

# STORING FRUITS & VEGETABLES

	Produce	Storage Time	Storage Recommendations
Group 1	Apples	1-2 months	<ul style="list-style-type: none"> <li>• These items can be kept at room temperature to ripen.</li> <li>• Refrigerate (40°F) for a longer life. DO NOT refrigerate tomatoes until fully ripened.</li> <li>• Store these fruits away from other produce. They may cause other produce to rot.</li> </ul>
	Apricots	1-2 weeks	
	Peaches	2-3 weeks	
	Pears	3-4 weeks	
	Melons	1-2 weeks	
	Tomatoes	1-2 weeks	
Group 2	Cherries	1-2 weeks	<ul style="list-style-type: none"> <li>• Keep these items refrigerated (40°F).</li> <li>• For higher quality, cover with a damp paper towel.</li> <li>• Do not wash until ready to use.</li> </ul>
	Fresh herbs	1 week	
	Leafy greens	1-2 weeks	
	Raspberries	1 week	
	Strawberries	1 week	
Group 3	Beets	2-3 weeks	<ul style="list-style-type: none"> <li>• Keep these items refrigerated (40°F).</li> <li>• For better quality, these can be stored in an unsealed or vented plastic bag.</li> <li>• Other produce in this group includes oranges, celery, radishes, and parsnips.</li> </ul>
	Carrots	2-3 weeks	
	Corn	1 week	
	Peppers	1-2 weeks	
	Summer squash	1-2 weeks	
Group 4	Cucumbers	1-2 weeks	<ul style="list-style-type: none"> <li>• These items are easily damaged by cold.</li> <li>• Keep these items refrigerated (40°F), but check daily for signs of rot. The fridge door is best.</li> <li>• Do not wash until ready to use.</li> </ul>
	Green beans	1 week	
	Eggplant	1 week	
Group 5	Garlic	4-5 months	<ul style="list-style-type: none"> <li>• These items do not need refrigeration.</li> <li>• Store in a cool room (50-60°F).</li> <li>• For better quality, store these on a wire rack or hang in a net bag so air can flow.</li> <li>• Do not wash until ready to use.</li> </ul>
	Onion	5-6 months	
	Potatoes	5-6 months	

