

# HOW LONG DO FRUITS AND VEGETABLES LAST?

## PRODUCE STORAGE CHEAT SHEET

PRODUCE ITEMS	STORE AT ROOM TEMPERATURE	ONCE RIPENED AT ROOM TEMPERATURE, REFRIGERATE	REFRIGERATE IMMEDIATELY
APPLES		3-4 WEEKS	
ARTICHOKE <i>Sprinkle with a little water; seal in plastic bag.</i>			1 WEEK
ASPARAGUS <i>Leave in husks until ready to prepare.</i>			3-4 DAYS
AVOCADOS		3-5 DAYS	
BANANAS <i>Once ripe, they can last 5-7 days in the refrigerator. Skins will turn black, but fruit will be fine.</i>	2-5 DAYS	5-7 DAYS	
BASIL <i>(Trim stems and place in glass of water; cover with loose plastic bag)</i>	7-10 DAYS		
BEETS			2 WEEKS
BELL PEPPERS <i>Green peppers will stay fresh longer than orange or red.</i>			1-2 WEEKS
BLACKBERRIES, STRAWBERRIES, RASPBERRIES		2-3 DAYS	
BLUEBERRIES		1-2 WEEKS	
BROCCOLI			3-5 DAYS
BRUSSELS SPROUTS			3-5 DAYS
CABBAGE			1 WEEK
CANTALOUPE		7-10 DAYS	
CARROTS			3-4 WEEKS
CAULIFLOWER			1 WEEK
CELERY			1-2 WEEKS
CHERRIES		4-7 DAYS	
CITRUS FRUITS		2-3 WEEKS	
COLLARD GREENS			4-5 DAYS
CORN			1-2 DAYS
CUCUMBERS			1 WEEK
EGGPLANT			5-7 DAYS

<b>GARLIC BULB</b>	<i>Individual, unpeeled cloves will last for 7-10 days.</i>	<b>3-5 MONTHS</b>	
<b>GRAPES</b>		<b>5-7 DAYS</b>	
<b>GREEN BEANS</b>			<b>3-5 DAYS</b>
<b>HERBS, LEAFY</b>	<i>Trim stems and place in glass of water; cover with loose plastic bag.</i>		<b>7-10 DAYS</b>
<b>HERBS, WOODY</b>	<i>Wrap in damp paper towel and store in plastic bag.</i>		<b>10-14 DAYS</b>
<b>KALE</b>			<b>5-7 DAYS</b>
<b>KIWI</b>		<b>5-7 DAYS</b>	
<b>LEEKs</b>			<b>1-2 WEEKS</b>
<b>LEMONS</b>		<b>2-3 WEEKS</b>	
<b>LETTUCES</b>			<b>3-7 DAYS</b>
<b>LIMES</b>		<b>3-4 WEEKS</b>	
<b>MANGOS</b>		<b>5-7 DAYS</b>	
<b>MUSHROOMS</b>	<i>Store in a paper bag.</i>		<b>4-7 DAYS</b>
<b>OKRA</b>			<b>2-3 DAYS</b>
<b>ONIONS</b>	<i>Time shown is for storage in a cool (45-55°F), dry area. Otherwise, store in refrigerator. Don't store near potatoes.</i>	<b>2-3 MONTHS</b>	
<b>PAPAYAS</b>		<b>2-3 DAYS</b>	
<b>PEACHES/PLUMS</b>		<b>3-5 DAYS</b>	
<b>PEARS</b>		<b>5-7 DAYS</b>	
<b>PERSIMMONS</b>		<b>2-3 DAYS</b>	
<b>PINEAPPLES</b>		<b>3-5 DAYS</b>	
<b>POMEGRANATES</b>		<b>1-2 MONTHS</b>	
<b>POTATOES</b>	<i>Don't store near onions. Can last 2-3 months in cool (45-55°F), dark place.</i>	<b>1-2 WEEKS</b>	
<b>RADISHES</b>			<b>10-14 DAYS</b>
<b>SCALLIONS</b>			<b>7-10 DAYS</b>
<b>SQUASH (SUMMER)</b>			<b>4-5 DAYS</b>
<b>SQUASH (WINTER)</b>	<i>Lasts 1-2 months when stored at 50-60°F; shorter if kept at room temperature.</i>	<b>1-2 MONTHS</b>	
<b>SWISS CHARD</b>			<b>2-3 DAYS</b>
<b>TOMATOES</b>	<i>Don't refrigerate until fully ripe. Bring to room temperature before using.</i>		<b>2-3 DAYS</b>
<b>WATERMELON</b>		<b>2 WEEKS</b>	