

# Buying, Using and Storing Fruits

*Store fresh fruits carefully to preserve flavor, vitamins and minerals. Store most fruits in the refrigerator after they are ripe. Store bananas at room temperature so they do not turn brown. Store whole watermelon in a cool (55-70°F) place. Store canned and dried fruit in a cool, dry place.*

Fruit	One serving is:	Servings per pound	Best time to buy
apples	1	4	year round, peak August-December
apricots *	2 (4 dried halves)	4	May-August
avocado	1/4 of whole	4	year round, peak June-November
bananas	1 small	4	year round
blueberries	1/2 cup	4 (fresh) 5 (frozen)	May-September
cantaloupe * <sup>1</sup>	1/2 cup or 1/4 melon	4	June-August
cherries, sweet and tart	10 large	4	May-August
cranberries	1/2 cup	4	September-December
grapefruit <sup>1</sup>	1/2	4	year round, peak January-June
grapes	1/2 cup (about 15)	5	year round, peak May-January
honeydew melon <sup>1</sup>	1/2 cup	4	June-October
kiwifruit <sup>1</sup>	1	4	year round, peak November-May
lemons, limes <sup>1</sup>	1	4	year round, peak May-October

\* fruits high in Vitamin A  
<sup>1</sup> fruits high in Vitamin C

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Fruit	One serving is:	Servings per pound	Best time to buy
mango *	1 medium or 1/2 cup	4	April-September
oranges, tangerines <sup>1</sup>	1	4	year round, peak April-September
papaya *	1/2 cup or 1/3 whole	4	year round
peaches, nectarines *	1	4	July-August
pears	1	3-5	August-October
persimmon	1	3	September-December
pineapple	1/2 cup, cubed	3	year round, peak March-June
plums	2	4	May-October
raspberries, blackberries	1/2 cup	4	June-October
rhubarb	1/2 cup	4	April-June
strawberries <sup>1</sup>	1/2 cup, sliced	5	March-July
watermelon*	1/2 cup	4	May-August

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<sup>1</sup> fruits high in Vitamin C

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