

How long do fruits and vegetables last?

PRODUCE STORAGE CHEAT SHEET



























SAINT PAUL
PUBLIC WORKS

| PRODUCE ITEMS | | | Store at room temperature | Once ripened, refrigerate | Refrigerate immediately |
|--|--|--|---------------------------|---------------------------|-------------------------|
|  | APPLES | <i>Store in plastic bag separate from other produce.</i> | | 3-4 WEEKS | |
|  | ARTICHOKE | <i>Sprinkle with water; seal in a plastic bag.</i> | | | 1 WEEK |
|  | ASPARAGUS | <i>Place stem-end down in an inch of water.</i> | | | 3-4 DAYS |
|  | AVOCADOS | <i>Leave on counter to ripen. To speed up ripening, place in paper bag.</i> | | 3-5 DAYS | |
|  | BANANAS | <i>Once ripe, they can last 5-7 days in the refrigerator. Skins will turn black, but 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 | <i>Store in plastic bag, in the crisper drawer. Beets can last up to 2 months if properly stored.</i> | | | 2 WEEKS |
|  | BELL PEPPERS | <i>Store in reusable container or plastic bag in the crisper drawer.</i> | | | 1-2 WEEKS |
|  | BLACKBERRIES, STRAWBERRIES, RASPBERRIES | | | 2-3 DAYS | |
|  | BLUEBERRIES | <i>Store berries in a container lined with a paper towel or napkin. Wash just before using.</i> | | 1-2 WEEKS | |
|  | CABBAGE | <i>Store in the crisper drawer in a plastic bag.</i> | | | 3-4 WEEKS |
|  | CANTALOUPE | <i>Cut melon pieces should be wrapped or stored in a container.</i> | | 7-10 DAYS | |
|  | CARROTS | <i>Remove green tops. Store in plastic bag with a napkin to absorb moisture.</i> | | | 3-4 WEEKS |
|  | CAULIFLOWER | <i>Loosen the plastic wrap, or place in a plastic bag with a napkin to absorb moisture.</i> | | | 1 WEEK |
|  | CELERY | <i>Wrap in aluminum foil before storing.</i> | | | 1-2 WEEKS |
|  | CHERRIES | <i>Store unwashed and uncovered in the coldest part of the fridge.</i> | | 4-7 DAYS | |
|  | CITRUS FRUITS | <i>Store loosely, or in a mesh bag, in the crisper drawer.</i> | | 2-3 WEEKS | |
|  | COLLARD GREENS | <i>Place unwashed in a sealed plastic bag and store in the crisper.</i> | | | 4-5 DAYS |
|  | CORN | <i>Wrap ears tightly in a plastic bag and store in the refrigerator.</i> | | | 5-7 DAYS |
|  | CUCUMBERS | <i>Rinse and dry, then place in plastic bag with a napkin to absorb moisture.</i> | | | 1 WEEK |
|  | EGGPLANT | <i>Place uncut and unwashed in a plastic bag and store in the refrigerator.</i> | | | 5-7 DAYS |
|  | GARLIC BULB | <i>Individual, unpeeled cloves last for 7-10 days.</i> | 3-5 MONTHS | | |
|  | GRAPES | <i>Store bagged in the back of the fridge.</i> | | 5-7 DAYS | |

To reduce waste reuse vegetable storage bags or use reusable storage containers.
Sources: Sustainable America, Imperfect Foods

stpaul.gov/foodwaste

| PRODUCE ITEMS | | | Store at room temperature | Once ripened, refrigerate | Refrigerate immediately |
|--|---------------------------|--|---------------------------|---------------------------|-------------------------|
|  | GREEN BEANS | Store unwashed in a reusable container or plastic bag in the crisper drawer. | | | 3-5 DAYS |
|  | HERBS, LEAFY | Trim stems and place in glass of water; cover with loose plastic bag. | | | 7-10 DAYS |
|  | HERBS, WOODY | Wrap in damp paper towel and store in plastic bag. | | | 10-14 DAYS |
|  | KALE | Store bagged with a napkin to absorb moisture. | | | 5-7 DAYS |
|  | KIWI | To ripen fruit faster, place in a paper bag on the counter for 1-2 days. | | 5-7 DAYS | |
|  | LEEKS | Store wrapped in a damp paper towel in a perforated plastic bag in the refrigerator. | | | 1-2 WEEKS |
|  | LEMONS & LIMES | Should stay fresh for a week at room temperature if kept out of bright sunlight. For longer storage put in the crisper drawer of the refrigerator. | | 2-3 WEEKS | |
|  | LETTUCES | Wash and dry thoroughly. Store with a napkin in a plastic bag in the refrigerator. | | | 3-7 DAYS |
|  | MANGOS | Store on the counter until ripe, then move to the fridge. | | 5-7 DAYS | |
|  | MUSHROOMS | Store in a paper bag. | | | 4-7 DAYS |
|  | ONIONS | Store in a cool (45-55°F), dry area. Otherwise, store in refrigerator. Don't store near potatoes. | 2-3 MONTHS | | |
|  | PAPAYAS | Store in plastic bag. Can be sliced and frozen. | | 2-3 DAYS | |
|  | PEACHES/PLUMS | Store on the counter until ripe. | | 3-5 DAYS | |
|  | PEARS | Firm, unripe pears should be left on the counter to ripen. | | 5-7 DAYS | |
|  | PINEAPPLES | Place whole pineapple in plastic bag on the top shelf of the refrigerator. | | 3-5 DAYS | |
|  | POMEGRANATE | Store in a cool, dry place out of direct sunlight. Refrigerated, they can be stored 1-2 months. | 1-2 WEEKS | | |
|  | POTATOES | Store away from onions in cool (45-55°F), dark place. Can be refrigerated 2-3 months. | 1-2 WEEKS | | |
|  | RADISHES | Remove green tops. Put unwashed radishes in a plastic bag with a slightly damp paper towel at the bottom. | | | 10-14 DAYS |
|  | SCALLIONS | Place in a cup of water with one inch of water or a storage container/plastic bag with a damp napkin. | | | 7-10 DAYS |
|  | SQUASH (SUMMER) | Store dry, whole squash in a plastic or paper bag with one end open. | | | 4-5 DAYS |
|  | SQUASH (WINTER) | Lasts 1-2 months when stored at 50-60°F; shorter if kept at room temperature. | 1-2 MONTHS | | |
|  | SWISS CHARD | Store bagged or in storage container. Rinse before eating, not before storing. | | | 2-3 DAYS |
|  | TOMATOES | Don't refrigerate until fully ripe. Bring to room temperature before using. | | 2-3 DAYS | |
|  | WATERMELON | Cut-up melon should be stored in a container or wrap in the refrigerator. Whole melon can be stored 2 weeks. | | | 3-5 DAYS |