

Storing Fruits and Vegetables

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Food	Typical Storage	Extended Storage Strategies	Alternatives to Consider
Apples	5-7 days counter	1-2 months fridge	Dried apple rings
Bananas	5 days counter	+3 days in fridge (will turn brown on outside)	Freeze for smoothies or baking
Berries	2-3 days in fridge	Shallow container lined with paper towel	Freeze or can
Grapes	5-7 days in fridge		Freeze as icy treats
Mangoes	5 days counter	+4 days in fridge	Freeze or dehydrate
Melons	5 days counter	+4 days in fridge	
Oranges	5-7 days counter	3-4 weeks fridge	Juice, freeze slices
Stone Fruit	3-4 days counter	+2 days in fridge (not longer or they'll get mealy)	Freeze or can
Avocado	4-6 days counter	+5 days in fridge or freeze	Mash and freeze
Beets	3-4 weeks fridge	Perforated bag in fridge	Cook & freeze or pickle
Broccoli	5-7 days fridge	Loosely wrapped	Blanch and freeze
Carrots	3-4 weeks fridge	Remove greens, loosely wrapped, control for moisture	Blanch and freeze
Cauliflower	2 weeks fridge	Loosely wrapped	Blanch and freeze
Celery	2-3 weeks fridge	Wrap tightly, damp cloth if wilting	Chop and freeze
Cucumber	4-6 days fridge	Wrap tightly, keep dry, not too cold	
Kale	7 days fridge	In loose plastic bag, add damp cloth if wilting	Blanch and freeze
Lettuce	7 days fridge	In loose plastic bag, add damp cloth if wilting	
Onions	3 weeks cool/dark No fridge	Don't store next to potatoes, keep dry	Freeze diced onions
Tomatoes	5-7 days counter	+7 days in fridge	Freeze or can
Potatoes	4-5 weeks cool/dark No fridge	Don't store next to onions, keep dry	
Spinach	7-10 days fridge	Use in hot dishes	Blanch and freeze
Sweet Peppers	5-7 days fridge	Keep dry in sealed plastic bag	Chop and freeze
Sweet Potatoes	1-2 weeks cool/dark		Blanch and freeze or cook, mash and freeze
Winter Squash	2-3 months cool/dark	Dice/spiralize and freeze and use within 3 months	Cook, mash and freeze