


































VEGETABLES	ROOM TEMPERATURE	FRIDGE (4 °C)	FREEZER (-18 °C)
 Garlic	A few weeks	Not recommended	2 months
 Eggplant	Not recommended	1 week	6-8 months**
 Beet	Not recommended	3-4 weeks	1 year (blanched or cooked)
 Broccoli	Not recommended	5 days	1 year**
 Carrot	Not recommended	3 months	1 year**
 Celery	Not recommended	2 weeks	8-12 months**
 Brussels sprouts	Not recommended	1 week	1 year
 Cauliflower	Not recommended	1 week	1 year**
 Cabbage	Not recommended	2-3 weeks	1 year**
 Pumpkin	A few weeks	Not recommended	6 months
 Cucumber	Not recommended	1 week	Not recommended
 Squash	A few weeks	Not recommended	1 year
 Zucchini	Not recommended	1 week	1 year
 Spinach	Not recommended	4-5 days	1 year**
 Broad beans	Not recommended	5-6 days	1 year
 Kale	Not recommended	3-5 days	1 year
 Lettuce	Not recommended	1 week	Not recommended
 Corn	Not recommended	2 days	1 year**
 Onion	1 day	3-4 weeks*	3-6 months
 Leek	Not recommended	2 weeks	1 year
 Peas	Not recommended	2 days	1 year**
 Sweet pepper	Not recommended	1 week	1 year
 Potato	1-2 weeks	2-6 months*	2 months (mashed)
 Radish	Not recommended	1-2 weeks	Not recommended
 Tomato	Until maturity	1 week	1 year

*In a cold room. / This vegetable continues to ripen in the freezer. Blanching it helps deactivate the enzymes responsible for ripening. It thus retains its flavour, colour and texture.

FRUITS	ROOM TEMPERATURE	FRIDGE (4 °C)	FREEZER (-18 °C)
 Apricot	Until maturity	1 week	1 year
 Citrus	1 week	1-3 weeks	6 months (juice and zest)
 Pineapple	1-2 days	3-5 days	4-6 months
 Avocado	Until maturity	3-4 days	4-6 months
 Banana	Until maturity	1-2 days	4-6 months
 Blueberry	Not recommended	3-5 days	1 year
 Cranberry	Not recommended	1-2 weeks	1 year
 Cherry	Not recommended	3-5 days	1 year
 Strawberry	Not recommended	2-3 days	1 year
 Raspberry	Not recommended	1-2 days	1 year
 Kiwi	Until maturity	1-2 weeks	Not recommended
 Mango	Until maturity	1-2 weeks	1 year
 Melon	Until maturity	3-5 days	8-12 months
 Blackberry	Not recommended	2-3 days	1 year
 Nectarine	Until maturity	3-5 days	1 year
 Papaya	Until maturity	1 week	1 year
 Apple	Apr. to Jan.	Until maturity	Up to 6 months
	Feb. to July	Until maturity	2-3 weeks
 Peach	Until maturity	3-5 days	1 year
 Pear	Until maturity	3-5 days	1 year
 Prune	Until maturity	3-5 days	1 year
 Grapes	Not recommended	5 days	1 year
 Rhubarb	Not recommended	5 days	1 year

Dehydration is another means of preservation. This is suitable for all fruits except melons.