

















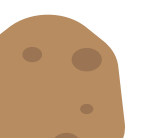










	Store on Counter	Store in Fridge	Keep Covered	Keep separate from other fruits and veggies	* Special Storage Instructions
 Apples	5 Days	3 weeks	Keep covered with air flow	✓	May cause other fruits and vegetables to over ripen
Arugula	✗	5-7 days	Keep covered, with air flow		Keep in a perforated bag when possible
 Asparagus	✗	1 week	Keep covered with air flow	✓	Do not store in the same bag/container as other veggies
Basil	3 Days	✗	✗	✓	Keep stems in a cup/jar covered with water
 Beets	✗	2-3 weeks	Keep covered with air flow		Separate leaves and bulbs; store separately
 Blueberries	✗	1 week	Keep covered, airtight		Can be easily stored in the fridge or freezer
Bok Choy	✗	1 week	Keep covered, airtight		Wash thoroughly when ready to use
 Broccoli	✗	5-7 days	Keep covered with air flow		
Brussel Sprouts	✗	4-5 days	Keep covered with air flow		
Cabbage	✗	2-3 weeks	Can be kept uncovered in crisper drawer		Once cut, can keep for 1 week
Cabbage(Fancy)	✗	2-3 weeks	Can be kept uncovered in crisper drawer		
Canary Melon	3 days	5 days	Can be kept uncovered in crisper drawer		
Cantaloupe	3 days	5 days	Can be kept uncovered in crisper drawer	✓	May cause other fruits and vegetables to over ripen
 Carrots	✗	2 weeks	Keep covered, airtight		Separate greens from carrots; store separately
Cauliflower	✗	2 weeks	Keep covered with air flow		
Celery	✗	2 weeks	Wrap in a dry towel and keep covered		Cut celery should be stored in a container submerged in water
Chinese Cabbage	✗	2-3 weeks	Keep covered, airtight		Do not cut before storing
Cilantro	✗	4-6 days	Keep covered, airtight		Trim stems periodically to increase shelf life
 Collard Greens	✗	1 week	Keep covered, airtight	✓	Do not store in the same bag/container as other veggies
 Corn on Cob	✗	3-4 days	Husked: Keep covered, airtight Unhusked: no cover		Corn should be used quickly once husked or it will get starchy
 Cucumber	✗	1 week	Keep covered with air flow	✓	Keep cucumbers in part of fridge that does not stay too cold
Delicatta Squash	1 Month	✗	✗		Keep in a cool, dry place
Dill	✗	1 week	Keep covered, airtight		Trim stems periodically to increase shelf life
 Eggplant	✗	5-7 Days	Keep covered with air flow	✓	Do not store in the same bag/container as other veggies
 Garlic	6 Months	✗	✗		
Garlic Scapes	✗	2 -3 weeks	Keep covered, airtight		Can be cut and stored frozen for 4 months

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 Green Beans	✘	1 week	Keep covered with air flow		Can be easily stored in the fridge or freezer
 Kale	✘	1 week	Keep covered, airtight		Can be easily stored in the fridge or freezer
Kohlrabi	✘	3 months	Keep covered, airtight		Separate leaves and bulbs; store separately
 Lettuce	✘	3-4 days	✘	✔	Do not store in the same bag/container as other veggies
 Lima Beans	✘	3-4 days	Keep covered with air flow		
Mustard Greens	✘	5 days	Keep covered, airtight		Can be easily stored in the fridge or freezer
Napa Cabbage	✘	3 weeks	Keep covered, airtight		
Nectarines	Unripe: 3 days	5-7 days	✘	✔	Do not store in the same bag/container as other veggies
Onions	Up to 6 months	**2 weeks not recommended for best taste	✘	✔	Keep in a cool, dry place
Oregano	✘	3 days	Keep covered with air flow		
Papalo	✘	3 days	Keep covered, airtight		
Parsnips	✘	2 weeks	Keep covered with air flow		
Peaches	Unripe: 3 days	5-7 days	Keep covered with air flow	✔	May cause other fruits and vegetables to over ripen
 Pears	Unripe: 3 days	2 weeks	Keep covered with air flow	✔	May cause other fruits and vegetables to over ripen
Peas	✘	5 days	Keep covered with air flow		Can be easily stored in the fridge or freezer
Pepicha	✘	3 days	Keep covered, airtight		
 Peppers, Bell	✘	1 week-10 days	Keep covered	✔	May cause other fruits and vegetables to over ripen
 Peppers, Hot	✘	1 week-10 days	Keep covered	✔	May cause other fruits and vegetables to over ripen
Plums	Unripe: 3 days	5-7 days	Keep covered with air flow		
 Potatoes	1 month	2 weeks	✘		Keep in a cool, dry place
 Radishes	✘	2 weeks	Keep covered with air flow		Remove greens, store separately
Romanesco	✘	5 days	Keep covered, airtight		
Rosemary	Can be hung to dry	1 week	Keep covered, airtight		
Scallions	✘	1-2 weeks	Keep covered with air flow		Do not store in the same bag/container as other veggies
Shallots	6 Months	✘	✘		Keep in a cool, dry place
 Spinach	✘	7-10 days	Keep covered, airtight		Can be easily stored in the fridge or freezer

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 Squash, winter	Up to 6 months	Cut Squash: 4 days	✗	✓	Keep in a cool, dry place; Keep skin dry
 Strawberries	1 day	3-5 days	Keep covered with air flow		
 Sweet Potato	2 months	✗	✗	✓	Keep in a cool, dry place
Swiss Chard	✗	2 days	Keep covered, air-tight		Highly perishable; use quickly
Tomatillos	✗	1-2 weeks	Keep in paper, with air flow	✗	Keep husks on
 Tomatoes	4 days	✗	✗	✓	May cause other fruits and vegetables to over ripen
Turnips	✗	1 month	Keep covered with air flow		
 Watermelon	3 days	2 weeks	✗	✓	
Yellow Squash	✗	3-5 days	Keep covered, air-tight		
 Zucchini	✗	3-5 days	Keep covered, air-tight		