

FRESH PRODUCE

SIMPLE STORAGE FOR

FRESH



DON'T WASTE
FOOD SC

Why does my produce go bad so quickly?

Some fruits and vegetables release a gas (ethylene) that causes increased ripening in other produce. Different fruits and vegetables have different levels of sensitivity to ethylene. Simply put? Keep ethylene producers **AWAY** from items that are ethylene sensitive.

Ethylene Sensitive

- Apples
- Asparagus
- Avocados
- Bananas
- Broccoli
- Cantaloupe
- Collard Greens
- Cucumber
- Eggplant
- Grapes
- Honeydew
- Kiwi
- Lemons
- Lettuce
- Limes
- Onions
- Peaches
- Pears
- Peppers
- Squash
- Sweet Potatoes
- Watermelon

Ethylene Producers

- Apples
- Apricots
- Avocados
- Bananas
- Cantaloupe
- Figs
- Honeydew
- Kiwi
- Nectarines
- Peaches
- Pears
- Peppers
- Plums
- Tomatoes

ADJUST ACCORDINGLY



Many refrigerators have two drawers fitted with humidity controls. This is because:

Only have one drawer?

Use it for veggies. Package and store fruit elsewhere in the fridge.

FRUITS
require
**LOW
HUMIDITY.**

VEGETABLES
require
**HIGH
HUMIDITY.**



scdhec.gov/dwpsc
dontwastefoodsc@dhec.sc.gov



@dontwastefoodsc

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