

# Pick Your Own

FRUIT	WHAT TO SHOP FOR	HOW TO STORE	TIPS
<b>Apples</b>	Well-colored, firm fruit with a pleasant smell.	In the fridge in a plastic bag for up to 3 weeks.	Don't skip the skin. It contains about half the apple's fiber.
<b>Apricots</b>	Uniform golden-orange, plump fruit. When ripe they yield to gentle pressure.	At room temperature until ripe. Then in the fridge in a plastic bag for 3-5 days.	Avoid soft, pale, or greenish-yellow fruit.
<b>Bananas</b>	Bright, firm fruit with slight green color on the stem and tip.	At room temperature until ripe.	They lose flavor and the skins turn black if you store them in the fridge.
<b>Blueberries Raspberries Strawberries</b>	Bright, plump berries with good, uniform color and dry, clean appearance.	In the fridge in the container they were sold in for 10-14 days (blueberries) or 1-3 days (others).	To prevent berries from getting soft and moldy, don't wash them until you're ready to serve.
<b>Cantaloupe Honeydew melon</b>	Melons with a strong aroma that are heavy for their size. The stem end should have a smooth, round, depressed scar that yields to gentle pressure.	At room temperature until ripe. Then in the fridge cut and in a container or whole for up to 5 days (cantaloupe) or 2 weeks (honeydew).	A ripe cantaloupe has a yellowish cast to its rind. It's harder to tell when honeydew melons are ripe. Look for a creamy yellow color.
<b>Cherries</b>	Firm, plump fruit with a bright red to black color, smooth, glossy skin, and stems attached.	In the fridge for up to 10 days.	To prevent cherries from getting soft and moldy, don't wash them until you're ready to serve.
<b>Figs</b>	They're ripe when they're soft to the touch (but not mushy).	In the fridge in a plastic bag for up to 2 days.	The skin is edible.
<b>Grapefruit</b>	Fruit that is heavy for its size and firm yet springy to the touch, with thin skin.	At room temperature for up to 1 week or in the fridge for 2-3 weeks.	Grapefruits are picked when ripe, and are ready to eat when you buy them.
<b>Grapes</b>	Well-colored, plump fruit attached to pliable stems.	In the fridge in a plastic bag for up to 1 week.	Don't wash until ready to serve.
<b>Guava</b>	Fruit that yields to gentle pressure and is free of blemishes.	At room temperature until ripe. Then in the fridge for up to 4 days.	There's no need to peel. The rind is edible.
<b>Kiwi</b>	Plump, firm, unwrinkled fruit. When ripe, they yield to gentle pressure.	Store unripened in a plastic bag in the fridge for up to 6 weeks.	Try golden kiwis. Their skin is smoother and their yellow flesh is sweeter than green kiwis.
<b>Mango</b>	Fruit that gives slightly when squeezed gently, with a sweet aroma. Avoid fruit with sap on the skin.	At room temperature for 2-3 days. Store ripe mangos in the fridge for up to 5 days.	Color isn't a good way to tell whether a mango is ripe.
<b>Oranges Tangerines</b>	Firm, heavy fruit with bright-looking skin.	At room temperature for 1-2 days or in the fridge for 1-2 weeks.	Look for Cara Cara or blood oranges to add a pop of color to winter salads.
<b>Papaya</b>	Firm fruit with unblemished skin and yellow streaks.	At room temperature for 2-3 days until they are totally yellow or orange.	Best to eat when the skin is mostly yellow-orange.
<b>Peaches Nectarines</b>	Firm fruit with no trace of green in the skin. Should yield to gentle pressure when ripe.	At room temperature in a closed paper bag until ripe. Then at room temperature for 1-3 days.	Ripe peaches have a yellowish color with a red blush.
<b>Pears</b>	Fruit that is firm. Color at ripeness varies based on variety.	At room temperature in a closed paper bag until ripe. Store ripe pears in the fridge.	Pears are ripe when the flesh around the stem yields to gentle pressure.
<b>Pineapple</b>	Large fruit with a strong aroma, fresh and deep-green crown leaves, and a slight separation of the "eyes" on the skin.	Eat as soon as possible. Store cut fruit in the fridge for up to 3 days.	Avoid pineapples with soft or dark spots and dry-looking leaves.
<b>Plums</b>	Plump fruit that is beginning to soften. Color at ripeness varies based on variety.	Store ripe fruit in the fridge.	Avoid fruit that's soft or too hard. Don't wash until ready to serve.
<b>Pomegranate</b>	Fruit that is heavy for its size and has a bright red rind.	In a cool, dry place for 1 month or in the fridge for up to 2 months.	Some people swallow the seeds. Others spit them out.
<b>Watermelon</b>	Fruit with a rind that's slightly dull. A whole melon that's heavy for its size and symmetrical. A cut melon with deep red flesh free from white streaks.	At room temperature (whole), or in the fridge for up to 5 days (cut and in a container).	The yellower the underside, the riper the watermelon. Seedless watermelons are just as tasty as ones with seeds. 🍉