

Maximize Freshness – Tips for Storing Produce



Ever wonder how to properly store produce? Or maybe you're tired of your fresh fruits and vegetables going bad before you have the chance to eat them. We are here to help with our produce storage tips.

COUNTERTOP

Melons 7 to 10 days

Peaches 1 to 3 days

Tomatoes 5 to 7 days *Pro Tip – Lay stem down, room temperature*

PANTRY

Garlic 3 to 5 months

Onions 2 to 3 months

Potatoes 3 to 5 weeks *Pro Tip – Store with apples*

Sweet Potatoes 1 to 2 weeks

Winter Squash 4 weeks

REFRIGERATOR

Apples	4 to 8 weeks	
Asparagus	3 to 4 days	<i>Pro Tip – Store upright with water</i>
Beans	7 days	
Bell peppers	1 to 2 weeks	
Berries	1 to 2 weeks	
Broccoli	1 to 2 weeks	
Carrots	3 to 4 weeks	<i>Pro Tip – Add water</i>
Cherries	5 to 10 days	
Cucumbers	7 days	
Grapes	1 to 2 weeks	
Lettuce	7 to 10 days	<i>Pro Tip – Store with a paper towel or add a little salt</i>
Tomatoes	1 to 2 weeks	
Zucchini	1 to 2 weeks	

FREEZER

Broccoli	9 to 12 months	<i>Pro Tip – Cut and wash before freezing</i>
Carrots	7 to 9 months	
Grapes	10 to 12 months	
Tomatoes	2 to 3 months	<i>Ripe (washed and used only for cooking)</i>

Support Local Farmers and Agribusinesses



Life changed drastically for all of us but one thing remains constant, farmers are still farming. The Delaware agricultural community is working hard to provide goods in unique and safe new ways, continuing the farm family legacy of our great state. Now is the time to purchase local and support our agriculture community. Use our Pick Fresh Map to find farm stands or even try a CSA in your town.