

How Long Vegetables Last:

Asparagus – lasts 5-7 days in refrigerator (not recommended to leave on counter)

Broccoli - lasts for 7-14 days in refrigerator, and can be frozen if washed, cut, and blanched (lasting at least 2 months)

Cooked Broccoli - lasts for 7-9 days in refrigerator, and can be frozen if washed and cut (lasting at least 3 months)

Fresh Carrots (Whole) - last for 4-5 weeks in refrigerator

Baby Carrots - last for 3-4 weeks in refrigerator

Cooked Carrots - last for 1 week in refrigerator and can be frozen (lasting 6-8 months) sealed in freezer-safe container

Cauliflower - lasts for 7-21 days in refrigerator

Cooked Cauliflower - lasts for 7-10 days in refrigerator

Celery (Whole) - lasts for 3-4 weeks in refrigerator

Celery Packages - lasts for 2-3 days in refrigerator

Cooked Celery - lasts for 1 week in refrigerator

Japanese Cucumbers - last for 7-10 days in refrigerator

Persian Cucumbers - last for 1 week in refrigerator

Sliced Cucumbers - last for 1-2 days (safely) in refrigerator

Iceburg Lettuce - lasts for 7-10 days in refrigerator

Head Romaine Lettuce - lasts for 7-10 days in refrigerator

Head Leaf Lettuce - lasts for 5-7 days in refrigerator

Head Butter Lettuce - lasts for 3-5 days in refrigerator

Chopped or Loose Lettuce - lasts for 3-5 days in refrigerator

Fresh Whole Mushrooms - last for 7-10 days in refrigerator

Fresh Sliced Mushrooms - last for 5-7 days in refrigerator

Cooked Mushrooms - last for 7-10 days in refrigerator

Fresh Whole Onions - last for 4-6 weeks in pantry, sometimes more (best stored in mesh bags or cardboard box with access to some air in cool, dry, dark place. Note: storing with potatoes makes them spoil faster due to moisture in potatoes) and they are not usually a good candidate for the fridge, unless chopped. (see next)

Fresh Chopped Onions - last for up to 1 week, with some loss in quality

Frozen Onions - last for 6-8 months (wash, peel and chop then place in freezer safe bag) but this does change the texture [best for adding to recipes]. You don't have to cook them, but it's an option.

Most Potatoes - last for 3-5 weeks on counter in paper bag kept away in cool dark place (expiration depends on softness and thickness of potato) and they should never be stored in the refrigerator; (When in refrigerator, the potato starch changes and it can cause a potentially harmful chemical reaction when you get to cooking them.)

Spinach Leaves – lasts 5-7 days in refrigerator

Small Squash and Zucchini – lasts 1-5 days on counter and 5-7 days in refrigerator

Large Squash (Spaghetti/Butternut) - lasts for 1-3 months on counter (does best at room temperature)

Sweet Potatoes - last for 3-5 weeks on counter in paper bag kept away in cool dark place (expiration depends on softness and thickness of potato) and like potatoes, they should never be stored in the refrigerator

Tomatoes – lasts about 1-5 days and about 2-3 days once ripe in the refrigerator. Tomatoes can be frozen for 2 months (or more) after being blanched, seeded, and peeled if you don't mind a change in texture (best used for stews, soups, and sauces).

Disclaimer: Please use your best judgment when eating food. If you are at all concerned about the quality of your food, if it smells strange or tastes "funny," don't hesitate to throw it out. Your health and safety should always come first. I am not a doctor or scientist, but simply someone who is offering information from other sources. Always feel free to do your own research if something doesn't feel right. Also, if the temperature of your refrigerator or freezer isn't where it should be, this will drastically affect the expiration date of your food. Be safe!
