



Keep this chart handy to learn how to store your fresh fruits and vegetables so they last longer, and learn which foods can be frozen and enjoyed all year long.



Food	Room Temperature	Refrigerator	Freezer	Storage Tips
Apples	Soften faster at room temperature	2 months	Not recommended	Emits ethylene that accelerates ripening. Best to keep separate from food that is ethylene sensitive such as bananas.
Asparagus	Not recommended	3 to 5 days	8 months (blanch first)	
Bananas	Until ripe	Once ripe move to refrigerator to keep longer, 1 to 2 days	8 to 10 months	Banana peels will turn brown in refrigerator / freezer, but insides are still good.
Beans – green, wax	Not recommended	5 to 7 days	8 months (blanch first)	
Blueberries	Not recommended	10 days	8 to 10 months	
Broccoli	Not recommended	5 to 7 days	8 months (blanch first)	
Cabbage - green	Not recommended	2 to 3 weeks	8 to 10 months (blanch wedges first)	
Carrots	Not recommended	2 to 4 weeks	8 months (blanch first)	Remove tops before storing.
Cauliflower	Not recommended	5 to 7 days	8 months (blanch first)	
Celery	Not recommended	2 weeks	Not recommended	
Citrus fruit	1 week	1 month	Not recommended, but the zest can be frozen.	

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Corn on the Cob	Not recommended	2 to 3 days in husks	2 months (blanch first)	For best taste, eat as soon as possible, as natural sugars turn to starch once picked.
Cucumbers	Not recommended	7 days	Not recommended	
Fresh cut fruit salad	Not recommended	2 to 3 days	Refer to individual fruit listing	
Garlic	Up to several months depending on maturity	Not recommended	8 to 10 months	Store in dry, cool, dark, well ventilated location.
Grapes	Not recommended	5 days	8 to 10 months; recommended if you intend to eat them frozen.	
Green onions	Not recommended	5 to 7 days	Not recommended	
Lettuce	Not recommended	5 to 7 days	Not recommended	
Mangoes	Until ripe	Once ripe move to refrigerator to keep longer, 3 days.	8 to 10 months	Emits ethylene that accelerates ripening. Best to keep separate from food that is ethylene sensitive such as bananas.
Melons	Until ripe	Once ripe move to refrigerator to keep longer, 3 days.	Not recommended	Always cover and refrigerate cut melon.
Mushrooms	Not recommended	5 to 7 days	8 to 10 months	Keep in paper bag. Can freeze raw if planning to use in soup, sauce or stew, will thaw soft.
Onions	3 to 4 weeks	Not recommended	Not recommended	Store in dry, cool, dark, well ventilated location.
Peaches	Until ripe	Once ripe move to refrigerator to keep longer, 2 to 3 days.	8 to 10 months	

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Pears	Until ripe	Once ripe move to refrigerator to keep longer, 2 to 3 days.	Not recommended	
Peppers	Not recommended	5 to 7 days	Not recommended	
Pineapple	Not recommended	3 days	Not recommended	
Plums	Until ripe	Once ripe move to refrigerator to keep longer, 3 to 5 days.	8 to 10 months	
Potatoes - baking	1 to 2 weeks	Not recommended	Not recommended	Keep in paper bag in dark, dry, cool, well ventilated location.
Potatoes - new	2 weeks	1 week	Not recommended	
Raspberries	Not recommended	2 to 3 days	8 to 10 months	
Rhubarb	Not recommended	5 days	8 to 10 months	
Spinach	Not recommended	5 to 7 days	8 to 10 months (steam blanch first)	
Strawberries	Not recommended	2 to 3 days	8 to 10 months	
Tomatoes	3 to 5 days	Not recommended	2 to 3 months	Can freeze uncooked if planning to use in sauce or stew.
Zucchini	Not recommended	5 to 7 days	10 to 12 months	

Wash all fruits and vegetables before eating.

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