



Storing Produce Safely

Artichokes and asparagus	Use within two to five days, wrap stalks of asparagus with damp paper towel and put in plastic bag
Bell peppers	Use within two weeks
Broccoli and cauliflower	Use within a week
Cabbage	Keeps one to two weeks if whole, few days if cut
Carrots	Keeps for several weeks, leave in original bag
Celery	Keeps for one to two weeks
Corn	Use quickly, within one or two days; keep in husks until ready to use
Cucumbers and eggplant	Keeps for one week in the cold drawer
Garlic	Garlic lasts longer in the refrigerator, so if you don't use it often, keep it chilled If used quickly, store out of refrigerator in cool dark place
Green beans	Use within three to four days
Leaf greens (beet tops, collards, kale, mustard greens)	Use within one to five days; best stored in plastic bag in damp paper towel
Leeks	Use within one week
Mushrooms	Use within a week, best stored on shelf not in drawer
Salad greens	Rinse thoroughly and dry completely before storing wrapped in paper towel in plastic bag in drawer. Use within three to four days
Scallions	Use within three to five days
Spinach	Rinse and dry thoroughly, use within two to three days
Summer squash (zucchini and yellow squash)	Use within a week