

# Vegetable Storage Chart {Cheat Sheet}

Vegetable	Storage Time In Refrigerator	Additional notes
Artichokes	1 week	If the stems are still attached, place stems in a container of water and refrigerate.
Asparagus	3 days	Either place upright in a glass with an inch of water in the refrigerator, or wrap the stem ends in damp paper towels to keep moist, while refrigerated.
Basil, fresh	5 days	Wash and dry fresh basil, then wrap in damp paper towels and place in resealable plastic bag in refrigerator.
Beets	2 weeks	Remove leafy tops before refrigerating.
Broccoli	5 days	Keep dry, with air able to circulate, to prevent spoilage.
Brussels sprouts	5 days	Place unwashed sprouts in paper bag in refrigerator crisper.
Cabbage	1 week	Store in perforated bag in crisper, and do not wash until right before use.
Carrots	2 weeks	Remove leafy tops before refrigerating.
Cauliflower	1 week	Keep dry, with air able to circulate, to prevent spoilage.
Celery	1 week	Wrap tightly in aluminum foil, and refrigerate.
Corn	3 days	Leave in husk. Use quickly, as the older it is the starchier.
Cucumber	1 week	Wrap in plastic wrap, and then refrigerate. Can also be left on the countertop, which some say keeps a better flavor.
Eggplant	1 week (or less)	Whole eggplant may last longer stored in a cool place, but outside the refrigerator. Use quickly though, can be perishable.
Green beans	1 week	Store in plastic bag in the crisper.

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Green onions	5 days	Wrap the ends of the onions in a damp paper towel, place inside a plastic bag, and then refrigerate.
Greens (Collards, Kale, Spinach, Swiss chard)	5 days	Wrap in damp paper towels, and store in a perforated bag.
Herbs, fresh (except basil, see above)	5 days	Store stems of your fresh herbs in damp paper towel, or stick stems in a glass of water in the refrigerator.
Lettuce (Iceberg and Romaine)	5 days (whole)	Wrap in damp paper towels, and store in a perforated bag.
Lettuce (Arugula and Mesclun)	3 days	Wrap in damp paper towels, and store in a perforated bag.
Lima beans	3 days	Leave in shell.
Mushrooms	2-3 days	Store in paper bag with a lightly damp paper towel inside to keep mushrooms moist.
Parsnips	2 weeks	Remove leafy tops before refrigerating.
Peas (Snow and Sugar Snap)	3 days	Leave in shell. Keep dry, with air able to circulate, to prevent spoilage.
Peppers	1 week (whole), or 2-3 days (cut)	Once chopped, wrap in a paper towel and place in an airtight container in refrigerator.
Radishes	2 weeks	Remove leafy tops before refrigerating.
Rhubarb	3-5 days	Place stalks in a plastic bag to retain moisture, and place in crisper.

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Squash, butternut	4 days (once cut)	Fresh and uncut, it can be stored in a dark cool place like a basement or closet, for up to 2-3 months. Once cut it needs to be refrigerated in an airtight container and used quickly.
Squash, yellow	5 days	Store in perforated bag in crisper, and do not wash until right before use.
Turnips	2 weeks	Remove leafy tops before refrigerating.
Zucchini	5 days	Store in perforated bag in crisper, and do not wash until right before use.

- Looking for tomatoes on this chart? Check the [fruit storage chart here](#), instead.
- Looking for onions and potato storage tips? Check out the [pantry food storage chart here](#).
- Check out the [refrigerator storage chart here](#) to find out which crisper drawer in your fridge these veggies should go in.
- You can also get more free printables and checklists, including more food storage guidelines here: <http://www.home-storage-solutions-101.com/how-to-get-organized.html>

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