# 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
- Celery
- Celery
- Cranberries
- Garlic
- Onions (sweet onions have a shorter shelf-life than other varieties)
- Parsnips
- Pomegranates
- Potatoes
- Pumpkin
- Radishes
- Rutabagas
- Shallots
- Spaghetti Squash
- Sunchookes
- Sweet Potatoes
- Tomatillos
- Turnips

## Fruits and Vegetables That Last All Week (6-7 Days)
- Apricots
- Bell Peppers
- Blueberries
- Brussel Sprouts
- Cauliflower
- Clementines
- Grapefruit
- Green Onions
- Jalapenos and other Hot Peppers
- Kale
- Kiwi
- Leeks
- Lemons
- Limes
- Lychees
- Oranges
- Pears
- Plums
- Spinach
- Tangerines
- Tomatoes
- Watermelon