

PRODUCE STORAGE GUIDE



APPLES

Counter (up to 7 days)
Fridge (up to 3 weeks)

APRICOTS

Fridge
5 days

ASPARAGUS

Fridge
3 days

AVOCADOS

Ripen on counter (4-7 days)
Fridge (up to 5 days)

BANANAS

Counter
4 days



BASIL

(STEMS IN WATER)
Counter
10 days

BEETS

Fridge
3 weeks

BERRIES

Fridge
2-7 days



BROCCOLI

Fridge
1 week

BRUSSEL SPROUTS

Fridge
1 week

CABBAGE

Fridge
2 weeks



CARROTS

Fridge
2 weeks



CAULIFLOWER

Fridge
1 week

CELERY

Fridge
1 week

CHERRIES

Fridge
1 week



CITRUS FRUIT

Counter
1-2 weeks

CUCUMBER

Counter
3 days

EGGPLANT

Counter
3 days



GARLIC

Pantry (cool & dry)
2 months

GINGER

Counter
3 weeks

GRAPES

Fridge
1 week

GREEN BEANS

Fridge
1 week

GREEN ONION

Fridge
1 week



HERBS

(OTHER THAN BASIL)
Fridge
3-5 days

KIWI

Ripen on counter (2-3 days)
Fridge (up to 1 week)

LEAFY GREENS

Fridge
5 days

LEEKS

Fridge
1 week

MANGO

Counter
5 days

MELONS

Counter
4 days



MUSHROOMS

Fridge
1 week

NECTARINES

Ripen on counter (2-3 days)
Fridge (up to 5 days)

ONIONS

Pantry (cool & dry)
2 months

PEAS

Fridge
4 days



PEACHES

Ripen on counter (1-3 days)
Fridge (up to 5 days)

PEARS

Ripen on counter (1-4 days)
Fridge (up to 1 week)

PINNEAPPLE

Counter
5 days



PLUMS

Ripen on counter (2-3 days)
Fridge (up to 5 days)



POTATOES

Pantry (cool & dry)
3 weeks

RADISHES

Fridge
2 weeks



SPINACH

Fridge
3 days

SPROUTS

Fridge
3 days

SWEET CORN

Fridge
3 days

SWEET POTATOES

Pantry (cool & dry)
2 weeks

TOMATOES

Counter
5 days



WINTER SQUASH

Counter
1-2 months

PREP FOR SUCCESS:

For refrigerated items, store in separate, perforated plastic bags so produce can "breathe."

Rinse whole fruits and veggies under water right before eating. Washing in advance can remove their natural preservatives.

Cutting up fruits and veggies advance shortens their life. Keep them whole until you plan to enjoy.