



# Keeping Your Produce Happy

Our affection for produce doesn't guarantee that they get along on the shelves. Mindfully organizing your fruits and vegetables and keeping ethylene-producing foods separate from non-ethylene ones, you can prevent food waste and savor your produce at its finest.

Print out this list and affix it to your refrigerator as a handy guide.

## ETHELYNE PRODUCING

- Apples
- Apricots
- Avocados
- Bananas (ripening)
- Blueberries
- Cantaloupe
- Cherimoya
- Cranberries
- Honeydew
- Kiwi fruit
- Mamey sapote
- Mangoes
- Mangosteen
- Nectarine
- Papayas
- Passion fruit
- Peaches
- Pears
- Persimmons
- Plantains
- Plums
- Prunes
- Quince
- Tomatoes

## ETHELYNE SENSITIVE

- Asparagus
- Bananas (unripe)
- Belgian endive
- Blackberries
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Chard
- Cucumbers
- Eggplant
- Garlic
- Green beans
- Leafy greens
- Lettuce
- Okra
- Onions
- Parsley
- Peas
- Peppers
- Raspberries
- Strawberries
- Spinach
- Squash
- Sweet potatoes
- Watermelon



# Guide to Keeping Your Produce Fresh Longer

Loving your produce isn't enough — storing it mindfully keeps it fresher, longer. Keep ethylene-producers away from non-ethylene fruits and veggies.

Print this list and stick it on your fridge for an easy reminder!

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