

Meijer has a long history, more than 80 years in fact, of providing customers with the best and freshest fruits and vegetables possible. To help ensure produce stays at the peak of freshness, experts from the Meijer produce department offer some advice.



- **Bananas** – Keep bananas fresher longer by separating them and wrapping the stems in plastic wrap. Bananas should be stored at room temperature.
- **Strawberries and Blueberries** – To ensure berries stay fresh, customers should hold off on washing them until they're ready to eat. Berries absorb water, which can make them soggy and spoil faster. Both strawberries and blueberries should be stored in the refrigerator and kept dry after purchased, or they can easily be frozen.
- **Apples** – Apples should be kept in bags in the refrigerator. As they ripen they give off ethylene, a natural gas, which will prematurely ripen and spoil other produce stored nearby. After slicing an apple, customers can squeeze lemon juice, sprinkle salt or cover the apple in plastic wrap to help prevent browning.
- **Packaged Cucumbers** – Customers should keep cucumbers stored in the refrigerator, not on the counter. Once a cucumber has been cut, it should be wrapped tightly in a piece of plastic wrap and placed in a plastic, sealable bag.
- **Sweet Corn** – After purchase, the shank should be removed from the cobb. Then, the ears should be stored in the refrigerator with the husks on and kept cold and dry until they're ready to eat.
- **Peaches, Nectarines, Plums, Apricots** – It's best to keep stone fruit in paper bags until ripened. Once they are fully ripe, they should be kept in the refrigerator in a plastic bag or container.
- **Packaged Salads** – Bagged lettuce and salads can be kept crisp and fresh after opening by placing a paper towel inside the packaging to absorb excess moisture.