

Keep your spring produce fresher, longer



Spring is a wonderful time to take advantage of all the fresh fruits and veggies that the season has to offer. But what's the best way to store your produce? Follow these storage tips to keep your spring produce fresher longer.

Print and cut out these cards and keep them on your fridge as a reminder

 Vegetables	 Where to keep it	 How long it lasts once ripe	 Tips
 Asparagus	Refrigerator	3-4 days	Wrap bottom of stalks in damp paper towel and then put in plastic bag, or put in a vase or cup of water like flowers
 Bell peppers	Refrigerator	1-2 weeks	Keep in crisper drawer
 Carrots	Refrigerator	3-4 weeks	Store in a well-sealed bag to keep crisp
 Lettuce	Refrigerator	7-10 days	Wash thoroughly before using
 Mushrooms	Refrigerator	4-7 days	Whole mushrooms will last longer than pre-sliced
 Spinach	Refrigerator	5-7 days	Storing in a plastic bag will prolong freshness; wait to wash until just before use

 Fruit	 Where to keep it	 How long it lasts once ripe	 Tips
 Avocados	Counter or refrigerator	3-7 days	Store unripe avocados on counter; once ripened, put in refrigerator to extend freshness
 Cherries	Refrigerator	1 week	Store in a bowl lined with a paper towel; wash as you use
 Grapefruit	Refrigerator	1-6 weeks	When stored in a plastic bag in the crisper drawer, grapefruit can last up to six weeks
 Mango	Countertop or refrigerator	5 days	Store unripe mangos on counter; once ripened, put in refrigerator to extend freshness
 Pineapple	Countertop	3-5 days	A whole pineapple should be stored on the countertop. Once cut and peeled, store in an airtight container in the refrigerator.
 Strawberries	Refrigerator	3 days	Remove any moldy or damaged berries before storing; wash as you use

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