

FRUIT AND VEG STORAGE



WORKERS' POCKET GUIDE

Shelf and Cold Lifespans

The shelf lifespan and cold lifespan on these cards is a recommendation. Each vegetable or piece of fruit is different.

Some will last longer and some will rot quicker than the lifespan suggested. It's necessary to check fruit and vegetables regularly and remove any which are bruised or decaying.

Example:

WHERE?	Cool Store
HOW?	Shrink Film
STORAGE TEMP.	12 to 16°C
SHELF LIFESPAN	7-10 days
COLD LIFESPAN	10-14 days

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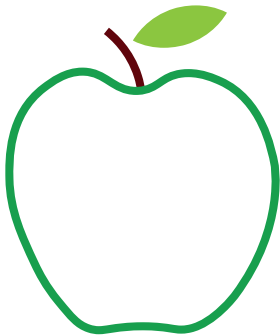
- | | |
|---------------------|---------------------|
| 5. Apple | 27. Carrot |
| 6. Pear | 28. Potato |
| 7. Orange | 29. Turnip |
| 8. Lemon | 30. White Cabbage |
| 9. Tangerine | 31. Red Cabbage |
| 10. Grapefruit | 32. Cauliflower |
| 11. Strawberry | 33. Broccoli |
| 12. Grapes | 34. Brussel Sprouts |
| 13. Plum | 35. Leek |
| 14. Nectarine | 36. Celery |
| 15. Peach | 37. Asparagus |
| 16. Cherries | 38. Pumpkin |
| 17. Watermelon | 39. Courgette |
| 18. Banana | 40. Pepper |
| 19. Kiwi | 41. Tomato |
| 20. Raspberry | 42. Cucumber |
| 21. Blueberry | 43. Garlic |
| 22. Redcurrant | 44. Onion |
| 23. Lettuce | 45. Mushroom |
| 24. Iceberg Lettuce | 46. Peas |
| 25. Spinach | 47. Beans |
| 26. Beetroot | |

The background of the entire page is a repeating pattern of various fruits and vegetables in a light blue, line-art style. The items include apples, oranges, lemons, limes, grapes, kiwis, pears, carrots, and slices of watermelon and citrus. The pattern is dense and covers the entire white area of the page.

FRUIT AND VEG STORAGE

APPLE

POMME
APPEL

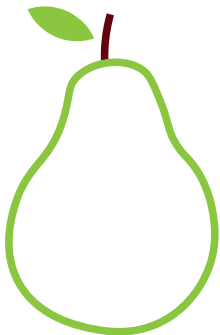


A hard, roundish fruit that can be red or green.

WHERE?	Fridge
HOW?	Loose
STORAGE TEMP.	-1 to 4°C
SHELF LIFESPAN	2-4 weeks
COLD LIFESPAN	1-2 months

PEAR

POIRE
PEER

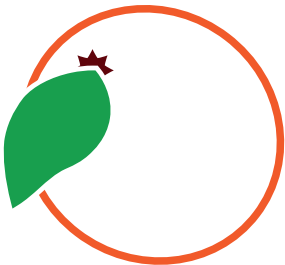


A green, bottom-heavy fruit.

WHERE?	Fridge
HOW?	Loose
STORAGE TEMP.	-1.5 to 0.5°C
SHELF LIFESPAN	2-4 weeks
COLD LIFESPAN	1-2 months

ORANGE

ORANGE
ORANJE

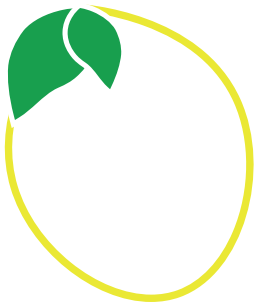


A round orange-red citrus with a smooth skin.

WHERE?	Cool Store/Room Temp
HOW?	Loose/Cover with Foil
STORAGE TEMP.	4 to 7°c
SHELF LIFESPAN	1-2 weeks
COLD LIFESPAN	1-2 months

LEMON

CITRON
CITROEN

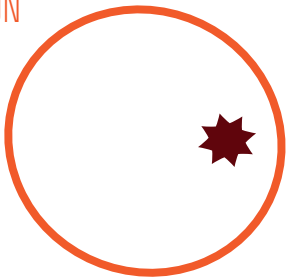


A yellow, oval-shaped citrus fruit

WHERE?	Cool Store/Room Temp
HOW?	Loose/Cover with Foil
STORAGE TEMP.	10 to 13°C
SHELF LIFESPAN	2-4 weeks
COLD LIFESPAN	1-2 months

TANGERINE

MANDARINE
MANDARIJN



Similar to an orange, but smaller and less round.

WHERE?	Cool Store/Room Temp
HOW?	Loose
STORAGE TEMP.	4 to 7°C
SHELF LIFESPAN	5-7 days
COLD LIFESPAN	1-2 weeks

GRAPEFRUIT

PAMPLEMOUSSE

POMPELMOES

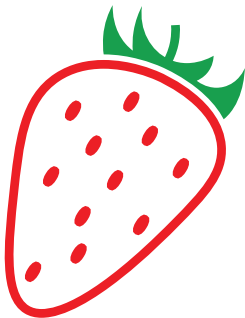


A red-orange citrus with pink to red insides.

WHERE?	Cool Store/Room Temp
HOW?	Loose/Cover with Foil
STORAGE TEMP.	13 to 16°C
SHELF LIFESPAN	2-3 weeks
COLD LIFESPAN	5-6 months

STRAWBERRY

FRAISE
AARDBEI

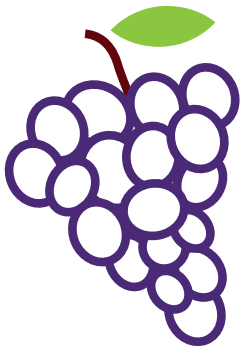


Small red triangular fruits that are covered in seeds.

WHERE?	Fridge
HOW?	Large Scale and Paper
STORAGE TEMP.	2 to 5°c
SHELF LIFESPAN	1-3 days
COLD LIFESPAN	5-7 days

GRAPES

LES RAISINS
DRUIVEN

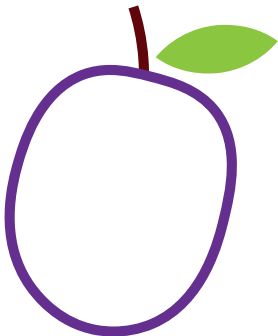


Small, soft fruits that grow on vines in many colours.

WHERE?	Fridge
HOW?	Paper Bag/Dish
STORAGE TEMP.	-1 to 0°c
SHELF LIFESPAN	3-5 days
COLD LIFESPAN	5-10 days

PLUM

PRUNE
PRUIM



Oval fruits with purple-red smooth, waxy skin.

WHERE?	Cool Store
HOW?	Perforated Bag
STORAGE TEMP.	-1 to 0°c
SHELF LIFESPAN	4-7 days
COLD LIFESPAN	1-3 weeks

NECTARINE

NECTARINE
NECTARINE

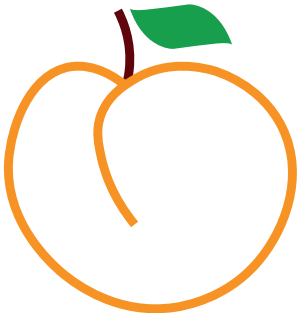


Fruits similar to peaches, but without the fuzzy skin.

WHERE?	Fridge
HOW?	Perforated Bag
STORAGE TEMP.	-1 to 0°c
SHELF LIFESPAN	4-7 days
COLD LIFESPAN	1-3 weeks

PEACH

PÊCHE
PERZIK

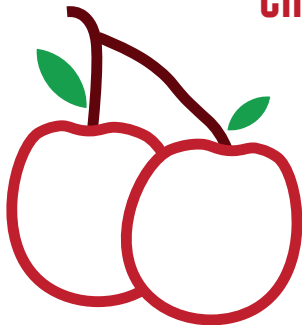


Fuzzy skinned fruits that are mostly orange to red.

WHERE?	Fridge
HOW?	Perforated Bag
STORAGE TEMP.	-1 to 0°c
SHELF LIFESPAN	3-5 days
COLD LIFESPAN	1-2 weeks

CHERRIES

CERISES
KERSEN



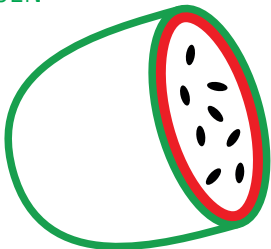
Small dark red fruits that often come on stalks.

WHERE?	Fridge
HOW?	Paper Bag/Fruit Bowl
STORAGE TEMP.	0 to 2°c
SHELF LIFESPAN	1-3 days
COLD LIFESPAN	1-2 weeks

WATERMELON

PASTÈQUE

WATERMELOEN



Large green fruits with soft, red insides and seeds.

WHERE?	Fridge
HOW?	Cling Film (if cut)
STORAGE TEMP.	13 to 21 °c
SHELF LIFESPAN	7-10 days
COLD LIFESPAN	2-3 weeks

BANANA

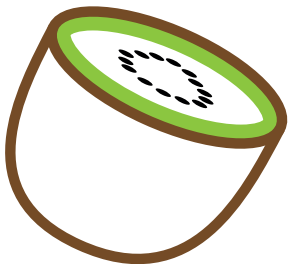
BANANE
BANAAN



Curved yellow fruits, usually with brown marks.

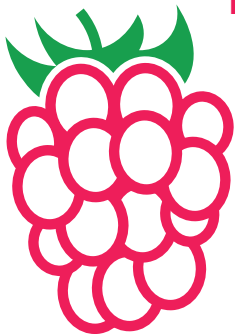
WHERE?	Cool Store/Room Temp
HOW?	Loose
STORAGE TEMP.	13 to 16°C
SHELF LIFESPAN	3-7 days
COLD LIFESPAN	n/a

KIWI
KIWI
KIWI



Brown fruit with green insides and black seeds.

WHERE?	Cool Store
HOW?	Paper Bag/Loose
STORAGE TEMP.	0 to 2°c
SHELF LIFESPAN	3-7 days
COLD LIFESPAN	1-3 weeks



RASPBERRY

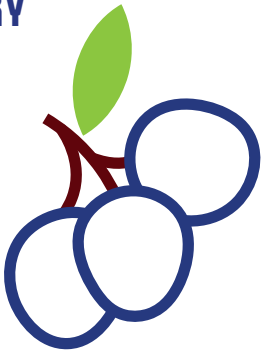
FRAMBOISE
FRAMBOOS

Small, pink-red fruits with a bumpy surface.

WHERE?	Fridge
HOW?	Plastic Box with Paper
STORAGE TEMP.	2 to 5°c
SHELF LIFESPAN	1-3 days
COLD LIFESPAN	2-5 days

BLUEBERRY

MYRTILLES
BOSBESSEN

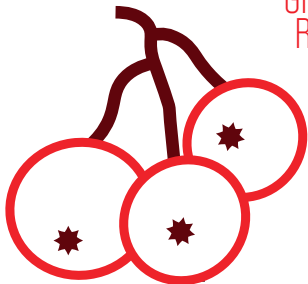


Small blue-purple fruits with a 'crown' at the base.

WHERE?	Fridge
HOW?	Plastic Box with Paper
STORAGE TEMP.	0 to 2°c
SHELF LIFESPAN	1-3 days
COLD LIFESPAN	2-5 days

REDCURRANT

GROSILLES
RODE BES



Small, bright red berries with a translucent skin.

WHERE?	Fridge
HOW?	Plastic Box with Paper
STORAGE TEMP.	0 to 2°c
SHELF LIFESPAN	1-3 days
COLD LIFESPAN	2-5 days

LETTUCE

LAITUE
SLA



Green leafy vegetables with crunchy leaves.

WHERE?	Fridge
HOW?	Damp Cloth
STORAGE TEMP.	0 to 1 °c
SHELF LIFESPAN	n/a
COLD LIFESPAN	5-7 days

ICEBERG LETTUCE

LAITUE ICEBERG
IJSBERGSLA



A round, dense variety of lettuce plants.

WHERE?	Fridge
HOW?	Damp Cloth
STORAGE TEMP.	0 to 1 °c
SHELF LIFESPAN	n/a
COLD LIFESPAN	7-10 days

SPINACH

EPINARD

SPINAZIE

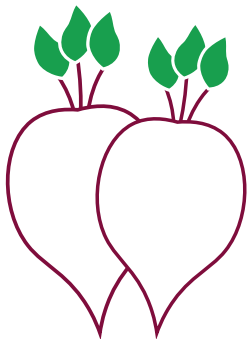


A dark leafy green with crunchy leaves.

WHERE?	Fridge
HOW?	Perforated Bag
STORAGE TEMP.	0°C
SHELF LIFESPAN	n/a
COLD LIFESPAN	5-7 days

BEETROOT

BETTERAVE
BIET

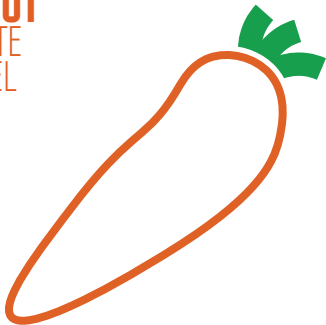


A medium sized, purple-white, bulbous vegetable.

WHERE?	Cool Storage
HOW?	Loose
STORAGE TEMP.	3 to 4°c
SHELF LIFESPAN	3-7 days
COLD LIFESPAN	n/a

CARROT

CAROTTE
WORTEL



Long, cone shaped vegetables. Usually orange.

WHERE?	Fridge
HOW?	Loose/Perforated Bag
STORAGE TEMP.	0 to 1 °c
SHELF LIFESPAN	n/a
COLD LIFESPAN	3-5 weeks

POTATO

PATATE

AARDAPPEL

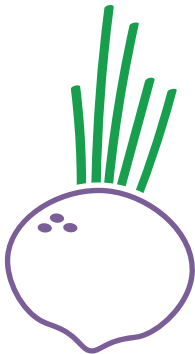


Light brown carbohydrates that can vary in size.

WHERE?	Cool Store
HOW?	Plastic/Jute Bag
STORAGE TEMP.	7 to 10°c
SHELF LIFESPAN	8-32 weeks
COLD LIFESPAN	n/a

TURNIP

NAVET
RAAP



Round root vegetables with white and purple skin.

WHERE?	Fridge
HOW?	Paper Bag
STORAGE TEMP.	0°C
SHELF LIFESPAN	n/a
COLD LIFESPAN	16-20 weeks

WHITE CABBAGE

CHOU BLANC
WITTE KOOL



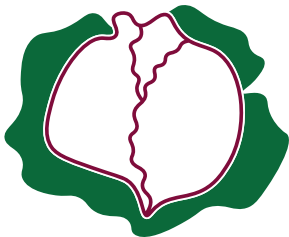
Dense-leaved vegetable with large heads.

WHERE?	Fridge
HOW?	Paper Bag
STORAGE TEMP.	-0.5 to 0.5°c
SHELF LIFESPAN	n/a
COLD LIFESPAN	2-4 weeks

RED CABBAGE

CHOU ROUGE

RODE KOOL

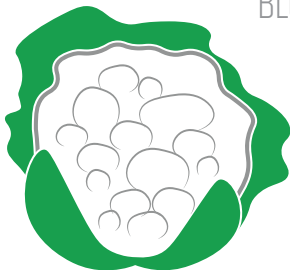


Dense-leaved vegetable with large heads.

WHERE?	Fridge
HOW?	Paper Bag
STORAGE TEMP.	-0.5 to 0.5°c
SHELF LIFESPAN	n/a
COLD LIFESPAN	2-4 weeks

CAULIFLOWER

CHOUFLEUR
BLOEMKOOI



Fluffy white-headed vegetables with green leaves.

WHERE?	Fridge
HOW?	Paper Bag
STORAGE TEMP.	-0.5 to 0.5°c
SHELF LIFESPAN	n/a
COLD LIFESPAN	7-10 days

BROCCOLI

BROCOLI
BROCCOLI



Fluffy green vegetables that have thick stalks.

WHERE?	Fridge
HOW?	Perforated Bag
STORAGE TEMP.	0°C
SHELF LIFESPAN	n/a
COLD LIFESPAN	3-7 days

BRUSSEL SPROUTS

CHOUX DE BRUXELLES
SPRUITJES



Dark green, round vegetables that grow on stalks.

WHERE?	Fridge
HOW?	Perforated Bag
STORAGE TEMP.	0°C
SHELF LIFESPAN	n/a
COLD LIFESPAN	1-2 weeks

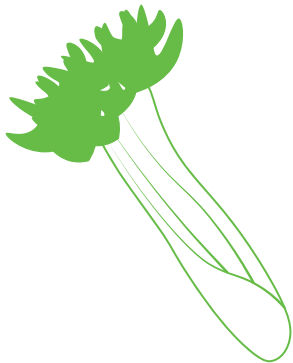
LEEK

POIREAU
PREI



White-green stems that taper off into leaves.

WHERE?	Fridge
HOW?	Damp Cloth/Plastic Bag
STORAGE TEMP.	-1 to 0°C
SHELF LIFESPAN	n/a
COLD LIFESPAN	3 weeks



CELERY

CÉLERI
SELDERIJ

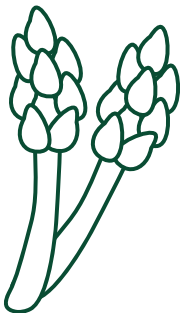
Green stalked vegetables that taper off into leaves.

WHERE?	Fridge
HOW?	Damp Paper
STORAGE TEMP.	0°C
SHELF LIFESPAN	n/a
COLD LIFESPAN	2-3 weeks

ASPARAGUS

ASPERGES

ASPERGE



Long, green, stalked vegetables with arrow heads.

WHERE?	Fridge
HOW?	Damp Paper/Cloth
STORAGE TEMP.	0 to 3°c
SHELF LIFESPAN	n/a
COLD LIFESPAN	5-7 days

PUMPKIN

CITROUILLE
POMPOEN



Large orange plants with smooth, ridged skin.

WHERE?	Cool Store
HOW?	Loose/Foil (if cut)
STORAGE TEMP.	10 to 13°C
SHELF LIFESPAN	2 months
COLD LIFESPAN	n/a

COURGETTE

COURGETTE
COURGETTE

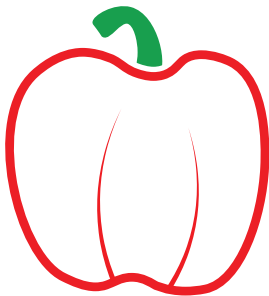


Long hard vegetables with green skin.

WHERE?	Cool Store
HOW?	Loose/Foil (if cut)
STORAGE TEMP.	10 to 14°C
SHELF LIFESPAN	2-4 weeks
COLD LIFESPAN	1-2 months

PEPPER

POIVRE
PAPRIKA

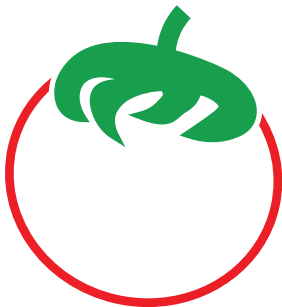


Ribbed vegetables that come in a range of colours.

WHERE?	Cool Store
HOW?	Cling Film
STORAGE TEMP.	10 to 16°C
SHELF LIFESPAN	1-2 weeks
COLD LIFESPAN	n/a

TOMATO

TOMATE
TOMAAT



Round, soft, red fruits that grow on vines.

WHERE?	Room Temp
HOW?	Loose/Clusters
STORAGE TEMP.	10 to 13°C
SHELF LIFESPAN	1-3 weeks
COLD LIFESPAN	n/a

CUCUMBER

CONCOMBRE
KOMKOMMER



A long, hard, green vegetable.

WHERE?	Cool Store
HOW?	Shrink Film
STORAGE TEMP.	12 to 16°C
SHELF LIFESPAN	7-10 days
COLD LIFESPAN	n/a

GARLIC

AIL
KNOFLOOK



Small cloves that come in white, paper-like bulbs.

WHERE?	Cool Store
HOW?	Loose and Dry
STORAGE TEMP.	0°C
SHELF LIFESPAN	2-3 months
COLD LIFESPAN	n/a

ONION

OIGNON
UI



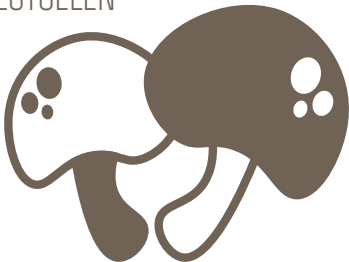
Medium, round vegetables with a small stalk.

WHERE?	Cool Store
HOW?	Loose and Dry
STORAGE TEMP.	-1 to 0°c
SHELF LIFESPAN	2 months
COLD LIFESPAN	n/a

MUSHROOMS

CHAMPIGNON

PADDESTOELEN

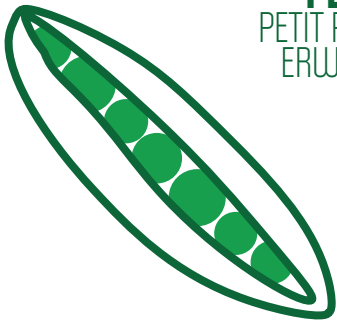


Soft fungi that can be a range of sizes and colours.

WHERE?	Fridge
HOW?	Perforated Container
STORAGE TEMP.	0 to 1 °c
SHELF LIFESPAN	n/a
COLD LIFESPAN	3-5 days

PEAS

PETIT POIS
ERWTEN

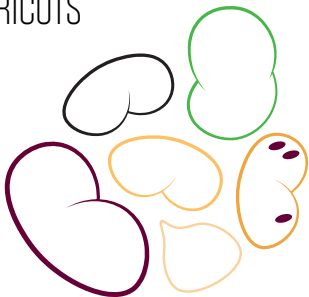


Tiny, round vegetables that come in green pods.

WHERE?	Cool Storage/Fridge
HOW?	Paper Bag
STORAGE TEMP.	0°C
SHELF LIFESPAN	1-2 weeks
COLD LIFESPAN	n/a

BEANS

DES HARICOTS
BONEN



A wide variety of legumes that can be any colour.

WHERE?	Cool Store/Fridge
HOW?	Paper Bag
STORAGE TEMP.	4 to 7°c
SHELF LIFESPAN	7-10 days
COLD LIFESPAN	n/a

Interreg



EUROPEAN UNION

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FLAVOUR

European Regional Development Fund

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