

Happy Herbivore

Produce & Pantry

Storage Guide

Fruits

Item	Where to Store	How to Store	How Long
Apple	Refrigerator drawer	Naked	3 weeks
Avocado (whole)	Countertop (then fridge when ripe)	Naked	4 days once ripe
Avocado (half)	Refrigerator shelf	Lemon juice squeezed on the flesh, wrapped in plastic	1 day
Banana (whole)	Countertop	Naked	3 days once ripe
Banana (half)	Refrigerator shelf	Peel on, wrapped in foil	1-2 days
Berries	Refrigerator drawer	Uncovered, vented container	3-5 days
Citrus (whole)	Refrigerator shelf	Naked	2 weeks
Citrus (half)	Refrigerator shelf	Wrapped in plastic	2-3 days
Grapes	Refrigerator drawer	Perforated plastic bag	1-2 weeks
Melon (whole)	Countertop	Naked	5 days once ripe
Melon (half)	Refrigerator shelf	Wrapped in plastic	7-10 days
Peach/Plum	Countertop (then fridge when ripe)	Naked	5 days once ripe
Pear	Countertop	Naked	4 days once ripe
Tomatoes	Countertop	Naked	5 days

Vegetables

Item	Where to Store	How to Store	How Long
Asparagus	Refrigerator shelf	Stems in water, lightly covered with plastic	4 days
Beets	Refrigerator shelf	Plastic bag	2 weeks
Bell pepper	Refrigerator shelf	Plastic bag	1 week
Broccoli	Refrigerator drawer	Wrapped in plastic	5 days
Cabbage	Refrigerator drawer	Wrapped in plastic	2 weeks
Carrots	Refrigerator drawer	Plastic bag	3 weeks
Cauliflower	Refrigerator drawer	Wrapped in plastic	5 days
Celery	Refrigerator drawer	Wrapped in foil	2 weeks
Cucumber	Refrigerator drawer	Wrapped in plastic	1 week
Dark leafy greens	Refrigerator drawer	Plastic bag with dry paper towel	1 week
Eggplant	Countertop	Naked	2 days
Garlic	Dark pantry	Naked, whole	2 months
Ginger (uncut)	Refrigerator shelf	Naked	1 month

Vegetables (cont'd)

Item	Where to Store	How to Store	How Long
Ginger (cut)	Refrigerator drawer	Plastic bag with dry paper towel	1-2 week
Green beans	Refrigerator drawer	Plastic bag with dry paper towel	1 week
Head of lettuce	Refrigerator drawer	Plastic bag with dry paper towel	5 days
Mushrooms	Refrigerator shelf	Paper bag	3 days
Onion (whole)	Dark pantry	Naked	1-2 months
Onion (half)	Refrigerator drawer	Sealed plastic bag	3-5 days
Parsnips	Refrigerator drawer	Plastic bag	2 weeks
Potatoes	Dark pantry	Paper bag	1-2 months
Radish	Refrigerator shelf	Plastic bag with dry paper towel	2 weeks
Salad greens	Refrigerator drawer	Large plastic container, layered with dry paper towels	10 days
Summer squash*	Refrigerator shelf	Plastic bag	5 days
Sweet potatoes	Dark pantry	Paper bag	2 weeks
Winter squash** (whole)	Dark pantry	Unwrapped	1 month
Winter squash** (half)	Refrigerator drawer	Wrapped in foil	2-3 weeks

*Zucchini, yellow squash

**Acorn, butternut

Fresh Herbs

Item	Where to Store	How to Store	How Long
Basil	Countertop	Stems in water, lightly covered with plastic	1 week
Chives	Refrigerator shelf	Wrapped in damp paper towel, wrapped in plastic	5 days
Cilantro	Refrigerator shelf	Stems in water, lightly covered with plastic	1 week
Parsley	Refrigerator shelf	Stems in water, lightly covered in plastic	1 week
Rosemary & Thyme	Refrigerator shelf	Wrapped in plastic	2 weeks

Pantry Staples

Item	Where to Store	How to Store	How Long
Flour (unopened)	Dark pantry	Original package	2 months
Flour (opened)	Freezer	Glass, metal or heavy-duty plastic containers	6-12 months
Sugar	Dark pantry	Air-tight plastic or glass container	2 years
Grains	Dark pantry	Air-tight plastic or glass container	6-12 months
Sandwich bread	Countertop or refrigerator*	Plastic bag	1-2 weeks
Hard crust bread	Countertop	Paper bag	2-3 days
Nuts & seeds	Refrigerator	Air-tight glass jar	1 month
Dried herbs & spices	Dark pantry	Air-tight plastic or glass container	1-3 years

*Depending on climate & season

Opened Condiments & Ingredients

Item	Where to Store	How to Store	How Long
Salsa	Refrigerator	Air-tight plastic or glass container	1-2 weeks
Pickles	Refrigerator	Air-tight glass jar	1-2 years
Tofu	Refrigerator	Air-tight plastic or glass container, covered in water	2-3 days
Nutritional yeast	Dark pantry	Air-tight plastic or glass container	1 year
Vinegar	Dark pantry	Air-tight plastic or glass container	2 years
Ketchup & mustard	Refrigerator	Air-tight plastic or glass container	1 year
Vegetable broth	Refrigerator	Air-tight plastic or glass container	7-10 days
Plant-based milk	Refrigerator	Air-tight plastic or glass container	7-10 days