

By Turnover: Produce Turn Over and Storage Guide

Vegetable or Fruit	Turnover	Temp.	Moisture	Note
Beans	3 days	Refrigerate	Moist	
Berries (Strawberries, Raspberries, Blueberries)	3 days	Refrigerate	Moist	ASAP for quality
Greens (lettuce, spinach, kale, chard, beet greens, collards, arugula, mizuna, mustard greens, bok choy and more)	3 days	Refrigerate	Must be in plastic bags or covered with a tarp	Full size kale, chard and heads of lettuce can keep 5 days
Herbs (parsley, dill, cilantro, thyme, basil)	3 days	Refrigerate	Moist	
Mushrooms	3 days	Refrigerate	Paper bag	
Peas	3 days	Refrigerate	Moist	
Tomatoes	3 days	Room Temp	Dry	Refrigerate only if over ripe
Corn	3-5 days	Refrigerate	Moist	ASAP for quality
Cucumbers	3-5 days	Refrigerate	Moist	Watch for chill damage
Melons	3-5 days	Refrigerate	Moist	
Summer Sq./Zucchini	3-5 days	Refrigerate	Moist	
Radishes	3-5 days spring	Refrigerate	Moist	3 weeks storage varieties
Asparagus	5 days	Refrigerate	Stems in Water	
Broccoli	5 days	Refrigerate	Moist	
Cauliflower	5 days	Refrigerate	Moist	
Celery	5 days	Refrigerate	Moist	
Chinese Cabbage (Napa)	5 days	Refrigerate	Moist	
Eggplant	5 days	Refrigerate	Moist	
Fennel	5 days	Refrigerate	Moist	
Peppers	5 days	Refrigerate	Moist	
Scallions	5 days	Refrigerate	Moist	
Turnips	5 days w/greens	Refrigerate	Moist	3 weeks storage types
Brussel Sprouts	1 week	Refrigerate	Moist	
Sweet Potatoes	1 week	Room temp	Dry	Cold will turn them to mush!
Tomatillos	1 week	Cool Room	Moist	
Winter Squash & Pumpkins	1 week	Room Temp	Dry	Keep evaluating for quality
Apples	2 weeks	Refrigerate	Moist	
Cabbage	2 weeks	Refrigerate	Moist	
Garlic	2 weeks	cool room	Dry	
Kohlrabi	2 weeks	Refrigerate	Moist	
Leeks	2 weeks	Refrigerate	Moist	
Beets	3 weeks	Refrigerate	Moist	5 days if have greens attached
Carrots	3 weeks	Refrigerate	Moist	
Celeriac	3 weeks	Refrigerate	Moist	
Onions	3 weeks	cool room	Dry/dark	
Parsnips	3 weeks	Refrigerate	Moist	
Potatoes	3 weeks	cool room	Dry	
Rutabaga	3 weeks	Refrigerate	Moist	