



Commonly-Grown Vegetable Information

Specific harvest and storage information for some commonly-grown vegetables.

Expected shelf-life times are only estimates.

<u>Vegetable</u>	<u>When to Harvest</u>	<u>How to Store</u>	<u>Expected Shelf-Life</u>	<u>Comments</u>
Asparagus	Third year after planting when spears are 6-9 inches long	Cold and moist	2 weeks	Keep upright
Basil	When leaves are still tender	At room temperature	5 days	Keep stems in water; will discolor if kept in refrigerator for 10 days
Beets	When 1.25-3 inches in diameter	Cold and moist	5 months	Store without tops
Broccoli	While flower buds still tight and green	Cold and moist	2 weeks	-
Brussels sprouts	When heads 1 inch in diameter	Cold and moist	1 month	-
Cabbage	When heads compact and firm	Cold and moist	5 months	-
Carrots	When tops 1 inch in diameter	Cold and moist	8 months	Store without tops

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Cauliflower	While heads still white, before curds "ricey"	Cold and moist	3 weeks	-
Corn, sweet	When silks dry and brown, kernels should be milky when cut with a thumbnail	Cold and moist	5 days	-
Cucumbers	For slicing, when 6 inches long	Cool spot in kitchen 55°F in perforated plastic bags; storage in refrigerator for a few days okay	1 week	Develops pitting and water-soaked areas if chilled below 40°F; do not store with apples or tomatoes
Eggplant	Before color dulls	Like cucumbers	1 week	Develops pitting, bronzing, pulp browning if stored for long period below 50°F
Kohlrabi	When 2-3 inches in diameter	Cold and moist	2 months	Store without tops
Lettuce	While leaves are tender	Cold and moist	1 week	-
Muskmelons (cantaloupe)	When fruits slip off vine easily, while netting even, fruit firm	Cold and moist	1 week	Develops pitting surface decay with slight freezing
Onions	When necks are tight, scales dry	Cold and dry	4 months	Cure at room temperature 2-4 weeks before storage, do not freeze
Parsnips	When roots reach desired size, possibly after light frost	Cold and moist	4 months	Do not wax or allow roots to freeze; sweetens after 2 weeks storage at 32°F

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Peas	When pods still tender	Cold and Moist	1 week	-
Peppers	When fruits reach de- sired size or color	Like cucumbers	2 weeks	Develops pitting below 45°F
Potatoes	When vine dies back	Cold and moist; keep away from light	6 months	Cure at 50-60°F or 14 days before storage, will sweeten below 38°F
Pumpkins	When shells harden, before frost	Cool and dry	2 months	Very sensitive to tem- peratures below 45 °f
Radishes	When roots up to 1/25 inches	Cold and moist	1 month	Store without tops
Rutabagas	When roots reach de- sired size	Cold and moist	4 months	Do not wax
Spinach	While leaves still tender	Cold and moist	10 days	-
Squash, summer	When fruit 4-6 inches long	Like cucumbers	1 week	Do not store in refriger- ator for more than 4 days
Tomatoes, red	When color uniformly pink or red	Like cumcubers	5 days	loses color, firmness and flavor if stored below 40°F; do not refrigerate!

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Turnips	When roots reach desired size, possibly after light frost	Cold and Moist	4 months	Can be waxed
Watermelons	When underside turns yellow or produces dull sound when slapped	Like cucumbers	2 weeks	Will decay if stored below 50°F for more than a few days

Taken from University of Minnesota Extension publication

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