYED PEAS

SHOPPING TIPS

- Look for Blackeye peas that are uniform in size and color. When selecting frozen or canned Blackeye peas, choose low-sodium varieties.

STORAGE

If loose, store dried peas in an airtight container in a cool, dry, dark place for up to one year.



BOK CHOY

SHOPPING TIPS

- Look for thick, full, firm, white stalks with shiny, dark green leaves. Baby bok choy will have light green leaves.
- Avoid bok choy with yellowing or wilted leaves, slimy spots, or bruised stalks.

STORAGE

Store bok choy in the refrigerator for up to two weeks.



BROCCOLI

SHOPPING TIPS

- Look for a firm stem and tight compact florets with dark green color.
- Avoid tough stems and florets that are open, flowering, discol-

STORAGE

Store unwashed broccoli in an open plastic bag and place in the refrigerator for up to five days.



CABBAGE

SHOPPING TIPS

- Look for firm cabbage heads that feel heavy for their size. The leaves should be a green or red-purple color.
- Avoid cabbage heads that have lots of loose outer leaves and heads with wilted, brown, or yellow leaves.

STORAGE

Store whole or cut cabbage in a plastic bag in the refrigerator for up to one week.



CACTUS LEAVES

SHOPPING TIPS

- Look for small to medium cactus leaves that feel firm and have a glossy skin ranging in color from pale to dark green.
- Avoid Cactus leaves that are overly soft or wrinkled

STORAGE

Carefully remove any needles with a sharp knife and wrap whole cactus leaves in plastic wrap. Store in the refrigerator for up to one week.



COLLARD GREENS

SHOPPING TIPS

- Look for crisp bunches with smooth, firm leaves
- Avoid bunches with yellow, wilted, or slimy leaves and thick dried-out stems. Wilting is a sign of bitter tasting leaves

STORAGE

Wrap unwashed greens in damp paper towel and store in an airtight plastic bag. Place the bag in the refrigerator for up to five days.



CANTALOUPE

SHOPPING TIPS

- Look for well-shaped cantaloupe with a sweet smell. They should feel heavy for their size and give slightly to gentle pressure near the stem end

STORAGE

Store ripe cantaloupes in the refrigerator for up to one week, Wrap cut cantaloupe and store in the refrigerator for up to two days. Keep firm cantaloupes at room temperature until ripe.



CARROTS

SHOPPING TIPS

- Look for smooth, firm, and well-shaped carrots with an even color.

STORAGE

Store carrots in a plastic bag and refrigerate for up to two weeks. If you buy carrots with the green tops, break off the tops before refrigerating.



CORN

SHOPPING TIPS

- Look for fresh, green husks with clean silk ends. Choose ears that are well-covered with plump, bright-colored kernels.
- Avoid yellow, wilted, or dried husk and rotted silk ends. Also

STORAGE

Store corn in the husk in the refrigerator for up to two days. If husks have been removed, store ears of corn in a plastic bag with small holes for up to two days.



CAULIFLOWER

SHOPPING TIPS

- Look for heads that are white in color, firm, and compact.
- Avoid cauliflower with opened florets or brown patches.

STORAGE

Store cauliflower in an open plastic bag in the refrigerator for up to five days.



CHERRIES

SHOPPING TIPS

- Look for large, plump and firm cherries with stems attached. Choose cherries that have shiny skin and a dark color for their variety.
- Avoid cherries that feel soft or have bruised or cracked skin.

STORAGE

Store rinsed cherries in the refrigerator for up to one week



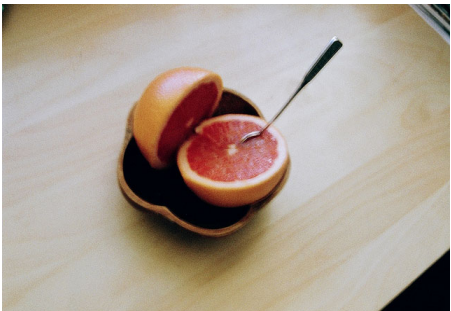
FUYU PERSIMMONS

SHOPPING TIPS

- Look for bright orange and red-colored Fuyu persimmons with smooth skins. Ripe Fuyus should be firm.
- Avoid Fuyu persimmons that are bruised and have no stem leaves.

STORAGE

Store ripe Fuyu Persimmons at room temperature for up to three weeks. Keep in the refrigerator for up to two months.



GRAPEFRUIT

SHOPPING TIPS

- Look for grapefruit that has smooth skin and feels heavy for its size.
- Avoid any grapefruit with soft spots or very thick and wrinkled skin.

STORAGE

Grapefruit can be stored at room temperature for up to one week. If stored in the refrigerator, grapefruit will last up to two weeks. For the best flavor, enjoy them at room temperature.



GREEN BEANS

SHOPPING TIPS

- Look for fresh green beans that feel plump and firm and have a bright green color
- Avoid green beans that feel soft, limp, or have brown spots or open pods

STORAGE

Keep unwashed green beans in a plastic bag with small holes and store in the refrigerator for up to five days



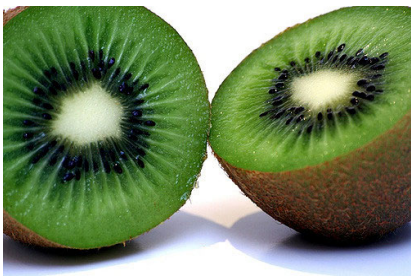
JICAMA

SHOPPING TIPS

- Look for firm, bright green stalks with tightly closed tips.
- Avoid limp asparagus stalks or

STORAGE

Wrap the bottoms of the stalks in a damp paper towel and place in a plastic bag. Store asparagus in the refrigerator for up to three days, and make sure the tips stay dry.



KIWIFRUIT

SHOPPING TIPS

- Look for kiwifruit that feels firm but gives slightly to gentle pressure. Size does not affect taste.
- Avoid kiwifruit that are very soft, cracked, or

STORAGE

Store ripe kiwifruit at room temperature for two to four weeks or store them in the refrigerator for up to eight weeks. Place firm kiwifruit in a paper bag until ripe.



MANGOS

SHOPPING TIPS

- Look for firm, plump mangos that have a sweet smell and give slightly to gentle pressure

STORAGE

Store mangos at room temperature and away from the sun until ripened. Store ripe mangos in the refrigerator for up to two weeks.



OKRA

SHOPPING TIPS

- Look for small pods that are dry, firm, medium to dark green in color, and free from dark spots.
- Avoid pods that look shriveled or moldy. Dark tops are a sign that okra has been in storage too long.

STORAGE

Store in a paper bag for up to three days in the refrigerator.



ORANGES

SHOPPING TIPS

- Look for fruit with shiny skin that is firm and heavy for its size. Oranges with thin skins tend to be juicier than those with thick

STORAGE

Oranges can be stored at room temperature for up to two weeks



PEACHES

SHOPPING TIPS

- Look for peaches that have a sweet smell and yellow background. They should feel firm but, give slightly to gentle pressure.
- Avoid peaches with bruises, worm holes, or a red-colored back-

STORAGE

Keep ripe peaches in the refrigerator for up to five days. Keep firm peaches in a bag at room temperature until ripe.



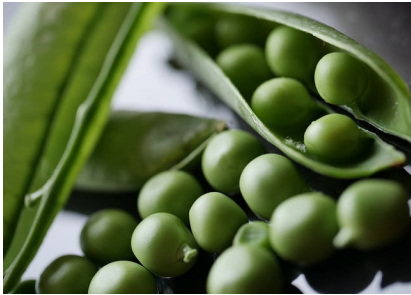
PEARS

SHOPPING TIPS

- Look for bright and colorful pears that give slightly to gentle pressure near the stem.
- Avoid pears that feel mushy or have bruises or holes

STORAGE

Store ripe pears in the refrigerator for up to one week. Keep firm pears at room temperature until ripe



PEAS

SHOPPING TIPS

- Look for frozen peas without butter sauces or seasonings.
- Avoid frozen peas in torn packages with water stains, or expired use-by dates.

STORAGE

Keep frozen green peas in the freezer for up to eight months. Once cooked, green beans should be stored in an airtight container in the refrigerator for up to four days.



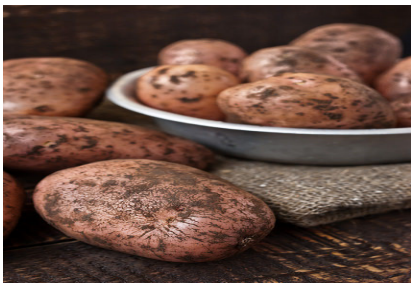
PLUMS

SHOPPING TIPS

- Look for firm fruit with full color that gives slightly to gentle pressure.
- Avoid fruit that is cracked, soft, or has brown

STORAGE

Ripen firm plums in a paper bag for up to three days or until they give slightly to gentle pressure. Store ripe plums in the refrigerator for up to five days



POTATOES

SHOPPING TIPS

- Look for firm potatoes with fairly clean skin
- Avoid potatoes that are sprouting or dried out. Also avoid potatoes with large cuts, bruises, or green skin

STORAGE

Store potatoes in a cool, dark, and dry area where air can move (not refrigerated). Keep in a plastic bag with holes or burlap bag for up to five weeks.



SWEET POTATOES

SHOPPING TIPS

- Look for firm, dark, smooth skin without wrinkles, bruises, or sprouts
- Avoid sweet potatoes with moldy spots

STORAGE

Do not store sweet potatoes in the refrigerator or they will develop a hard core and an “off” taste. Sweet potatoes kept at room temperature should be enjoyed within one week.



SPINACH

SHOPPING TIPS

- Look for loose leaf spinach with crisp, green leaves.
- Avoid Spinach with leaves that are limp, damaged, spotted, or browning. Also avoid damaged bag or expire used-by dates

STORAGE

Store washed and dried spinach loosely in an open bag in the refrigerator for up to four days.



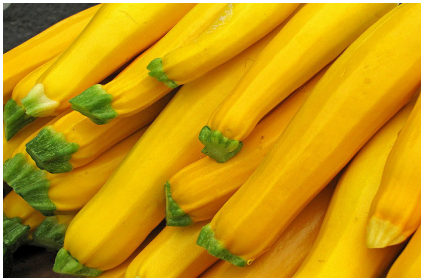
BUTTERNUT SQUASH

SHOPPING TIPS

- Look for heavy squash with a thick neck and a small round base.
- Avoid squash that looks shriveled, bruised, or dented

STORAGE

Store whole squash in a cool, dry place for up to three months.



YELLOW SQUASH

SHOPPING TIPS

- Look for well-shaped squash that feel firm but give slightly to gentle pressure. The skin should be shiny and smooth.
- Avoid overly large squash with brown spots or bruises. Also avoid squash that looks dull or has hard, rough skin.

STORAGE

Store yellow squash in an open plastic bag and keep in the refrigerator for up to ten days



STRAWBERRIES

SHOPPING TIPS

- Look for plump berries with a natural shine, rich red color, bright green caps, and a sweet smell.
- Avoid bruised, moldy, or soft berries with green or white tips. Staining at the bottom of the container may be a sign of overripe or

STORAGE

Store strawberries in the refrigerator for up to three days. Do not wash them until you are ready to eat them,



TOMATOES

SHOPPING TIPS

- Look for plump tomatoes with smooth skin, an even color, and a sweet smell.
- Avoid mushy, bruised, or split-skinned tomatoes.

STORAGE

Firm tomatoes can be ripened in a paper bag until they give slightly to gentle pressure. Store ripe tomatoes at room temperature and away from direct sunlight for up to five days. Only refrigerate tomatoes that have been cut or cooked.



WATERMELON

SHOPPING TIPS

- Look for a firm fruit, with a sweet smell, dull rind, dried stem, and a yellow underside where it touched the ground.
- Avoid fruit that has cracks, soft spots, mold, or a white

STORAGE

Watermelons can be stored uncut at room temperature for up to two weeks