

## **PERFECT STORAGE OF FRESH PRODUCE**

Keep your vegetables at their ideal temperature and humidity to maintain their garden-fresh flavor and texture longer. Below we offer some guidelines for storing your fresh food and estimates on how long they should last.

### **Near Room Temperature: 55°–60°, 90-95% relative humidity (RH)**

Tomatoes	4-5 days
Winter squashes	1-3 months

### **Cool: 45°– 55° F, 80 – 95% RH \***

Cucumbers	10-14 days
Eggplant	7 days
Peppers	2-3 weeks
Summer squash	5-15 days
Watermelons	7-10 days

### **Coollest: less than 45° F, 90-100% RH\***

Apples	3-5 months
Beans	5-7 days
Blackberries	1-5 days
Broccoli	10-14 days
Cabbage, early	3-6 weeks
Cabbage, late	3-4 months
Cauliflower	2-4 weeks
Corn	5-7 days
Lettuce (head types)	5-10 days
Cantaloupe	5-14 days (note below)
<i>Note: Cut it up and put in a glass jar with a lid</i>	
peaches	3-10 days
Peas	1-2 weeks
Red Raspberries	1-3 days
Spinach	10-14 days

### **Long-Term Storage of Dry Roots and Tubers**

Carrots	32° F	98 - 100% RH	7-9 months
Garlic	35°– 55° F	50 – 60% RH	6-7 months
Onions	32°– 40° F	65 – 70% RH	1-8 months
Potatoes	40°– 45° F	90 – 95% RH	4-6 months
Sweet Potatoes	45°– 60° F		3-6 months

\* Provide cool, humid conditions for your vegetables by storing them in the crisper drawer of your refrigerator in a perforated plastic bag, or in a root cellar.