

PRODUCE STORAGE CHEAT SHEET

Whole Fruits & Veggies

Pantry/
Room Temp

Refrigerator

Freezer

APPLES	Until ripe	1 month		LETTUCE		5-7 days	
APRICOTS	Until ripe	5 days		LIMA BEANS		3-5 days	8 months
ARTICHOKES		5-7 days		LIMES	Until ripe	1-2 weeks	
ASPARAGUS		2-3 days	8 months	MANGO	Until ripe	2-3 days	
AVOCADOS	Until ripe	5 days		MELONS	Until ripe	5 days	
BANANAS	Until ripe	5 days (fully ripe)	1 year (peeled)	MUSHROOMS		5-7 days	
BEETS		2 weeks		NECTARINES	Until ripe	5 days	
PEPPERS, BELL OR HOT		1-2 weeks		ONIONS	1-2 weeks	2-3 weeks	
BERRIES	Until ripe	3-5 days	1 year	ORANGES	Until ripe	1-2 weeks	
BROCCOLI		5-7 days		PEACHES	Until ripe	5 days	1 year
BRUSSELS SPROUTS		5-7 days		PEARS	Until ripe	5 days	1 year
CABBAGE		1-2 weeks		PINEAPPLE	Until ripe	5-7 days	
CARROTS		2 weeks		PLUMS	Until ripe	5 days	
CAULIFLOWER		1 week		RADISHES		2 weeks	
CELERY		1-2 weeks		RHUBARB		3-5 days	
CHERRIES	Until ripe	3-5 days		SNAP BEANS		1 week	
CORN		3-5 days (in husks)	8 months (out of husks)	SPINACH		5-7 days	8 months
CUCUMBERS		1 week		SQUASH, SUMMER		3-5 days	
EGGPLANT		1 week		SQUASH, WINTER	1 week		
GRAPEFRUIT	Until ripe	1-2 weeks		SWEET POTATOES	1-2 months		
GRAPES	Until ripe	5 days		TOMATOES	1 week	Not recommended	
GREEN BEANS		3-5 days	8 months	TURNIPS		2 weeks	
GREEN PEAS		3-5 days	8 months	WATERMELON	Until ripe	5-7 days	
LEMONS	Until ripe	1-2 weeks		WHITE POTATOES	1-2 months		