

Washington Grown Produce Basics Chart



Vegetable (A-G)	Refrigeration	Storage Temperature (°F)	Section of refrigerator	Ethylene production	Ethylene sensitive	Relative Humidity (%)	Length of Storage
Artichoke	Yes	32-36	Back	Low	Low	95	< 3 weeks
Arugula	Yes	32-36	Back	Low	High	95	2-3 days
Asparagus	Yes	32-36	Back	Very low	Medium	95-100	2-3 weeks
Beans, green/yellow/purple	Yes	40-45	Front	Low	Medium	90-95	7-10 days
Beets, root	Yes	32	Back	Very low	Low	95-100	Bunched: 10-14 days Topped: 4-6 months
Beet greens	Yes	32	Back	Very low	Medium	90-95	10-14 days
Bok Choy	Yes	32-41	Back	Very low	Medium	95	1 week
Broccoli	Yes	32	Back	Very low	High	95	10-14 days
Brussels sprouts	Yes	32-36	Back	Low	High	95	3-5 weeks
Cabbages	Yes	32	Back	Very low	High	95	Early harvest: 3-6 weeks Late harvest: 3-4 months Napa cabbage: 1-2 months
Carrots	Yes	32	Back	Very low	High	95	Bunched: 2 weeks Mature: 4-5 months Immature: 4-6 weeks
Cauliflower	Yes	32	Back	Low	High	95	2-4 weeks
Celeriac (Celery root)	Yes	32-36	Back	Low	Low	95	3-4 months
Celery	Yes	32	Back	Very low	Medium	95	2-3 months
Chards	Yes	32	Back	Very low	High	90-95	10-14 days
Chard, swiss	Yes	32-36	Back	Low	Low	90-95	10-14 days
Chicory	Yes	32-36	Back	Low	High	90-95	
Collard greens	Yes	32	Back	Very low	High	95	10-14 days
Corn, sweet	Yes	32	Back	Very low	Low	95	4-8 days
Cucumbers	Yes	45-50	Front	Low	High	95	10-14 days
Eggplants	Yes	45-50	Front	Low	Medium	90	1 week
Endive	Yes	32-36	Back	Low	High	95	2-3 weeks
Escarole	Yes	32-36	Back	Low	High	95	2-3 weeks
Garlic	Yes	32-36	Back	Very low	Low	65-70	6-7 months Shorter periods if stored at 55-70F
Green onions	Yes	32	Back	Very low	High	> 98	1 month

Vegetable (K-Z)	Refrigeration	Storage Temperature (°F)	Section of refrigerator	Ethylene production	Ethylene sensitive	Relative Humidity (%)	Length of Storage
Kale	Yes	32	Back	Very low	High	95	10-14 days
Kohlrabi	Yes	32	Back	Very low	Low	90-95	2-3 months
Leeks	Yes	32	Back	Very low	Medium	95	1-3 months
Lettuce	Yes	32	Back	Very low	High	95	2-3 weeks
Mushrooms	Yes	32-36	Back	Very low	Medium	95-98	5-7 days
Mustard green	Yes	32-36	Back	Low	High	90-95	10-14 days
Onions, storage	Yes	32-36	Back	Very low	High	65-70	6-7 months
Parsnips	Yes	32	Back	Very low	Low	95	2-6 months
Peas, snap/snow/sweet	Yes	32-36	Back	Low	High	90-95	1-3 weeks
Peppers, sweet	Yes	45-50	Front	Low	Low	95	2-3 weeks
Peppers, hot	Yes	45-50	Front	Low	Medium	60-65	6 months
Potatoes, early crop	No	55-65	-	Very low	Medium	90	1-3 weeks
Potatoes, late crop	Yes	40-45	Front	Very low	Medium	90	4-9 months
Pumpkin	No	55-59	-	Low	Medium	70-75	2-3 months
Radicchio	Yes	32-36	Back	Low	Low	95	2-3 weeks
Radishes	Yes	32-36	Back	Low	Low	95	Spring: 3-4 weeks Winter: 2-4 months
Rapini (Broccoli Rabe)	Yes	32-36	Back	Low	High	95	1 week
Rhubarb	Yes	32-36	Back	Low	Low	95	2-4 weeks
Rutabagas	Yes	32-36	Back	Low	Low	95	2-4 months
Salad mixes	Yes	32-35	Back	Low	Medium	90-95	4-7 days
Spinach	Yes	32	Back	Very low	High	95	10-14 days
Squash, summer	Yes	41-50	Front	Low	Medium	95	4-7days
Squash, winter	No	55-59	-	Low	Medium	50-60	2-6 months
Sunchokes	Yes	32	Back	Low	Low	90-95	4-5 months
Sweet potatoes	No	55-59	-	Very low	Low	80-85	4-6 months
Tomatillos	Yes	45-50	Front	Low	Medium	80-90	1 week
Tomatoes, ripen	No	45-50	-	High	Low	90	4-7 days
Tomatoes, mature green	No	55-60	-	Medium	High	90	1-3 weeks
Turnip	Yes	32-36	Back	Low	Low	95	4-5 months
Turnip greens	Yes	32-36	Back	Low	High	90-95	10-14 days

Fruit	Refrigeration	Storage Temperature (°F)	Section of refrigerator	Ethylene production	Ethylene sensitive	Relative Humidity (%)	Length of Storage
Apples	Yes	30-32	Back	Very high	High	90	2-6 months
Apricots	Yes	30-32	Back	High	High	90	1-3 weeks
Asian pears	Yes	30-32	Back	High	High	90-95	2-7 months
Berries	Yes	31-32	Back	Low	Low	90-95	3-7 days
Cherries, sweet	Yes	32	Back	Very low	Low	90-95	2-3 weeks
Currants	Yes	32-36	Back	Very low	Low	95	1-2 weeks
Grapes	Yes	31-32	Back	Very low	Low	90	4-6 weeks
Melon, Cantaloupe	Yes	36-41	Middle	High	Medium	90	1-2 weeks
Melon, honeydew	Yes	40-45	Front	High	Medium	90	1-2 weeks
Nectarines	Yes	31-32	Back	High	Medium	90-95	2-4 weeks
Peaches	Yes	32	Back	Medium	Medium	90-95	2-4 weeks
Pears	Yes	32	Back	High	High	95	2-7 months
Plums	Yes	32	Back	High	High	90-95	2-5 weeks
Pluots/Aprium	Yes	32	Back	High	High	90-95	2-5 weeks
Quince	Yes	32	Back	High	High	90	2-3 months
Watermelon	Yes	45-50	Front	Low	Medium	80-85	2-3 weeks

Minimally processed item	Refrigeration	Storage Temperature (°F)	Section of refrigerator	Ethylene production	Ethylene sensitive	Relative Humidity (%)	Length of Storage
Cut vegetables	Yes	32-36	Back	Low	High	90-95	1-3 days
Cut fruits	Yes	30-32	Back	High	Low	90-95	1-3 days

Herbs & Edible Flowers	Refrigeration Temperature (°F)	Section of refrigerator	Ethylene sensitive	How to Store
Herbs & flowers with stems (parsley, chive flowers etc.)	37-40	Middle	YES	Place stems in container with some water, similar to a bouquet
Leafy herbs & loose flowers (thyme, mint, nasturtiums etc.)	37-40	Middle	YES	Dampen a paper towel, loosely wrap herbs, cover with plastic wrap or place in a plastic bag
Basil on stem or loose leaves	52-59	Front	YES	

References:

- USDA FNS & AMS, Produce Safety University. *Good Temperature Guidelines*
- University of California – Davis, Postharvest Technology – Maintaining Produce Quality & Safety. *Produce Facts in English*. Available at URL: <http://postharvest.ucdavis.edu/producefacts/>
- Public Health – Seattle & King County and Seattle Office of Economic Development. *Healthy Foods Here Produce Guide*. 2010
- *The Illustrated Cook's Book of Ingredients*. New York, NY: DK Publishing; 2010.