

Fruit and Vegetable Storage

FRUIT		VEGETABLES		
REFRIGERATE	COUNTERTOP	REFRIGERATE		COUNTERTOP
Apples Berries Kiwi Pears Grapes Cherries Blueberries Raspberries Strawberries Oranges	Bananas Lemons Limes Mango Melons Peaches Pineapple Plums* Pomegranates Watermelon	Asparagus** Broccoli Eggplant Cabbage Carrots Cauliflower Celery Cucumber Green Onions Collard Greens Brussels Sprouts	Herbs** Leafy Greens Lettuce Mushrooms Peas Peppers Radishes Spinach Summer Squash Green Beans	Avocados Garlic Onions Sweet Potatoes Potatoes Tomatoes Winter squash Basil**

* Only to ripen ** Store in a glass of water with a plastic bag over the top

Safe Refrigerator Temperature:

- 40°F or below
- If your refrigerator doesn't have a built-in thermometer, keep an appliance thermometer in the refrigerator to monitor the temperature.

During and After a Power Outage:

- During a power outage, keep your refrigerator and freezer doors closed tightly, and only open when absolutely necessary.
- After an outage, if the refrigerator's temperature is 40°F or lower, the food is safe. If the temperature was over 40°F for more than 2 hours the food should not be consumed.

Learn more about food storage at:
bit.ly/usda-food-storage



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Roasting Vegetables

Season to taste, roast, and ENJOY!

VEGETABLE	TEMP	MINUTES	INSTRUCTIONS	VEGETABLE	TEMP	MINUTES	INSTRUCTIONS
Asparagus	400°F	20 - 25	Bake Uncovered	Mushrooms, whole	425°F	20	Bake Uncovered
Broccoli Florets	425°F	8 - 14	Bake Uncovered	Onions, Quartered	425°F	8 - 10	Bake Uncovered
Brussels Sprouts	425°F	8 - 14	Bake Uncovered	Peppers	Broil	10	Broil Uncovered*
Carrots, Whole Baby	425°F	23 - 26	Bake Uncovered	Potatoes, whole	400°F	45 - 50	Pierce first
Cauliflower Florets	425°F	15 - 20	Bake Uncovered	Squash, summer	425°F	15 - 20	Bake Uncovered
Corn on the Cob	450°F	15 - 20	Wrapped in foil	Squash, winter	350°F	45 - 120	Bake Uncovered
Garlic	425°F	30 - 35	Wrapped in foil	Sweet Potatoes, cubed	400°F	30 - 60	Bake Uncovered
Green Beans	425°F	10 - 12	Bake Uncovered	Tomatoes	400°F	30 - 60	Bake Uncovered

*After broiling, place in covered bowl for 15-20 mins. Remove skins.

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