

Fresh Produce

Fruits	Shelf	Refrigerator	Freezer
Apples	1 to 2 days	3 weeks	Cooked, 8 months
Apricots	Until ripe	2 to 3 days	No
Avocados	Until ripe	3 to 4 days	No
Bananas	Until ripe	2 days, skin will blacken	Whole peeled, one month
Berries, Cherries	No	1 to 2 days	4 months
Citrus Fruits	10 days	1 to 2 weeks	No
Coconuts, fresh	1 week	2 to 3 weeks	Shredded, 6 months
Grapes	1 day	1 week	Whole, 1 month
Kiwi Fruit	Until ripe	3 to 4 days	No
Melons	1 to 2 days	3 to 4 days	Balls, 1 month
Papaya, Mango	3 to 5 days	1 week	No
Peaches, Nectarines	Until ripe	3 to 4 days	Sliced, lemon juice Sugar, 2 months
Pears, Plums	3 to 5 days	3 to 4 days	No
Vegetables	Shelf	Raw, Refrigerated	Blanched or Cooked, Frozen
Artichokes, whole	1 to 2 days	1 to 2 weeks	No
Asparagus	No	3 to 4 days	8 months
Beans, green or wax	No	3 to 4 days	8 months
Beets	1 day	7 to 10 days	6 to 8 months
Cabbage	No	1 to 2 weeks	10 to 12 months
Carrots, Parsnips	No	2 weeks	10 to 12 months
Celery	No	1 to 2 weeks	10 to 12 months
Cucumbers	No	4 to 5 days	No
Eggplant	1 day	3 to 4 days	6 to 8 months
Garlic, Ginger root	2 days	1 to 2 weeks	1 month
Greens	No	1 to 2 days	10 to 12 months
Herbs, fresh	No	7 to 10 days	1 to 2 months
Leeks	No	1 to 2 weeks	10 to 12 months
Lettuce, iceberg	No	1 to 2 weeks	No
Lettuce, leaf	No	3 to 7 days	No
Mushrooms	No	2 to 3 days	10 to 12 months
Okra	No	2 to 3 days	10 to 12 months
Onions, dry	2 to 3 weeks	2 months	10 to 12 months
Spring or green	No	1 to 2 weeks	
Peppers, bell or chili	No	4 to 5 days	6 to 8 months
Potatoes	1 to 2 months	1 to 2 weeks	Cooked and mashed, 10 to 12 months
Rutabagas	1 week	2 weeks	8 to 10 months
Spinach	No	1 to 2 days	10 to 12 months
Squash, Summer	No	4 to 5 days	10 to 12 months
Winter	1 week	2 weeks	
Turnips	No	2 weeks	8 to 10 months
Tomatoes	Until ripe	2 to 3 days	2 months