

Average Lifespan of Produce if Refrigerated

| <u>Produce</u> | <u>Lifespan</u> |
|----------------|-----------------|
| Apple | 2 months |
| Asparagus | 5-7 days |
| Banana | 2-9 days |
| Broccoli | 7-14 days |
| Carrots | 4-5 weeks |
| Cauliflower | 2-3 weeks |
| Celery | 3-4 weeks |
| Corn | 5-7 days |
| Cucumber | 1 week |
| Green beans | 5-7 days |
| Grapes | 5-10 days |
| Kale | 2 weeks |
| Lemons | 1-2 months |
| Lettuce | 2-3 weeks |
| Limes | 1-2 months |
| Mushrooms | 7-10 days |
| Oranges | 1-2 months |
| Onions | 1.5 months |
| Parsnips | 1 month |
| Peppers | 2-3 weeks |
| Peaches | 5 days |

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| Pineapple | 4-5 days |
| Pumpkin | 4 months |
| Spinach | 10-12 days |
| Strawberries | 5-7 days |
| Sweet potato | 3 months |
| Squash | 1-3 months |
| Tomatoes | 2 weeks |
| Watermelon | 2-3 weeks |
| Zucchini | 5-7 days |

** These are just average time spans; produce must be examined on a case-by-case basis. Many conditions can affect the lifespan of a fruit or vegetable.*