

Fruits	Shelf	Refrigerator	Freezer
Apples	1-2 days	3 weeks	Cooked, 8 mos.
Apricots	Until ripe	2-3 days	No
Avocados	Until ripe	3-4 days	No
Bananas	Until ripe	2 days, skin will blacken	whole peeled, 1 month
Berries, cherries	No	1-2 days	4 months
Citrus fruit	10 days	1-2 weeks	No
Coconuts, fruits	1 week	2-3 weeks	Shredded, 6 months
Grapes	1 day	1 week	Whole, 1 mo.
Kiwi fruit	Until ripe	3-4 days	No
Melons	1-2 days	3-4 days	Balls, 1 mo.
Papaya, mango	3-5 days	1 week	No
Peaches, nectarines	Until ripe	3-4 days	Sliced, lemon juice & sugar, 2 months
Pears, plums	3-5 days	3-4 days	No

Vegetable	Shelf	Raw, refrigerated	Blanched, cooked or frozen
Artichokes, whole	1-2 days	1-2 weeks	No
Asparagus	No	3-4 days	8 months
Beans, green or wax	No	3-4 days	8 months
Beets	1 day	7-10 days	6-8 months
Cabbage	No	1-2 weeks	10-12 months
Carrots, parsnips	No	2 weeks	10-12 months
Celery	No	1-2 weeks	10-12 months
Cucumbers	No	4-5 days	No
Eggplant	1 day	3-4 days	6-8 months
Garlic, ginger root	2 days	1-2 weeks	1 month
Greens	No	1-2 days	10-12 months
Herbs, fresh	No	7-10 days	1-2 months
Leeks	No	1-2 weeks	10-12 months
Lettuce, iceberg	No	1-2 weeks	No
Lettuce, leaf	No	3-7 days	No
Mushrooms	No	2-3 days	10-12 months
Okra	No	2-3 days	10-12 months
Onions, dry	2-3 weeks	2 months	10-12 months
Spring or green	No	1-2 weeks	
Peppers, bell or chili	No	4-5 days	6-8 months

Potatoes	1-2 months	1-2 weeks	Cooked and mashed, 10-12 months
Rutabagas	1 week	2 weeks	8-10 months
Spinach	No	1-2 days	10-12 months
Squash, summer	No	4-5 days	10-12 months
Winter	1 week	2 weeks	
Turnips	No	2 weeks	8-10 months
Tomatoes	Until ripe	2-3 days	2 months