

# PRODUCE SHELF LIFE & STORAGE GUIDE

Storing ingredients correctly and planning to cook more perishable ingredients first will help you **#ReduceFoodWaste** and save money!

Store in fridge unless otherwise noted. Store more perishable ingredients in more visible places, so you'll remember to use them sooner.

USE  
ASAP

3-5 DAYS



- Asparagus
- Basil
- Bok Choy
- Chard
- Chives
- Cilantro
- Escarole
- Kale
- Okra
- Onions, Cut
- Radicchio
- Snow Peas
- Spinach
- Tomatoes  
*(Countertop)*



USE  
SOON

5-7 DAYS

- Artichokes
- Arugula
- Bell Peppers
- Broccoli
- Broccoli Rabe
- Brussels Sprouts
- Cabbage, Savoy & Napa
- Cauliflower  
*(Countertop)*
- Cucumbers
- Eggplant
- Endive
- Fennel
- Green Beans
- Jicama
- Leeks
- Lettuce/Mixed Greens
- Mint
- Mushrooms  
*(Paper bag in fridge)*
- Potatoes, Baby  
*(Cool dark place away from onions)*
- Radishes
- Scallions/Green Onions
- Winter Squash, Cut
- Zucchini & Summer Squash

NO  
RUSH

2+ WEEKS



- Beets
- Cabbage, Green & Red
- Carrots
- Celery
- Ginger
- Lemons
- Limes
- Onions, Whole  
*(Cool dark place away from potatoes)*
- Parsnips
- Potatoes, Large  
*(Cool dark place away from onions)*
- Rosemary
- Sweet Potatoes  
*(Countertop)*
- Thyme
- Turnips
- Winter Squashes  
*(Countertop)*

To get more tips on how to reduce food waste, visit [cooksmarts.com/reducefoodwaste](http://cooksmarts.com/reducefoodwaste)

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