

Produce Storage Guide

Produce generally doesn't come with an expiration date so it can sometimes be hard to judge how much to buy before it will go bad. Use this guide to help properly store ingredients and keep track of more perishable items so you aren't left with a ton of food waste.

You can wash and chop many of the items ahead of time, but this may change their storage requirements. Avoid washing berries until just before use.

Store more perishable items in visible, easy to access places so you won't forget about them.

To keep produce fresher longer, store it in the refrigerator unless otherwise noted.

Use Within 3-5 Days

- Asparagus
- Banana, once fully ripened
(store on countertop)
- Basil
- Berries
- Bok choy
- Chard
- Chives
- Cilantro
- Escarole
- Kale
- Kiwi
(store on countertop until ripe)
- Okra
- Onion, cut
- Peaches, once ripened
(store on countertop until ripe)
- Plums, once ripened
(store on countertop until ripe)
- Raddichio
- Snow peas
- Spinach
- Tomatoes (store on countertop)



Use Within 5-7 Days

- Artichokes
- Arugula
- Bell peppers
- Broccoli
- Broccoli rabe
- Brussels sprouts
- Cabbage, savoy & napa
- Cauliflower
- Cherries
- Cucumbers
- Eggplant
- Endive
- Fennel
- Grapes
- Green beans
- Green onions
- Jicama
- Leeks
- Lettuce
- Mint
- Mixed greens
- Melon
- Mushrooms
(paper bag in fridge)
- Pineapple
- Potatoes, baby
(store in pantry away from onions)
- Radishes
- Scallions
- Summer squash
- Winter squash, cut
- Zucchini



No Rush: 2+ Weeks

- Apples
- Beets
- Cabbage, green & red
- Carrots
- Celery
- Ginger
- Lemons
- Limes
- Onions, whole
(store in pantry away from potatoes)
- Oranges
- Parsnips
- Potatoes, large
(store in pantry away from onions)
- Rosemary
- Sweet potatoes
(store on countertop)
- Thyme
- Turnips
- Winter squash, whole
(store on countertop)

