

Printable

PRODUCE SHELF LIFE GUIDE

USE
ASAP

3-5 DAYS

USE
SOON

5-7 DAYS



- Asparagus
- Basil
- Bok Choy
- Chard
- Chives
- Cilantro
- Escarole
- Kale
- Okra
- Onions, Cut
- Raddicchio
- Snow Peas
- Spinach
- Tomatoes
(Countertop)

- Artichokes
- Arugula
- Bell Peppers
- Broccoli
- Broccoli Rabe
- Brussels Sprouts
- Cabbage, Savoy & Napa
- Cauliflower
- Eggplant
- Endive
- Fennel
- Green Beans
- Jicama

- Leeks
- Lettuce/Mixed Greens
- Mint
- Mushrooms
(Paper bag in fridge)
- Potatoes, Baby
(Cool dark place away from onions)
- Radishes
- Scallions/Green Onions
- Winter Squash, Cut
- Zucchini & Summer Squash

NO
RUSH

2+ WEEKS



- Cabbage, Green & Red
- Carrots
- Celery
- Rosemary
- Sweet Potatoes
(Countertop)
- Thyme

- Turnips
- Beets
- Ginger
- Lemons
- Limes
- Potatoes, Large
(Cool dark place away from onions)

- Parsnips
- Onions, Whole
(Cool dark place away from potatoes)
- Winter Squashes
(Countertop)

COOKSMARTS

Store in fridge unless otherwise noted. Store more perishable ingredients in more visible places, so you'll remember to use them sooner.