

Fresh Produce Storage Cheat Sheet

Produce Item	Shelf Life	Refrigerate?
 Apples	2-6 months	Yes
 Asparagus	4 days	Yes
 Avocado	3 days	No
 Bananas	5 days	No
 Basil	3 weeks	Yes
 Beets	10 days	Yes
 Blueberries	5 days	Yes
 Broccoli	5 days	Yes
 Carrots	4 weeks	Yes
 Celery	2 weeks	Yes
 Cilantro	3 weeks	Yes
 Cucumber	6 days	Yes
 Garlic	2 months	No
 Ginger	1 month	Yes
 Green Onions	2 weeks	Yes
 Kale	7 days	Yes
 Lemons	2 weeks	Yes
 Lettuce	10 days	Yes
 Limes	2 weeks	Yes
 Mushrooms	10 days	Yes
 Onions	2 months	No
 Oranges	2 weeks	Yes
 Potatoes	2 weeks	No
 Strawberries	5 days	Yes
 Tomatoes	7 days	No