

FRUITS & VEGETABLES STORAGE TIME GUIDE

PRODUCT	WARM STORAGE	COLD STORAGE	REMARKS
Vegetables	This list will give you a good starting point for other similar products.		
Potatoes & Sweet Potatoes	3 Months +	n/a	
Cabbage	3 months +	n/a	Do not cut cabbage, peel off the leaves
Onions	4 Months +	n/a	Do not store with other products
Garlic	4 Months +	n/a	Do not store with other products
Beets	2 Months	n/a	Even when soft will boil/steam ok
Carrots	2 Months	n/a	If limp and or black, simply peel as normal and cook
Cauliflower	2 months	n/a	cut away any black bits on florets, cook as normal
Lettuce	3 Days	1 Week	Do not place in bag or box out of fridge
Corn on the cob	1-2 Weeks	n/a	'Old' corn will become dry and tough, also losing color
Peppers	1 Month +	n/a	Still cook well when skin is crinkled
Zucchini	1 Month	n/a	Try to ensure that the skin does not get nicked or bruised
Cucumber	1 week	1 week	Use Zucchini as a substitute
Tomatoes	2 months	n/a	Chilling tomatoes destroys their natural sugars. Buy green.
Spinach	1 Week	1-2 Weeks	Spinach does not keep well
Pumpkin/Marrow	3 Months		Buy small enough for single use
Fruits			
Apples	6 Months	n/a	Wrap in newspaper, keep dry and out of light
Pears	6 Months	n/a	As above, buy unripe
Bananas	2-4 Weeks	n/a	Keep bananas away from everything else
Grapes	1-2 Weeks	1-3 Weeks	Grapes might get wrinkled
Figs	1 Month	n/a	Buy unripe, wrap individually
Papaya/Guava & Mango	1-2 Weeks	1 Week	buy unripe, protect from accidental damage
Lemons & Limes	3 Months	n/a	Thin skinned varieties normally last longer
Kiwi	1-2 Weeks	1-2 Weeks	Not great seafarers!
Melon	2 Weeks	1 Week	Once cut refrigerate
Oranges	3 Months	n/a	Thin skinned varieties normally last longer
Peaches & Nectarines	2 Months	n/a	Bruise easily, store with care
Pineapples	2 Months	1 Week	If cut refrigerate

Other products

Ginger	6 Months	6 Months	Buy young succulent roots
Eggs	3-5 Weeks	3-5 Weeks	Buy un-refrigerated, turn once a week
Butter (tinned)	1-2 Weeks	6 Months+	*Buy tinned butter. Keep covered once opened

*** Tinned butter will normally not melt even in the tropics. Keep the lid on the tin and away from light. Tinned butter can be found in the chilled cabinets in most supermarkets, in either 250 or 500gram weights.**