



EATING IN THE REAL
WITH RENÉE™

healthy, creative meal planning for the everyday lifestyle

STORING FRUIT AND VEGGIES

RIPE WHEN PICKED....		RIPENS AFTER PICKING	
Berries		Apples	
Cherries		Apricots	
Citrus		Avocados	
Cucumber		Bananas	
Eggplant		Cantaloupe	
Figs		Kiwi	
Grapes		Mangoes	
Olives		Nectarines	
Peppers		Papaya	
Pineapple		Peaches	
Pomegranate		Pears	
Summer Squash		Persimmons	
Watermelon		Plums	
		Tomatoes	
STORE ON COUNTERTOP	STORE IN REFRIGERATOR	STORE IN COOL DRY PLACE	
Apples Bananas Cucumbers Eggplant Garlic Ginger Grapefruit Jicama Lemons Limes Mangoes Onions Oranges Papaya Peppers Persimmons Pineapple Plantains Pomegranates Tomatoes Melons	Artichokes Asparagus Beets Berries Broccoli Brussels sprouts Cabbage Carrots Cauliflower Celery Cherries Corn Grapes Green beans Green onions Kale Leafy vegetables Leeks Lettuce Lima beans Mushrooms Peas Plums Radishes Spinach Sprouts Summer squashes Fresh cut herbs Mushrooms	Acorn squash Butternut squash Onions Potatoes Pumpkins Spaghetti squash Winter squash	
1-2 Days	3-4 Days	5-6 Days	7+ Days
Artichokes Asparagus Bananas Fresh cut herbs Cherries	Lettuces Avocados Bok Choy Chard Eggplant	Apricots Blueberries Brussels sprouts Cauliflower Grapefruit	Apples Arugula Beets Bell Peppers Broccoli

Cilantro Corn Green beans Mushrooms Strawberries	Grapes Lettuce Limes Pineapple Zucchini	Leeks Lemons Oranges Oregano Parsley Peaches Pears Peppers Plums Spinach Tomatoes Watermelon	Cabbage Carrots Celery Cucumbers Garlic Hard Squash Kale Onions Parsnips Potatoes Radishes Scallions Sugar snap peas
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