WHY CONSERVE

Fresh food is simply too valuable to waste. Yet, 40 percent of food in the United States today goes uneaten. That is more than 20 pounds of food per person every month! Reducing food waste starts at home and learning how long produce stays fresh is a fantastic way to start.

BEST IN

Outlined: best stored in refrigerator

- **WINTER**
- **SPRING**
- **SUMMER**
- **FALL**

### APPLES
3 - 4 WEEKS

### ASPARAGUS
1 WEEK

### AVOCADOS
3 - 5 DAYS

### BELL PEPPERS
1 - 2 WEEKS

### BERRIES
2 - 3 DAYS

### BOK CHOI
1 WEEK

### BROCCOLI
3 - 5 DAYS

### CARROTS
3 - 4 WEEKS

### CAULIFLOWER
1 WEEK

### CELERY
1 - 2 WEEKS

### CHERRIES
4 - 7 DAYS

### CITRUS
2 - 3 WEEKS

### CORN
1 - 2 DAYS

### CUCUMBERS
1 WEEK

### EGGPLANT
5 - 7 DAYS

### GARLIC
3 - 5 MONTHS

### GRAPES
5 - 7 DAYS

### GREEN BEANS
3 - 5 DAYS

### KALE
5 - 7 DAYS

### LETTUCE
3 - 7 DAYS

### MUSHROOMS
4 - 7 DAYS

### ONIONS
2 - 3 MONTHS

### PINEAPPLES
3 - 5 DAYS

### POTATOES
1 - 2 WEEKS

### SUMMER SQUASH
3 - 5 DAYS

### SPINACH
2 - 3 WEEKS

### SWISS CHARD
2 - 3 DAYS

### TOMATO
2 - 3 DAYS

### WATERMELON
2 - 3 DAYS

### WINTER SQUASH
2 - 3 DAYS

For more tips, visit agr.wa.gov/foodprog