














Maryland Produce Storage Tips

Buy Local, Eat Fresh!

Get the most flavor from your local produce:

- Store fresh fruits and vegetables properly – **never leave them in a hot car**
- Right before eating, wash fruits and vegetables under cool tap water; scrub firm produce with a brush
- Follow these fruit and vegetable storage tips to maintain the best quality and taste




















FRUIT STORAGE TIPS

	Variety	How	Where	Use Date
	Apple	Plastic Bag	Refrigerator	Within 3 weeks
	Blackberries	No specific tips	Refrigerator	2 to 3 days
	Blueberries	No specific tips	Refrigerator	10 days to 2 weeks
	Cantaloupe, cut	Airtight container	Refrigerator	Up to 5 days
	Cantaloupe, whole	No specific tips	Room temperature	Up to 1 week
	Cherries	No specific tips	Refrigerator	Up to 10 days
	Grapes	Plastic bag	Refrigerator	Up to 1 week
	Nectarine, unripe	Paper bag until ripe	Room temperature	When ripe
	Nectarine, ripe	No specific tips	Room temperature	2 to 3 days
	Peaches, unripe	Paper bag until ripe	Room temperature	When ripe
	Peaches, ripe	No specific tips	Room temperature	1 to 2 days
	Pear, unripe	Paper bag until ripe	Room temperature	When ripe
	Pear, ripe	No specific tips	Refrigerator	When ripe
	Plum, unripe	Paper bag until ripe	Room temperature	When ripe
	Plum, ripe	No specific tips	Refrigerator	When ripe
	Raspberries	No specific tips	Refrigerator	1 to 2 days
	Strawberries	No specific tips	Refrigerator	1 to 3 days
	Watermelon, cut	Airtight container	Refrigerator	Within 5 days
	Watermelon, whole	No specific tips	Room temperature	No specific tips

For more healthy eating information contact the University of Maryland Cooperative Extension Office in Baltimore County at 410-666-0445.

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VEGETABLE STORAGE TIPS

	Variety	How	Where	Use Date
	Asparagus	Plastic bag; wrap ends of stalks in wet paper towel	Refrigerator	Up to 4 days
	Beans, Green or Snap	Plastic bag	Refrigerator	Within 1 week
	Beets	Plastic bag	Refrigerator	1 to 2 weeks
	Broccoli	No specific tips	Refrigerator	Within 3 to 5 days
	Brussels Sprouts	Plastic bag	Refrigerator	Within 1 week
	Cabbage	No specific tips	Refrigerator	Up to 7 days
	Carrots	Plastic bag with tops removed	Refrigerator	Up to 2 weeks
	Collard Greens	Plastic bag (loosely wrapped in damp paper towel)	Refrigerator	Within 1 to 2 days
	Corn, Sweet	With husks on	Refrigerator	As soon as possible
	Cucumber	Plastic bag	Refrigerator	Up to 1 week
	Eggplant	No specific tips	Refrigerator	Up to 4 days
	Kale	Plastic bag	Refrigerator	Within 3 to 5 days
	Leaf lettuce	Plastic bag (rinse well upon purchase; dry on paper towels)	Refrigerator	Within 1 week
	Peas, Green	Plastic bag	Refrigerator	3 to 4 days
	Peppers, Bell	Plastic bag	Refrigerator	Within 5 days
	Onion, whole	Cool, dark, well ventilated place	Room temperature	Within 4 weeks
	Onion, cut	Tightly sealed	Refrigerator	Within 2 to 3 days
	Potato, White	Cool, dark, well ventilated place	Room temperature	Within 3 to 5 weeks
	Pumpkin	Cool, dry place	Room temperature	Up to 1 month
	Radishes	Plastic bag with tops removed	Refrigerator	Within 1 week
	Spinach	Plastic bag (loosely wrapped in damp paper towel)	Refrigerator	Within 3 to 5 days
	Squash, Summer	No specific tips	Refrigerator	As soon as possible
	Squash, Winter	Cool, dark place	Room temperature	3 to 6 months depending on size
	Sweet Potatoes	Cool, dark place	Room temperature	Within 3 to 5 weeks
	Tomatoes	Away from direct sunlight	Room temperature (will ripen after harvest)	Within 1 week once ripe
	Turnips	Plastic bag	Refrigerator	1 to 2 weeks



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