



# How to store fruits and vegetables

**Apples** -- Shelf Life: 5-26 weeks  
coldest part of the fridge. Softens after some months, but fine for cooking after that.

**Apricots** -- Shelf Life: 5-7 days  
Remove from all packaging. Usually needs more ripening on countertop, but then refrigerate immediately when ripe.

**Asparagus** -- Shelf Life: Up to 10 days  
cold part of the fridge, with the cut end in an inch or two of water. Upright, in a plastic container.

**Basil, all types** -- Shelf Life: 2-5 days  
cut stems in vase with water on countertop is best, or in the warmest part of the refrigerator. Excessive cold blackens the leaves.

**Beans (dried)** -- Shelf Life: Best to use within a year  
Pantry in air tight container.

**Beans (lima)** -- Shelf Life: Up to 10 days  
Refrigerator. Shell as soon as pods slightly soften.

**Beans (snap)** -- Shelf Life: Up to 7 days  
Refrigerator; keep in the bag. Wash just before using. Must be dry before storing.

**Beets** -- Shelf Life: Roots: 5 weeks; greens: 5 days  
Best in fridge, but OK in basement. Separate greens - must be refrigerated. Wash greens just before cooking.

**Blackberries** -- Shelf Life: 3-5 days  
Must be refrigerated: coldest part of fridge. If storing in a plastic container, pack loosely. It's also okay to store in an open container. Wash right before eating/using. Excess water leads to fungal growth.

**Blueberries** -- Shelf Life: 1 - 2 weeks  
Must be refrigerated: coldest part of fridge. Wash only before eating/using. Excess water leads to fungal growth.

**Broccoli** -- Shelf Life: 1 - 2 weeks  
Refrigerate in coldest part of fridge.

**Brussels Sprouts** -- Shelf Life: Keeps 3-4 weeks  
coldest part of the fridge.

**Cabbage** -- Shelf Life: Refrigerated up to 4 months  
Best anywhere in the fridge. Can be stored in a very cold basement if needed, but not ideal.

**Cabbage - chinese** -- Shelf Life: 5-21 days  
Any part of fridge.

**Carrots** -- Shelf Life: 3 months, properly stored  
coldest part of the fridge. Best to store dry (in a bag). If they are too wet they will start to sprout or rot. Out of the bag they begin to go flaccid. Cellar only with great care.

**Cauliflower** -- Shelf Life: 1 - 2 weeks  
Refrigerate in coldest part of fridge.

**Celeriac** -- Shelf Life: Up to 3 months  
Fridge is best, but pantry or cellar works okay too.  
**Celery** -- Shelf Life: 1 - 3 weeks  
coldest part of fridge. Leaves like to be dry in a bag. Stems like to be loose in a bag.

**Cherries** -- Shelf Life: 2-6 days  
Immediate refrigeration is safest. Wash upon receipt. Drain well before storing in an open container.

**Chives** -- Shelf Life: 4 - 7 days  
Dry, loose in a plastic bag in the coldest part of the refrigerator. Wash just before using.

**Cilantro** -- Shelf Life: 3 - 14 days  
Washed, drained and then refrigerated. In a sealed Tupperware, with a paper towel or cloth underneath to help regulate the moisture.

**Corn (sweet)** -- Shelf Life: Best to eat immediately, but will retain sweetness up to 4 days  
coldest part of the fridge. Typically loses sweetness during storage.

**Cucumbers** -- Shelf Life: 3-10 days  
Refrigerate.

**Dill** -- Shelf Life: 3 - 14 days  
Washed, drained and then refrigerated. In a sealed Tupperware, with a paper towel or cloth underneath to help regulate the moisture.

**Edamame (Soy Beans)** -- Shelf Life: 7 days  
Store refrigerated, unwashed.

**Eggplant** -- Shelf Life: 7-10 days upon refrigeration  
On counter until ripe and soft (and a little wrinkly) -- this is sweetest and most tender. Then put in fridge.

**Fennel Bulbs** -- Shelf Life: 1 - 3 weeks  
coldest part of fridge. Leaves like to be dry in a bag. Stems like to be loose in a bag.

**Garlic** -- Shelf Life: Best flavor when eaten within 6 weeks, but can keep up to 4 months. Pantry.

**Grapes** -- Shelf Life: Typically 3 - 10 days  
coldest part of fridge, in an open container.

**Greens**  
All greens should be washed and drained before storing in the refrigerator. Longest shelf life is had by placing greens on top of a paper towel or clean cloth inside of a lidded Tupperware container. Whole heads store longer and better than cut leaves.

**Green Beans/String Beans** -- Shelf Life: 3- 10 days  
Refrigerator - loose and dry.

**Horseradish** -- Shelf Life: Many months  
coldest part of fridge.

**Jerusalem Artichokes** -- Shelf Life: Many months  
coldest part of fridge, loose and dry in paper or plastic bag.

**Kohlrabi** -- Shelf Life: 1 - 6 weeks  
coldest part of fridge, loose and dry in plastic bag.

**Leeks** -- Shelf Life: 5 - 30 days  
coldest part of fridge, loose and dry in plastic bag.

**Melons (honeydew, cantaloupe)** -- Shelf Life: Up to 2 weeks (after ripe) in fridge  
On counter until ripe. Refrigerating will slow or stop the ripening if necessary. Cantaloupe smells ripe from the stem end when perfect.

**Mint** -- Shelf Life: 2-5 days  
cut stems in vase with water on countertop is best, or in the warmest part of the refrigerator. Excessive cold blackens the leaves.

**Mushrooms** -- Shelf Life: 3 - 10 days  
Loose in open container in fridge; never in closed plastic bag.

**Nectarines** -- Shelf Life: Once ripened and refrigerated: 3 - 5 days  
On countertop, loose and separated on platter, until just soft. Fruit should sit on its shoulders. Once ripe, eat within 12 hours or refrigerate.