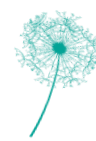


# Vegetable Storage Cheat Sheet



Food	Storage	Counter	Refrigerator	Freezer
Arugula			2-3 days	
Asparagus			5-7 days	
Avocado	leave out until ripe	4-7 days	3-5 days more	3-6 months
Bok choy			3-4 days	10-12 months
Broccoli	dry in bag		7-14 days	6-8 months
Brussel Sprouts			3-5 days	12-18 months
Carrots	dry in bag	1-4 days	4-5 weeks	8-12 months
Cauliflower	dry in bag		7-10 days	6-8 months
Celery	whole celery		3-4 weeks	
Corn	cob/remove to freeze		5-7 days	6-8 months
Cucumbers		1-3 days	1 week	8-12 months
Egg Plant			5-7 days	6-8 months
Endive			4-5 days	
Escarole			3-5 days	
Fennel			7-10 days	10-12 months
Garlic-whole	paper on	3-6 months		10-12 months
Garlic-clove	paper on	1-2 months		10-12 months
Ginger			2-3 weeks	1 month
Green Beans			3-5 days	12-18 months
Green onions		1-2 days	1-2 weeks	6-8 months
Kale			1-2 weeks	
Leeks			7-14 days	10-12 months
Lettuce/Spinach	head		1 week	
Mushrooms-whole	store in brown bag		7-10 days	
Mushrooms-sliced			5-7 days	
Okra			2-3 days	10-12 months
Onions		4-6 weeks	1-2 months	6-8 months
Parsnips		4-5 days	1 month	6-9 months
Peas	any variety		3-5 days	12-18 months
Green Peppers			2-3 weeks	4-6 months
Red/Yellow Peppers				
Pumpkin		1-2 months		10-12 months
Radish			10-14 days	
Squash	shred to freeze		7-10 days	10-12 months
Swiss Chard			2-3 days	10-12 months
Tomatoes		5-7 days	2 weeks	8-12 months
Turnip			2-3 days	8-10 months

