

PRODUCE STORAGE GUIDE

PRODUCE ITEM	STORAGE LOCATION	LENGTH	HELPFUL HINTS
Apples	Refrigerator	3 weeks	
Apricots	Refrigerator	5 days	To ripen, keep at room temperature in a paper bag until soft and fragrant
Asparagus	Refrigerator	3 days	Trim the ends before wrapping the spears in a damp paper towel, then in a plastic bag
Bananas	Counter top	5 days	Ripe bananas can be frozen for baking (the skins will blacken, but the flesh will be fine)
Bell or Mini Peppers	Refrigerator	1 week (green), 5 days (red, orange, & yellow)	
Blueberries	Refrigerator	1 week	Discard damaged or moldy berries before storing to prevent the spread of mold
Broccoli	Refrigerator	1 week	
Cantaloupe	Refrigerator	5 days whole, 3 days cut	To ripen, keep at room temperature in a paper bag. Before slicing the melon, always wash the rind thoroughly to prevent the transmission of bacteria
Mini or Whole Carrots	Refrigerator	2 weeks	

Cauliflower	Refrigerator	1 week	
Celery	Refrigerator	2 weeks	
Cherries	Refrigerator	3 days, in open bag or bowl	To ripen, keep at room temperature in a paper bag until soft and fragrant
Clementines	Refrigerator	5 days	Trim the ends before wrapping the spears in a damp paper towel, then in a plastic bag
Cucumbers	Refrigerator	5 days	Ripe bananas can be frozen for baking (the skins will blacken, but the flesh will be fine)
Grapes	Refrigerator	Best up to 3 days; 1 week is possible in bowl of ventilated bag	
Green Beans	Refrigerator	1 week	
Honeydew	Refrigerator	5 days (whole) 3 days (cut)	To ripen, keep at room temperature in a paper bag. Before slicing the melon, always wash the rind thoroughly to prevent the transmission of bacteria
Kiwis	Refrigerator	4 days	
Lettuce, bagged or in clamshells	Refrigerator	No matter how fresh the leaves look, follow expiration date on the package	
Lettuce, head	Refrigerator	5 days (iceburg can last for 2 weeks)	
Mangoes	Refrigerator	4 days	To ripen, keep at room temperature in a paper bag until soft.

Mushrooms	Refrigerator	1 week in a paper bag	
Nectarines	Refrigerator	5 days	To ripen, keep at room temperature in a paper bag until soft
Oranges	Counter top or refrigerator	3 days to 2 weeks	
Peaches	Refrigerator	5 days	To ripen, keep at room temperature in a paper bag until soft and fragrant
Pears	Refrigerator	5 days	To ripen, keep at room temperature in a paper bag until soft
Peas, English or Pod	Refrigerator	4 days	Leave in pods until ready to eat
Pineapple	Counter top or refrigerator	5 days whole, 3 days sliced	
Plums	Refrigerator	5 days	To ripen, keep at room temperature until soft and the skins develop a silvery, powdery coating
Pomegranates	Refrigerator	3 weeks whole, 3 days seeds	
Radishes	Refrigerator	Best up to 3 days, 2 weeks possible	
Raspberries	Refrigerator	3 days	Store in single later on paper towel lined plate discard damaged berries
Snow Peas	Refrigerator	4 days	
Spinach, bagged or in clam shells	Refrigerator	No matter how fresh the leaves look, follow expiration date on the package	
Spinach, bunch	Refrigerator	3 days	

Squash, summer	Refrigerator	5 days	
Squash, winter (acorn, butternut, spaghetti)	Refrigerator or Pantry	3 months whole, 1 week cut	
Strawberries	Refrigerator	3 days	Discard damaged or moldy berries before storing
Sweet Potato & Yams	Pantry	2 weeks (in a paper bag)	
Tangerines	Refrigerator	1 week	To ripen, keep at room temperature in a paper bag until soft
Tomatoes	Counter top	3 days	To ripe, keep at room temperature in a paper bag
Watermelon	Refrigerator	1 week whole, 2 days cut	If you can't refrigerate whole, keep in pantry at a cool temperature
Zucchini	Refrigerator	5 days	