

## Fruit and Vegetable Storage Guidelines

FRUIT STORAGE GUIDELINES				
Fresh Fruits <i>(Unless noted otherwise)</i>	Storage Time			How to Store
	In Refrigerator 35-40°F (2-4°C)	At Room Temperature 70°F (21°C)	In Freezer 0°F (-18°C) stored in MVP*materials	
Apples	1 month	1 week		Store mellow apples in refrigerator. Unripe or hard apples are best held at cool room temperature (60-70°F) until ready to eat.
Apricots, Nectarines, Peaches	3-5 days	2-3 days	12 months (cut and pitted.)	If not ripe store at room temperature in a brown paper bag until flesh begins to soften then refrigerate.
Avocados, Bananas, Pears	3-5 days	2-3 days (longer is over ripe is acceptable.)		Allow these fruits to ripen at room temperature then refrigerate.
Berries and Cherries	1-2 days		12 months	Store covered in refrigerator to prevent moisture loss. Do not wash or stem before storing.
Cranberries	1 week			Store covered in the refrigerator.
Grapes	3-5 days	1-2 days		These are ready to use when purchased. Store covered in the refrigerator.
Citrus Fruits	2-3 weeks	1-2 weeks	12 months (peeled and segmented or cut in pieces.)	These fruits are best stored at cool room temperature (60-70°F). Use within 2 weeks. May also be stored uncovered in the refrigerator.
Melons	1 week		12 months (removed from rind, cut into pieces.)	Wrap cantaloupe and honeydew to prevent odor from spreading to other foods in the refrigerator. Keep at room temperature until ripe then refrigerate.
Pineapples	1 week 2-3 days, cut			Will not ripen further after purchase. No increase in sugar during storage. Use as soon as possible as holding results in deterioration. Once cut store in refrigerator in a container.
Plums	3-5 days		12 months (cut and pitted.)	Ripe when sold.

\* MVP - moisture and vapor-proof paper.

VEGETABLE STORAGE GUIDELINES				
Fresh Vegetables <i>(Unless noted otherwise)</i>	Storage Time			How to Store
	In Refrigerator 35-40°F (2-4°C)	At Room Temperature 70°F (21°C)	In Freezer 0°F (-18°C) stored in MVP*materials	
Asparagus	1-2 days		8 months, blanch before freezing	Do not wash before storing. Keep in crisper, plastic bags, or plastic containers.
Beans Dried	1-2 days	12 months	Reconstituted, 8 months	Keep in crisper or moisture proof wrap.
Green or Waxed	3-5 days		8 months, blanch before freezing	
Lima (unshelled)			8 months, blanch before freezing	
Beets, raw	1-2 weeks		8 months, blanch before freezing	Remove leafy tops. Keep in crisper.
Broccoli, Brussels sprouts and summer squash	3-5 days		8 months, blanch before freezing	Store in crisper in plastic bags or plastic containers
Cabbage	1-2 weeks			
Carrots	1-2 weeks		8 months, blanch before freezing	Remove tops. Store in plastic bags or plastic containers.
Celery	1-2 weeks		6 months (See note→)	Refrigerated; Keep in crisper or moisture proof wrap. Frozen; Can be frozen if cut or sliced but will lose texture quality. Product will maintain flavor and will be good enough for soups or casseroles. Freezes just fine within soups or casseroles.
Corn	1-2 days in husk		8 months, blanch before freezing	As soon as corn is cut, the sugars begin to convert to starch. For best flavor, corn should be enjoyed within hours of cutting, preferably within 24 hours.
Lettuce Head, unwashed	5-7 days			Store away from other vegetables.
Head, washed and drained	3-5 days			
Lettuce, Bib	1-2 days			
Mushrooms	1-2 days			Do not wash before storing.
Onions	Peeled and/or cut/sliced, sealed well; 1 - 2 weeks	2 weeks		Keep dry, with good air circulation and away from sun

Peas Dried	3-5 days	12 months	Reconstituted 8 months	Store in cool dry place in airtight container.
Peas, Unshelled	3-5 days	1-2 days		
Potatoes	Do not store here.	2 weeks	May be frozen within casseroles or soups.	Keep dry and away from sun. For longer storage keep about 50° F. Don't refrigerate potatoes. Keep in airtight package.
instant		6-12 months		
Radishes and Parsnips	1-2 weeks			Remove tops. Store in refrigerator in plastic bags or in plastic containers.
Spinach, kale, collard, chard, beet turnip and mustard greens	3-5 days			Wash thoroughly in cold water. Lift out of water as grit settles to the bottom of pan. Drain well. Store in plastic bags.
Tomatoes	1-2 days			Flavor of tomatoes best at room temperature. Keep unripe tomatoes at room temperature away from direct sunlight until they ripen.
Cauliflower, eggplants, snap beans	1 week			Store in refrigerator in crisper on plastic bags or plastic containers.
Rhubarb	3-5 days			Refrigerate stalks. Throw away the leaves, they are POISONOUS.
Peppers and cucumbers	1 week			Wash and dry, store in crisper or in plastic bags.

\* MVP - moisture and vapor-proof paper.

*Disclaimer; The guidelines listed above are minimum standards which solely depend upon proper food handling, temperature and light exposure, and exercise of common sense. Improper handling, storage, temperature and light exposure, and exposure to infestation negate all recommended standards and no food should be consumed as a result. Linda Ely, Organizing Matters, is not responsible for intentional or accidental oversight of proper food care, handling, storage or preparation, common sense nor any of the resulting consequences.*