

FOODKEEPING GUIDELINES

	SHELF	REFRIGERATOR	FREEZER
FRESH FRUITS			
Apples	1-2 days	3 weeks	8 months (cooked)
Apricots	Until ripe	2-3 days	Do not freeze
Avocados	Until ripe	3-4 days	Do not freeze
Bananas	Until ripe	2 days (skin will blacken)	1 month (whole, peeled)
Berries and Cherries		1-2 days	4 months
Citrus fruits	10 days	2-3 weeks	Do not freeze
Coconuts, fresh	1 week	2-3 weeks	6 months (shredded)
Grapes	1 day	1 week	1 month (whole)
Kiwi fruit	Until ripe	3-4 days	Do not freeze
Melons	1-2 days	3-4 days	1 month (balls)
Papaya and mango	3-5 days	1 week	Do not freeze
			2 months (sliced with lemon juice and sugar)
Peaches and nectarines	Until ripe	3-4 days	Do not freeze
Pear and plums	3-5 days	3-4 days	It is recommended to blanch (partially cook) or cook vegetables before freezing)
FRESH VEGETABLES			
Artichokes, whole	1-2 days	1-2 weeks	Do not freeze
Asparagus		3-4 days	8 months
Beans, green or wax		3-4 days	8 months
Beets	1 day	7-10 days	6-8 months
Bok choy		2-3 days	10-12 months
Broccoli, raab or rapini		3-5 days	10-12 months
Brussels sprouts		3-5 days	10-12 months
Cabbage		1-2 weeks	10-12 months
Carrots and parsnips		3 weeks	10-12 months
Cauliflower		3-5 days	10-12 months
Celery		1-2 weeks	10-12 months
Corn on the cob		1-2 days	8 months
Cucumbers		4-5 days	Do not freeze
Eggplant	1 day	3-4 days	6-8 months
Garlic	1 month	1-2 weeks	1 month
Ginger root	1-2 days	1-2 weeks	1 month
Greens		1-2 days	10-12 months
Herbs, fresh		7-10 days	1-2 months
Leeks		1-2 weeks	10-12 months
Lettuce, iceberg		1-2 weeks	Do not freeze
Lettuce, leaf		3-7 days	Do not freeze
Mushrooms		2-3 days	10-12 months
Okra		2-3 days	10-12 months
Onions, dry	2-3 weeks	2 months	10-12 months
Onions, spring and green		1-2 weeks	10-12 months
Parsley and cilantro		1 week	1-2 months
Peppers, bell or chile		4-5 days	6-8 months
Potatoes	1-2 months	1-2 weeks	10-12 months (cooked and mashed)
Radishes		10-14 days	Do not freeze
Rutabagas	1 week	2 weeks	8-10 months
Spinach		1-2 days	10-12 months
Squash, summer		4-5 days	10-12 months
Squash, winter	1 week	2 weeks	10-12 months
Tomatoes	Until ripe	2-3 days	2 months
Turnips		2 weeks	8-10 months

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