

HOW LONG DOES IT LAST?

FRUITS AND VEGETABLES THAT SPOIL QUICKLY (1-2 DAYS)

ARTICHOKES
ASPARAGUS
AVOCADOS
BEANS
BLACKBERRIES
BROCCOLI
CHERRIES
CORN
MUSHROOMS
MUSTARD GREENS
OKRA
RASPBERRIES
STRAWBERRIES
WATERCRESS



FRUITS AND VEGETABLES THAT LAST LONGER (3-5 DAYS)

ARUGULA
BANANAS (ALTHOUGH IT DEPENDS ON WHAT COLOR THEY ARE WHEN YOU BUY THEM)
BOK CHOY
BROCCOLI RABE
CANTALOUPE
CHARD
COLLARD GREENS
CUCUMBERS
EGGPLANT
GRAPES
HONEYDEW MELON
KOHLRABI
KUMQUATS
LETTUCE
MANGO
NECTARINES
PAPAYA
PEACHES
PERSIMMONS
PINEAPPLE
PLANTAINS
RADICCHIO
YELLOW SQUASH
ZUCCHINI



FRUITS AND VEGETABLES THAT LAST MORE THAN A WEEK

ACORN SQUASH
APPLES
BEETS
BUTTERNUT SQUASH
CABBAGE
CARROTS
CELERIAC
CELERY
CRANBERRIES
GARLIC
ONIONS (SWEET ONIONS HAVE A SHORTER SHELF-LIFE THAN OTHER VARIETIES)
PARSNIPS
POMEGRANATES
POTATOES
PUMPKIN
RADISHES
RUTABAGAS
SHALLOTS
SPAGHETTI SQUASH
SUNCHOKES
SWEET POTATOES
TOMATILLOS
TURNIPS



FRUITS AND VEGETABLES THAT LAST ALL WEEK (6-7 DAYS)

APRICOTS
BELL PEPPERS
BLUEBERRIES
BRUSSELS SPROUTS
CAULIFLOWER
CLEMENTINES
GRAPEFRUIT
GREEN ONIONS
JALAPENOS AND OTHER HOT PEPPERS
KALE
KIWI
LEEKs
LEMONS
LIMES
LYCHEES
ORANGES
PEARS
PLUMS
SPINACH
TANGERINES
TOMATOES
WATERMELON

