# Fruit and Vegetable Storage Guidelines

## FRUIT STORAGE GUIDELINES

<table>
<thead>
<tr>
<th>Fresh Fruits (Unless noted otherwise)</th>
<th>Storage Time</th>
<th>How to Store</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>In Refrigerator 35-40°F (2-4°C)</strong></td>
<td><strong>At Room Temperature 70°F (21°C)</strong></td>
<td><em><em>In Freezer 0°F (-18°C) stored in MVP</em> materials</em>*</td>
</tr>
<tr>
<td><strong>Apples</strong></td>
<td>1 month</td>
<td>1 week</td>
</tr>
<tr>
<td><strong>Apricots, Nectarines, Peaches</strong></td>
<td>3-5 days</td>
<td>2-3 days</td>
</tr>
<tr>
<td><strong>Avocados, Bananas, Pears</strong></td>
<td>3-5 days</td>
<td>2-3 days (longer is over ripe is acceptable.)</td>
</tr>
<tr>
<td><strong>Berries and Cherries</strong></td>
<td>1-2 days</td>
<td></td>
</tr>
<tr>
<td><strong>Cranberries</strong></td>
<td>1 week</td>
<td></td>
</tr>
<tr>
<td><strong>Grapes</strong></td>
<td>3-5 days</td>
<td>1-2 days</td>
</tr>
<tr>
<td><strong>Citrus Fruits</strong></td>
<td>2-3 weeks</td>
<td>1-2 weeks</td>
</tr>
<tr>
<td><strong>Melons</strong></td>
<td>1 week</td>
<td>12 months (removed from rind, cut into pieces.)</td>
</tr>
<tr>
<td><strong>Pineapples</strong></td>
<td>1 week 2-3 days, cut</td>
<td></td>
</tr>
<tr>
<td><strong>Plums</strong></td>
<td>3-5 days</td>
<td>12 months (cut and pitted.)</td>
</tr>
</tbody>
</table>

* MVP - moisture and vapor-proof paper.
<table>
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<tr>
<th>Fresh Vegetables</th>
<th>Storage Time</th>
<th>How to Store</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asparagus</td>
<td>1-2 days</td>
<td>8 months, blanch before freezing. Do not wash before storing. Keep in crisper, plastic bags, or plastic containers.</td>
</tr>
<tr>
<td>Beans Dried</td>
<td>1-2 days</td>
<td>12 months 8 months. Reconstituted, Keep in crisper or moisture proof wrap.</td>
</tr>
<tr>
<td>Green or Waxed</td>
<td>3-5 days</td>
<td>8 months, blanch before freezing.</td>
</tr>
<tr>
<td>Lima (unshelled)</td>
<td></td>
<td>8 months, blanch before freezing.</td>
</tr>
<tr>
<td>Beets, raw</td>
<td>1-2 weeks</td>
<td>8 months, blanch before freezing. Remove leafy tops. Keep in crisper.</td>
</tr>
<tr>
<td>Broccoli, Brussels sprouts and summer squash</td>
<td>3-5 days</td>
<td>8 months, blanch before freezing. Store in crisper in plastic bags or plastic containers.</td>
</tr>
<tr>
<td>Cabbage</td>
<td>1-2 weeks</td>
<td></td>
</tr>
<tr>
<td>Carrots</td>
<td>1-2 weeks</td>
<td>8 months, blanch before freezing. Remove tops. Store in plastic bags or plastic containers.</td>
</tr>
<tr>
<td>Celery</td>
<td>1-2 weeks</td>
<td>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.</td>
</tr>
<tr>
<td>Corn</td>
<td>1-2 days in husk</td>
<td>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.</td>
</tr>
<tr>
<td>Lettuce Head, unwashed</td>
<td>5-7 days</td>
<td>Store away from other vegetables.</td>
</tr>
<tr>
<td>Head, washed and drained</td>
<td>3-5 days</td>
<td></td>
</tr>
<tr>
<td>Lettuce, Bib</td>
<td>1-2 days</td>
<td></td>
</tr>
<tr>
<td>Mushrooms</td>
<td>1-2 days</td>
<td>Do not wash before storing.</td>
</tr>
<tr>
<td>Onions</td>
<td>Peeled and/or cut/sliced, sealed well; 1 - 2 weeks</td>
<td>2 weeks Keep dry, with good air circulation and away from sun</td>
</tr>
</tbody>
</table>
Peas Dried | 3-5 days | 12 months | Reconstituted 8 months | Store in cool dry place in airtight container.
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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.
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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.