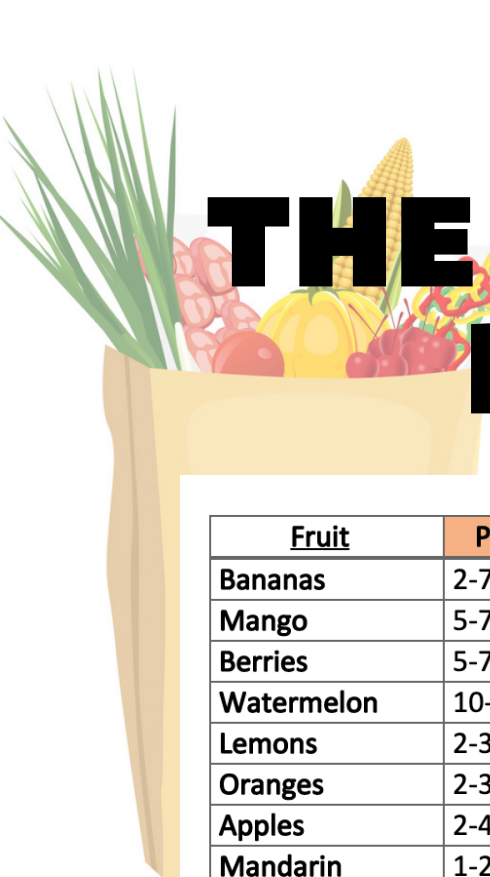


A GUIDE TO

THE SHELF LIFE OF PRODUCE



<u>Fruit</u>	Pantry/ cabinet/ counter	Refrigerator	Freezer
Bananas	2-7 days	7-9 days	2-3 months
Mango	5-7 days	7-10 days	6-12 months
Berries	5-7 days	5-7 days	6-12 months
Watermelon	10-12 days (uncut)	6-8 days	N/A
Lemons	2-3 weeks	3-6 weeks	N/A
Oranges	2-3 weeks	1-3 months	N/A
Apples	2-4 weeks	1-2 months	N/A
Mandarin Oranges	1-2 years (canned)	1-2 years (canned)	N/A
Pineapple	1-2 years (canned)	5-7 days (fresh)	6-12 months

<u>Vegetable</u>	Pantry/ cabinet/ counter	Refrigerator	Freezer
Cabbage	1-2 days	1-2 months	6 months
Mushrooms	1-2 days 3-5 years (canned)	7-10 days	12 months
Broccoli	2-3 days	1-2 weeks	12 months
Snap Peas	2-3 days	5-7 days	12 months
Cauliflower	2-4 days	1-3 weeks (fresh)	12 months
Celery	3-5 days	2-3 months	6-8 months
Bell Peppers	4-5 days	2-3 weeks	12 months
Tomatoes	4-5 days to ripen (fresh) 18 months –2 years (canned)	5-7 days (fresh)	6 months
Potatoes	3-5 weeks	N/A	N/A
Squash	1-3 months	1-3 months	12 months
Onion	2-3 months	2-3 months	12 months
Garlic	3-6 months	6-7 months	N/A
Pickles	1-2 years (jarred)	1-2 years (unopened) 12-18 months (opened)	2-12 months
Okra	1-2 years (jarred)	7-10 days (fresh)	10-12 months
Beets	3-5 years (canned)	2 weeks (fresh)	10-12 months
Carrots	3-5 years (canned)	1-3 months	12 months
Corn	3-5 years (canned)	3-5 days (off cob)	12 months
Edamame	N/A	4-6 days (cooked)	12 months
Green beans	3-5 years (canned)	5-7 days	12 months
Peas	3-5 years (canned)	1-2 weeks	12 months

TIPS FOR KEEPING YOUR PRODUCE FRESH & SAFE TO EAT



1. Prepare produce for storage and store it as soon as you get home

2. Don't purchase produce with mold, bruises, or cuts

3. Give your produce space to breathe, try not to overcrowd!

- Store fruits as far away from the veggies to minimize the effects on the vegetables from gases that fruit produces.

4. Eat your most perishable items first

5. Store items that belong on the counter (like potatoes, onions, garlic, and some fruits) in a cool, dry place

- Place them on a counter where they won't receive direct sun. Don't place next to the oven, the stove, or on top of the refrigerator.
- Separate them so their flavors and smells don't migrate

6. Remove excess moisture

- If produce is wet from grocery store spraying, make sure to pat dry before storing

7. Remove vegetable tops

- Vegetable tops will pull moisture from the roots, and you will have dry roots sooner than later.
- Roots like carrots, radishes, and beets, may have leafy green attached at the top and these should be removed immediately and stored separately.

8. Check your produce during storage

- Continue to give your produce a look mid-week. Change out any bags with excess liquid, trim any wilted parts, and/or chop off any moldy spots.

9. Explore new ways to use the produce that are no longer in top form

- For example, make a soup or stew with leftover vegetables, or create a jam from the excess fruit.
- If you see bananas going bad, peel and chop them and store them in the freezer for smoothies or banana bread. Store canned fruits/vegetables in a cool, dry place

10. Store canned fruits/vegetables in a cool, dry place.

