



FARM FRESH CAROLINAS

Produce Storage Guide

Fruit				Vegetables				
		Pantry or Counter	Refrigerate	Freeze		Pantry or Counter	Refrigerate	Freeze
Apples	Store in low-humidity crisper drawer.	Until Ripe	3 - 4 Weeks		Artichokes	Store in airtight container sealed with light moisture.	5 - 7 Days	
Apricot	Store in low-humidity crisper drawer.	Until Ripe	5 Days		Asparagus	Wrap ends in damp towel, or upright in 1" of water.	3 - 4 Days	8 Months
Banana	Only refrigerate once fully ripe; Peels will brown, but fruit is fine.	2 - 5 Days	5 Days	1 Year	Avocado	Store in low-humidity crisper drawer. Place with apples to speed up ripening.	Until Ripe	3 - 5 Days
Blackberries	Refrigerate immediately. Discard any moldy berries. Store in shallow covered container.		2 - 3 Days	1 Year	Beets	Remove greens from root and store separately. Greens can be stored in plastic.		2 Weeks
Blueberries	Refrigerate immediately. Discard any moldy berries. Store in shallow, covered container.		1 - 2 Weeks	1 Year	Broccoli	Place in open container, or wrap with damp towel before placing in fridge.		4 - 6 Days
Cantaloupe	Uncut store in cool dry place. Cut melon store in fridge.	Until Ripe	7 - 10 Days		Brussels Sprouts	Store in open container with damp towel on top.		4 - 6 Days
Cherries	Make sure to store completely dry.	Until Ripe	3 - 5 Days		Cabbage	Peel off outer leaves. Store in high-humidity crisper drawer.		1 - 2 Weeks
Honeydew	Uncut store in cool dry place. Cut melon store in fridge.	Until Ripe	7 - 10 Days		Carrots	Remove tops. Store in closed container with moisture in high-humidity crisper drawer.		2 Weeks
Figs	Refrigerate immediately. Very delicate skin; Store in open container or on a plate.		2 - Days		Cauliflower	Store wrapped airtight in fridge.		4 - 6 Days
Grapes	Store in low-humidity crisper drawer.		5 - 7 Days		Celery	Place in a cup or bowl of shallow water.		1 - 2 Weeks
Grapefruit	Store with good air flow. Never in an airtight container.	Until Ripe	1 - 2 Weeks		Corn	Store in husks.		3 - 5 Days
Kiwi	Store in low-humidity crisper drawer.		5 - 7 Days		Cucumber	Wrap in moist towel in fridge. Leave them out on the counter the day prior to eating.		1 Week
Lemon	Store with good air flow. Never in an airtight container.	Until Ripe	2 - 3 Weeks		Eggplant	Eggplant will do fine on the counter. For longer storage place in crisper.		5 - 7 Days
Limes	Store with good air flow. Never in an airtight container.	Until Ripe	2 - 3 Weeks		Garlic	Store in cool dark place; Unpeeled cloves will last 7-10 days	3 Months	
Mango	Store in low-humidity crisper drawer.	Until Ripe	5 - 7 Days		Ginger	Store in crisper drawer in plastic bag.		2 - 3 Weeks
Nectarines	Store in fridge once ripe. Firm fruit will ripen on counter; will mold quickly if left too long.	Until Ripe	3 - 5 Days		Green Beans	Store in high-humidity crisper drawer. Put a damp cloth over an open container.		3 - 5 Days
Oranges	Store with good air flow. Never in an airtight container.		2 - 3 Weeks		Herbs, Leafy	Trim stems and place in water; cover with loose plastic. Do not refrigerate basil.		7 - 10 Days
Papayas	Store in low-humidity crisper drawer.		2 - 3 Days		Herbs, Woody	Wrap in damp paper towel and store in plastic bag.		10 - 14 Days
Peaches	Store in fridge once ripe. Firm fruit will ripen on counter; will mold quickly if left too long.	Until Ripe	3 - 5 Days		Leafy Vegetables	Store in high-humidity crisper drawer.		5 - 7 Days
Pears	Will also store well on counter. Storing with apples will hasten ripening.		5 - 7 Days		Lettuce	Store in high-humidity crisper drawer.		5 - 7 Days
Persimmons	Store on counter until ripe. Astringentness only subsides when completely ripe.	Until Ripe	2 - 3 Days		Mushrooms	Wash just prior to use. Store in paper bag in high-humidity crisper drawer.		5 - 7 Days
Pineapple	Leave on counter until ready to cut. Store cut pineapple in airtight container.	Until Ripe	3 - 5 Days		Okra	Doesn't like to be wet. Store in an airtight container with dry towel.		2 - 3 Days
Plums/Pluots	Store in fridge once ripe. Firm fruit will ripen on counter.		3 - 5 Days		Onion	Store in cool, dry place. Do not store near potatoes.	1 - 2 Weeks	2 - 3 Weeks
Pomegranates	Can store on cool counter top. For longer storage refrigerate.		1 - 2 Months		Parsnips	Remove tops. Store in closed container with plenty of moisture in high-humidity crisper.		2 Weeks
Raspberries	Refrigerate immediately. Discard any moldy berries. Store in shallow covered container.		2 - 3 Days	1 Year	Peas	Store in airtight container.		3 - 5 Days
Strawberries	Refrigerate immediately. Discard any moldy berries. Store in shallow covered container.		2 - 3 Days	1 Year	Peppers	Store in high-humidity crisper drawer.		1 - 2 Weeks
Watermelon	Uncut store in cool dry place. Store cut melon in fridge.	Until Ripe	2 Weeks		Potatoes	Store in a cool, dark area. Do not store near onions.	1 - 2 Months	
					Radishes	Remove greens and store separately. Store in open container with wet towel on top.		2 Weeks
					Snap Peas	Refrigerate in open container.		1 Week
					Spinach	Store loose in an open container in high-humidity crisper drawer.		5 - 7 Days
					Sprouts	Store in an airtight container with damp towel.		1 - 2 Weeks
					Summer Squash	Can be on the counter for a few days. Wrap in cloth or plastic and refrigerate for longer.		3 - 5 Days
					Tomatoes	Store on counter.	1 Week	Not Recommended
					Turnips	Remove greens from root and store separately. Greens can be stored in plastic.		2 Weeks
					Zucchini	Can be on the counter for a few days. Wrap in cloth or plastic and refrigerate for longer.		3 - 5 Days
					Winter Squash	Store in a cool, dark, well ventilated place.	1 - 2 Weeks	

Know Which Produce Produces Gas

Some fruits and vegetables emit ethylene gas as they ripen. This odorless and harmless gas will speed up the ripening process of ethylene sensitive produce. To avoid speeding up the ripening process keep ethylene gas producing produce and ethylene sensitive produce separate.

Produce that Create Ethylene Gas: Apples, Apricots, Avocados, Bananas, Blueberries, Cantaloupe, Figs, Grapes, Green Onions, Honeydew, Kiwi, Mangoes, Melons, Mushrooms, Nectarines, Peaches, Pears, Peppers, Pineapple, Plums, Tomatoes, Watermelon

Produce that are Sensitive to Ethylene Gas: Asparagus, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Cucumbers, Eggplant, Green Beans, Kale, Leafy Greens, Lettuce, Peas, Peppers, Potatoes, Spinach, Squash, Sweet Potatoes