

Appendix 1: Handling Information for Fruits and Vegetables

CROP	RELATIVE PERISH-ABILITY ¹	DESIRABLE HARVEST QUALITY	OPTIMUM STORAGE CONDITIONS		CHILLING ² SENSITIVE?	COMMENTS
			Temp (°F)	Humid (%)		
Beans, Lima	M	Seeds developed and plump with tender green seed coats.	40-45	95	Yes	Sprinkle lightly.
Beans, pole & snap	H	Seeds immature; crisp pods free from blemishes	38-42	95+	Yes	Sprinkle lightly.
Beets	M	Roots firm, deep red, 1.5" to 3" diam.	32	98-100	No	Sprinkle lightly; remove tops.
Broccoli	VH	Green heads, flower buds developed but tight.	32	95+	No	Sprinkle lightly.
Brussels Sprouts	H	Firm sprouts, 1" diameter	32	95+	No	Sprinkle lightly.
Cabbage	M	Crisp, firm, compact heads.	32	95+	No	Sprinkle lightly.
Cantaloupes	M	Stem scar at maturity; skin yellowish tan; sweet, firm flesh with deep color.	38-41	95+	Yes	
Carrots	M	Tender, crisp, sweet roots, deep orange.	32	95+	No	Sprinkle lightly; remove tops; ethylene exposure may cause bitterness.
Cauliflower	VH	Heads with compact, white curds.	32	95+	No	Sprinkle lightly.
Celery	VH	Stalks with crisp and tender petioles; no seed stalks.	32	95+	No	Sprinkle lightly.
Chard & Collards		Leaves fresh, green, young and tender.	32	95+	No	Sprinkle lightly.
Corn, Sweet	VH	Kernels plump, sweet, milky, tender	32	95+	No	Sprinkle or top ice.
Cucumbers		Pickling (1-4" long), crisp, green. Slicing: (6" long), crisp, green.	50-55	95+	Yes	
Eggplants		Shiny, deep purple skin; seeds immature.	50-55	95+	Yes	Sprinkle lightly

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Endive & Escarole	VH	Leaves fresh, crisp, and tender, free from discoloration.	32	95+	No	Sprinkle lightly.
Honeydew Melons	M	Surface waxy, white to creamy white in color; blossom-end springy under moderate pressure; characteristic aroma.	45-50	95+	Yes	
Lettuce	VH	Heads compact and firm, fresh, crisp.	32	95+	No	Sprinkle lightly; ethylene exposure may cause russet spotting.
Mustard & Turnip Greens	H	Leaves tender and crisp; plants without flower stalks.	32	95+	No	Sprinkle lightly.
Onions, Dry	L	Firm bulbs, tight necks, dry leaf scales.	32	65-70	No	
Onions, Green	VH	Crisp, green stalks with long white shanks.	32	95+	No	Sprinkle lightly.
Parsley	VH	Tender, crisp, green leaves.	32	95+	No	Sprinkle lightly.
Peas, English	VH	Seeds developed, but tender and sweet; pods still green.	32	95+	No	Sprinkle lightly.
Peas, Snow/Chinese	VH	Crisp, tender, green pods; seeds immature.	32	95+	No	Sprinkle lightly.
Peppers, Green		Crisp, firm, with shiny appearance.	50	95+	Yes	
Potatoes, Irish	M	Well-shaped tubers free from sunburn and other defects.	55-70	90	Yes	If washed, dry thoroughly.
Potatoes, Sweet	L	Firm, smooth-skinned roots free from growth cracks and other injuries	55	90	Yes	All open surfaces should be well healed.
Pumpkins	L	Hard rinds, good color; heavy.	50-60	60	Yes	
Radishes	M	Firm, crisp roots, red should be bright red, sizes up to 1.25" in diameter.	32	95+	No	Remove tops; sprinkle lightly.
Rutabagas	L	Firm roots with smooth surface.	32	95+	No	Sprinkle lightly.
Spinach	VH	Tender leaves, dark green, fresh, crisp	32	95+	No	Sprinkle lightly.

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Squash, Yellow and Zucchini	H	Firm, shiny fruits, 4 to 6" long.	50	95+	Yes	
Squash, Acorn	L	Fruits with hard, dark green skin with small, yellowish-orange areas.	50-60	60	Yes	Trim close, allow to heal.
Squash, Butternut	L	Fruits with hard, cream-colored skin.	50-60	60	Yes	Trim close, allow to heal.
Strawberries	VH	Berries firm, plump and red.	32	95+	No	
Tomatoes, Green	H	Solid fruit with light green color, mature seeds, and locular jelly.	70	95+	Yes	
Tomatoes, Ripe	VH	Solid fruits with uniform pink or red.	50-70	95+	Yes	Avoid storage below 50°F.
Turnips	M	Firm, heavy roots with good color.	32	95+	No	Remove tops; sprinkle lightly.
Watermelons, Whole	L	Mature with good flesh color; flesh sweet and crisp.	>55	80-90	Yes	Trim stems close to fruit and allow to heal.
Watermelons, Sliced (overwrap slices for protection)	H	Mature with good flesh color; flesh sweet and crisp.	32	95+		

¹Relative perishability under good storage conditions: L = Low, M = Moderate, H = High, VH = Very High.

²Chilling-sensitive crops should not be stored below their optimum temperature.

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