





United States Department of Agriculture

Dates

HOW TO PICK: Dates are considered ripe when they start to turn brown. They will also be soft to touch. Unripened dates will be green.

HOW TO STORE: Keep fresh dates stored at room temperature for 2-3 days. When stored in an airtight container they can last for one month in the refrigerator. Place a thin piece of plastic over the dates if there is extra room in your container. Excess air increases the rate of spoilage. Dates can be stored in the freezer for up to one year.

HOW TO PREPARE: Dates can be eaten once they have softened. They can be pitted and stuffed with fillings such as almonds, walnuts, pecans, tahini, or cream cheese. The addition of chopped dates to savory or sweet dishes is very common, especially around the holidays.

FUN FACTS:

- Dates are considered a dried fruit but they are not actually dried. They are actually picked in that state.
- There are more than 200 varieties of dates. Medjool is the hardest to grow and therefore one of the most expensive to buy.
- There is archaeological evidence of date cultivation in Arabia from the 6th millennium BCE.

August 2019

USDA is an equal opportunity employer, provider, and lender.

