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
- 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