

PRODUCE HANDLING & STORAGE



✓ KEY RECEIVING TIPS

- Check the quality of the produce when it is delivered.
- Move the produce to the correct storage area as quickly as possible.
- Use FIFO (first in, first out) and rotate produce.

✓ KEY STORAGE TIPS - ETHYLENE SENSITIVITY

Some fruits and vegetables produce ethylene gas. Ethylene gas can cause premature ripening of some items and will ruin others. It is best to store ethylene-producing produce away from ethylene sensitive produce.

PRODUCE THAT PRODUCES ETHYLENE INCLUDES:

- Apples
- Bananas (ripening)
- Cantaloupe
- Honeydew Melons

PRODUCE THAT IS SENSITIVE TO ETHYLENE INCLUDES:

- Bananas (unripe)
- Broccoli
- Cabbage
- Carrots
- Cucumbers
- Lettuce
- Peppers
- Squash
- Watermelon



✓ KEY STORAGE TIPS - ODOR SENSITIVITY

Some fruits and vegetables produce odor while some will absorb odor. You should always store these separately.

ODOR PRODUCED BY: WILL BE ABSORBED BY:

- Apples. Cabbage, carrots, celery, meat, eggs, dairy products
- Carrots. Celery
- Onions (dry). Apples, celery, pears
- Onions (green). Grapes, mushrooms
- Pears. Cabbage, carrots, celery, onions, potatoes
- Potatoes. Apples, pears
- Green peppers. Pineapples
- Citrus. Meat, eggs, dairy products



✓ HOW TO CORRECTLY CRISPEN PRODUCE

There are 3 steps for keeping vegetables fresh, moist and high quality.

STEP #1

- Remove all yellow, heavily wilted and discolored parts.
- Do NOT trim the roots on radishes, carrots, green onions or spinach.
- Do NOT remove leaves or stalks from the base of the celery or lettuce or cabbage.

STEP #2

- Soak the vegetable in tepid water (70-90°F) for 2-4 minutes.
- Iceberg should be placed core down in a tray or sink with about 2" of warm water. Do not soak the lettuce.

STEP #3

- Shake off or drain all water and place in clean plastic bags or containers with small holes for drainage.
- Pack vegetables loosely.
- Place in the cooler for a minimum of 6 hours.

✓ USING PRE-CUT PROCESSED PRODUCE

Pre-cut produce can save time and storage space, and provide a consistent product at all times.

To improve shelf life, use the following guidelines:

- Move products directly to the cooler.
- Maintain FIFO ("first in, first out") rotation.
- Maintain a temperature of 34-36°F.
- After opening, remove air and reseal remaining product in the original bag. Refrigerate immediately.
- Avoid damaging the bags. Any pinhole or cut will result in too much oxygen and discoloration will occur.

To Crispin Processed Product:

- Open bag.
- Run tepid (70-90°F) water into bag to cover product. Close bag.
- Let set approximately 2-4 minutes.
- Cut bottom of bag and drain water.
- Return product to cooler to chill.

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