

FOOD STORAGE OF VEGETABLES

Vegetable	Pantry	Refrigerator	Blanched or Cooked, Frozen
Asparagus, Green or Wax Beans	Not Recommended	1 – 2 days	8 months
Cabbage, Carrots, Celery, Leeks, Parsnips, Turnips	Not Recommended	1 – 2 weeks	10 months
Cucumbers	Not Recommended	4 – 5 days	Not Recommended
Lettuce – iceberg Lettuce – leaf	Not Recommended	1 – 2 days 3 – 7 days	Not Recommended
Mushrooms	Not Recommended	2 – 3 days	10 – 12 months
Onions – dry Onions – green	2 – 3 weeks Not Recommended	2 months 1 – 2 weeks	10 – 12 months
Peppers, Bell or Chili	No	7 days	8 months
Potatoes	1 – 2 months	1 – 2 weeks	Cooked & mashed, 10 – 12 months
Tomatoes	Until ripe	2 – 3 days	2 months

FOOD STORAGE OF FRUITS

Fruits	Pantry	Refrigerator	Freezer
Apples	1 – 2 days	1 month	Cooked, 8 months
Apricots	Until Ripe	2 – 3 days	6 months
Bananas	Until Ripe	3 days, skin will blacken	Whole, peeled, 6 months
Berries, Cherries	No	2 – 3 days	6 months
Citrus Fruit	10 days	1 – 2 weeks	Not Recommended
Grapes	1 day	1 week	Whole, 1 month
Melon	1 – 2 days	3 – 4 days	Balls, 4 months
Peaches, Nectarines	Until Ripe	3 – 4 days	Sliced, lemon juice and sugar, 2 months
Pears, Plums	3 – 5 days	3 – 4 days	Not Recommended

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