



FRUIT/VEGGIE:	STORAGE:	ADDITIONAL TIPS:
Alfalfa sprouts	Refrigerator: 3 days	
Apples	Refrigerator: 3 weeks	
Apricots	Refrigerator: 5 days	To ripen, keep at room temperature in a paper bag until soft and fragrant.
Artichokes	Refrigerator: 1 week	
Arugula, bunch	Refrigerator: 5 days	If the bunch has roots, wrap it in a damp paper towel before bagging.
Asparagus	Refrigerator: 3 days	Trim the ends before wrapping the spears in a damp paper towel, then in a plastic bag.
Avocados	Refrigerator: 3 days	To ripen, keep at room temperature in a paper bag until soft.
Bananas	Countertop: 5 days	Ripe bananas can be frozen for baking (the skins will blacken, but the flesh will be fine).
Beets	Refrigerator: 3 weeks	Separate the leaves from the roots before storing them separately in a plastic bag; the leaves will stay fresh for up to 3 days.
Bell Peppers	Refrigerator: 1 week (green); 5 days (red, yellow, and orange)	
Blackberries	Refrigerator: 2 days (spread in a single layer on a paper towel-lined plate)	Discard damaged or moldy berries before storing to prevent the spread of mold.
Blueberries	Refrigerator: 1 week	Discard damaged or moldy berries before storing to prevent the spread of mold.
Bok choy	Refrigerator: 3 days	
Broccoli	Refrigerator: 1 week	
Broccoli Rabe	Refrigerator: 1 week	
Brussels Sprouts	Refrigerator: 1 week	
Cabbage, Green and Red	Refrigerator: 2 weeks	
Cabbage, Savoy and Napa	Refrigerator: 1 week	

Cantaloupe	Refrigerator: 5 days (whole); 3 days (cut)	
Carrots	Refrigerator: 2 weeks	
Cauliflower	Refrigerator: 1 week	
Celery	Refrigerator: 2 weeks	
Chard <i>Such as Swiss and rainbow</i>	Refrigerator: 3 days	
Cherries	Refrigerator: 3 days (in an open bag or bowl)	
Chili Peppers, fresh	Refrigerator: 2 weeks	Dried chili peppers will keep for 4 months in an airtight container.
Clementines	Refrigerator: 5 days	
Collard Greens	Refrigerator: 5 days	
Corn, unshucked	Refrigerator: Best on the first day; 3 days are possible.	
Cranberries	Refrigerator: 1 month	
Cucumbers	Refrigerator: 5 days	
Eggplant	Refrigerator: 5 days	
Endive	Refrigerator: 5 days	
Escarole	Refrigerator: 3 days	
Fennel	Refrigerator: 1 week	
Garlic	Pantry: 2 months (make sure air can circulate around it)	
Ginger	Refrigerator: 3 weeks	Ginger can be frozen for up to 6 months. It's not necessary to thaw it before grating.
Grapefruit	Countertop: 1 week Refrigerator: 3 weeks	
Grapes	Refrigerator: Best up to 3 days; 1 week is possible (in a bowl or ventilated plastic bag).	
Green Beans	Refrigerator: 1 week	



Herbs, leafy	Refrigerator: 3 days (basil, cilantro, chives, tarragon); 5 days (parsley, mint)	Wrap the bunch in a damp paper towel before bagging.
Herbs, woody <i>Such as rosemary and thyme</i>	Refrigerator: 2 weeks	
Honeydew	Refrigerator: 5 days (whole); 3 days (cut)	To ripen, keep at room temperature in a paper bag. Before slicing the melon, wash the rind thoroughly to prevent the transmission of bacteria.
Jicama	Refrigerator: 1 week	
Kale	Refrigerator: 3 days	
Kiwis	Refrigerator: 4 days	
Leeks	Refrigerator: 1 week	Cut off and discard the dark green tops and keep the roots intact.
Lemons	Refrigerator: 3 weeks	
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)	
Limes	Refrigerator: 3 weeks	
Mangoes	Refrigerator: 4 days	Tip: To ripen, keep at room temperature in a paper bag until soft.
Mushrooms	Refrigerator: 1 week (in a paper bag)	
Mustard Greens	Refrigerator: 3 days	
Nectarines	Refrigerator: 5 days	To ripen, keep at room temperature in a paper bag until soft.
Okra	Refrigerator: 3 days (in a paper bag)	
Onions	Pantry: 2 months (whole; make sure air can circulate around them) Refrigerator: 4 days (cut)	

Oranges	Countertop: 3 days Refrigerator: 2 weeks	
Parsnips	Refrigerator: 1 month	
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 and in pods	Refrigerator: 4 days	Leave them in the pods until ready to eat.
Pineapple	Countertop: 5 days (whole) Refrigerator: 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)	
Potatoes, new and fingerling	Pantry: 5 days (make sure air can circulate around them)	
Potatoes—red, russet, Yukon gold, and others	Pantry: 3 weeks (make sure air can circulate around them)	
Radicchio	Refrigerator: 4 days	
Radishes	Refrigerator: Best up to 3 days; 2 weeks are possible	Remove the leaves to prolong freshness.
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.
Rhubarb	Refrigerator: 1 week	Do not eat the leaves; they can be toxic if consumed in large quantities.
Rutabaga	Pantry: 1 week Refrigerator: 2 weeks	
Scallions	Refrigerator: 5 days	
Shallots	Pantry: 1 month (make sure air can circulate around them)	
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, since bacteria can develop.	
Spinach, bunch	Refrigerator: 3 days	
Squash, summer	Refrigerator: 5 days	
Squash, winter <i>Such as acorn, butternut, delicata, and spaghetti</i>	Pantry: 3 months (whole) Refrigerator: 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 and Yams	Pantry: 2 weeks (in a paper bag)	
Tangerines	Refrigerator: 1 week	
Tomatillos	Refrigerator: 1 month (in a paper bag)	
Tomatoes	Countertop: 3 days	To ripen, keep at room temperature in a paper bag.
Turnips	Refrigerator: 2 weeks	Separate the leaves from the roots before storing them separately in a plastic bag; the leaves will stay fresh for up to 3 days.
Watercress, bagged and in clamshells	Refrigerator: No matter how fresh the leaves look, follow the expiration date on the package, since bacteria can develop.	
Watercress, bunch	Refrigerator: 4 days	
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	