

Produce Storage Guide

[3-5 DAYS]

Apricots	Cilantro	Onions, cut
Asparagus	Cucumber	Peas
Avocados	Escarole	Peaches
■ Bananas	Herbs	■ Pineapple
■ Basil	Kale	Plums
Berries	Mango	Radicchio
Bok Choy	■ Melons	Spinach
Chard	Nectarines	■ Tomatoes
Chives	Okra	



[1 WEEK]

Artichokes	■ Citrus fruit	Jicama	Pears
Arugula	Corn, sweet	Leeks	■ Potatoes, baby
Bell peppers	Eggplant	Lettuce	Radishes
Broccoli	Endive	Kiwi	Scallions
Brussels sprouts	Fennel	Mint	Summer squash
Cabbage	Grapes	Mixed greens	Winter squash, cut
Cauliflower	Green beans	Mushrooms	Zucchini
Cherries			



Tips!



Separate potatoes & onions and store them in a cool, dark, dry pantry or cupboard!

Basil can last 1 week longer if you trim the stems and put them in a jar with 2 inches of water. No sunlight please!

Ginger in an air-tight ziplock bag can last even longer!
Spread out herbs on a platter to avoid mold!

Citrus lasts ~2 weeks in the fridge. But we recommend keeping it on the counter in sight to remind you to get your dose of Vitamin C!

Ripen avocados on the counter, then stick them in the fridge to get a few more days out of them.

[2+ WEEKS]

Apples	Parsnips
Beets	■ Potatoes, large
Carrots	Rosemary
Celery	■ Sweet potatoes
■ Garlic	Thyme
■ Ginger	Turnips
Lemons	■ Winter squash
Limes	
■ Onions, whole	

Store all produce in the fridge unless you see the countertop/pantry icon: ■

Also, these are general guidelines! Trust your senses as well :)