

What Could Be Cooler?

Tips on Produce Storage

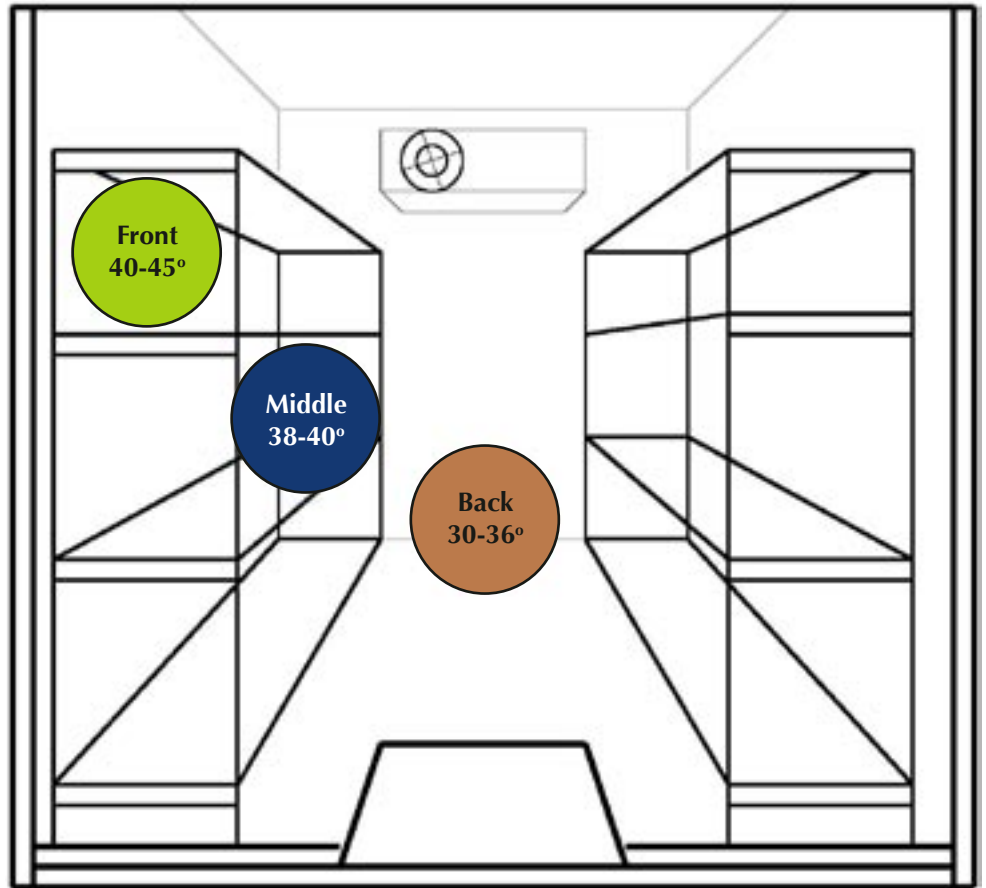


Restaurant Level Heat and Chill Sensitive Products and Handling Tips

- Chilling damage occurs over time and occurs more rapidly the lower the temperature.
- Products vary greatly in chilling sensitivity (basil = high, potatoes = low susceptibility).
- Products generate heat by respiration so the more packaged a product, the more protected it is from cold storage air; packaging also prevents heat loss from products.

Produce Cooler Storage

Front (40-45°)
Basil, Eggplant, Green Beans, Peppers (Chili; Red; Green), Okra, Summer Squash, Tomatillo
Oranges, Lemons, Limes, Pineapples, Cucumbers, Unripe Avocados, Cranberries, Grapefruit, Guava, Tangerines
Middle (36-40°)
Squash, Zucchini, Sprouts, Corn, Potatoes, Tomatoes, Onions (Unpeeled)
Melons, Grapes, Strawberries
Back (33-36°)
Broccoli Florets, Carrots, Cauliflower, Celery, Cabbage, Corn, Mushrooms, Lettuce (Iceberg; Leaf; Romaine), Onions (Prepped; Green), Herbs, Peas, Kale
Grapes, Strawberries



The “Lesser of Two Evils” Storage and Handling Tips

- Keep tomatoes at room temperature; table-ripe fruit can hold for five to seven days at 70°F.
- Ripe bananas can be refrigerated if it will be peeled before use (peel browns).
- Ethylene-producing fruits will not damage ethylene-sensitive products (leafy greens) if the storage temperature is low.
- Onions/garlic: if ambient storage conditions involved high relative humidity, store them at low temperature.