

Facts on fruit and vegetables

Temp.	Mist
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Apples:	32-34 F	No
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Do not wash!! Polish with cloth. Use apple juice to keep slices white. High in Ethylene.

Broccoli:	32 F	Lightly
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O.k. to use ice. Can cause gas build up if cut. Crowns vs. 14 ct.

Cabbage:	32 F	Yes
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Uses for: Casseroles, soups, stews, and salads

Cantaloupe	50-60 F	No
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Netting under melon should be yellow. Blossom end should be soft.

Carrots:	32 F	Lightly
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Whiteness can disappear with a quick ice bath.

Cauliflower:	32 F	Lightly
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Same as broccoli, can gas when chopped.

Celery:	34-36 F	Yes
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Cover when cut to maintain moisture. Ice baths are good to replace moisture and crunch.

Cucumbers:	45-50 F	No
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Cannot be held under 45 f. for more than 2 days.

Grapes:	32 F	No
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Lightly chill before serving.

Honeydew:	50-60 F	No
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When ripe, do not chill.

Kiwifruit:	32 F	No
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Can use as a marinade. Can freeze if firm. Slice and sprinkle with sugar. Use lemon juice to maintain color.

Bananas:	56-60 F	No
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Use apples to ripen green bananas or plastic bags. Seven stages to ripening.

Onions, Sweet:	55-60 F	No
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Refrig. B-4 cutting 30 min. Store dry/cool. The stronger the onion the sweeter cooked. Use stainless.

Oranges:	35-45 F	No
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Valencia vs. Navel. Can use as a natural tenderizer. Contains Pectin.

Pears:	32 F	No
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Soft at neck means ripe.

Peppers, Bell:	45-50 F	Lightly
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Squash, Soft	41-50 F	Lightly
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Salad Mix	33 F	No
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Tomatoes	60-70 F	No
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Lettuce	34-36 F	Lightly
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quick ice bath can firm up limp leaves. Iceb. Vs. romaine.

Potatoes	45-50 F	No
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Spinach	32 F	Lightly
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Strawberries	32 F	No
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