

What is the shelf-life of fruits and vegetables?
PRODUCE STORAGE CHEAT SHEET

PRODUCE ITEMS	STORE AT ROOM TEMPERATURE	ONCE RIPENED AT ROOM TEMPERATURE, REFRIGERATE	REFRIGERATE IMMEDIATELY
APPLES		3-4 WEEKS	
ASPARAGUS			3-4 DAYS
AVOCADOS		3-5 DAYS	
BANANAS <i>Once they are ripe, bananas can last 5-7 days in the refrigerator. The skin will turn black, however the 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			1-2 WEEKS
BLACKBERRIES, STRAWBERRIES, RASPBERRIES		2-3 DAYS	
BLUEBERRIES		1-2 WEEKS	
BROCCOLI			3-5 DAYS
BRUSSEL SPOUTS			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
GARLIC BULB	3-5 MONTHS		
GRAPES		5-7 DAYS	
GREEN BEANS			3-5 DAYS
HERBS, LEAFY <i>(Trim stems and place in glass of water; cover with loose plastic bag)</i>			7-10 DAYS
HERBS, WOODY <i>(Wrap in damp paper towel and store in plastic bag)</i>			10-14 DAYS
KALE			5-7 DAYS
LEEKs			1-2 WEEKS
LEMONS		2-3 WEEKS	
LIVING LETTUCES <i>(Our living lettuces can last up to two weeks)</i>			2 WEEKS
BABY LOOSE LETTUCE <i>(we recommend adding a paper towel to the bottom and sides of the clamshell container - greens can last up to two weeks if kept dry)</i>			2 WEEKS
LIMES		3-4 WEEKS	
MANGOS		5-7 DAYS	
MICROGREENS <i>(we recommend adding a paper towel to the bottom and sides of the clamshell container - greens can last up to two weeks if kept dry)</i>			2 WEEKS
MUSHROOMS <i>Store in a Paper Bag</i>			4-7 DAYS
OKRA			2-3 DAYS
ONIONS <i>(Time Shown is for storage in a cool (45-55° F), dry area. Otherwise, store in refrigerator. Don't store near potatoes)</i>	2-3 MONTHS		
PAPAYAS		2-3 DAYS	
PEACHES/PLUMS		3-5 DAYS	
POTATOES <i>(Don't store near onions. Can last 2-3 months in cool (45-55°), dark place)</i>	1-2 WEEKS		
RADISHES			10-14 DAYS
SCALLIONS			7-10 DAYS
SQUASH (SUMMER)			4-5 DAYS
SQUASH (WINTER) <i>Last 1-2 Months when stored at 50-60° F; shorter if kept at room temp</i>	1-2 MONTHS		
SWISS CHARD			2-3 DAYS
TOMATOES <i>Don't refrigerate until fully ripe. Bring to room temperature before using.</i>		2-3 DAYS	
WATERMELON		2 WEEKS	
*This chart has been updated and adapted from Sustainable America's "Produce Storage Cheat Sheet"			