

Produce Storage Guide

<i>Produce Item</i>	<i>Storage Location</i>	<i>Length</i>	<i>Helpful Hints</i>
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	Countertop	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, yellow, & orange)	
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)	

Clementines	Refrigerator	5 days	
Cucumbers	Refrigerator	5 days	
Grapes	Refrigerator	Best up to 3 days; 1 week is possible (in a bowl or ventilated plastic 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 and in clamshells	Refrigerator		No matter how fresh the leaves look, follow the expiration date on the package since bacteria can develop.
Lettuce, head	Refrigerator	5 days (iceberg 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	Countertop Refrigerator	3 days 2 weeks	

Peaches	Refrigerator	5 days	To ripen, keep at room temperature in a paper bag until soft and slightly fragrant.
Pears	Refrigerator	5 days	To ripen, keep at room temperature in a paper bag until soft.
Peas, English or pods	Refrigerator	4 days	Leave them in the pods until ready to eat.
Pineapple	Countertop 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 are possible	
Raspberries	Refrigerator	3 days (in a single layer on a paper towel-lined plate)	Discard damaged or moldy berries before storing to prevent the spread of mold.
Snow Peas	Refrigerator	4 days	
Spinach, bagged and in clamshells	Refrigerator	No matter how fresh the leaves look, follow the expiration date on the package as bacteria can develop.	
Spinach, bunch	Refrigerator	3 days	
Squash, summer	Refrigerator	5 days	

Squash, winter <i>(acorn, butternut, delicata and spaghetti)</i>	Pantry Refrigerator	3 months (whole) 1 week (cut)	
Strawberries	Refrigerator	3 days	Discard damaged or moldy berries before storing to prevent the spread of mold.
Sugar snap peas	Refrigerator	4 days	
Sweet potatoes & yams	Pantry	2 weeks (in a paper bag)	
Tangerines	Refrigerator	1 week	
Tomatoes	Countertop	3 days	To ripen, keep at room temperature in a paper bag.
Watermelon	Refrigerator	1 week (whole) 2 days (cut)	If you can't refrigerate the melon whole, keep it in the pantry at a cool temperature.
Zucchini	Refrigerator	5 days	