

Table 2. Handling Requirements for Some Common Fresh Fruits and Vegetables

Commodity	Suitable Cooling Methods ¹	Optimum Temp. ² °F	Freezing Temp. ² °F	Optimum Humidity ³ (Percent)	Ethylene ⁴	Normal Storage Life
Apples	R, F, H	30-40	29	90-95	Produce, Sensitive	1-12 months
Apricots	R, F, H	34	31	90	N/A	1-3 weeks
Artichokes	F, H, I	32	28	90	N/A	2-3 weeks
Asparagus	F, H	36	31	95	Sensitive	2-3 weeks
Bean sprouts	R, F	34	30	95	N/A	7-9 days
Beans, butter	F, H	40	31	95	N/A	5-7 days
Beans, snap	F, H	40-45	31	95	N/A	7-10 days
Beets, topped	R	32	30	95	N/A	4-6 months
Blueberries	F	32	30	90-95	N/A	2 weeks
Brambles	F	32	30	90-95	N/A	3-5 days
Broccoli	H, I	32	31	95	Sensitive	2 weeks
Brussels sprouts	F, H	32	30	95	Sensitive	3-5 weeks
Cabbage	R, F	32	30	95	Sensitive	1-6 months
Cantaloupes	F, H, I	36	30	85	Produce, Sensitive	2 weeks
Carrots	R, F, H	34	30	95	Sensitive	5-6 months
Cauliflower	F, H, I	34	31	95	Sensitive	3-4 weeks
Celery	F, H, V	34	31	90	Sensitive	2-3 months
Citrus	R, F	35-40	31	85	Sensitive	6-8 weeks
Cucumbers	F, H	45-50	31	95	Sensitive	2 weeks
Eggplant	R, H	50	31	90	Sensitive	1 week
Grapes	R, F	32	28	90	N/A	1-2 weeks
Green Onions	H, I, V	32	30	95	N/A	3-4 weeks
Herbs	R	36-42 ³	31	95-100	Sensitive	5-7 days
Leafy greens	H, I, V	32	30	95-100	Sensitive	1-2 weeks
Lettuce	R, V	32	31	95	Sensitive	2-3 weeks
Mushrooms	R	32	31	95	N/A	3-4 days
Okra	R, F	45-50	29	90	Sensitive	7-10 days
Onions, dry	R, F	32	30	70	N/A	6-8 months
Onions, green	R, H	32	30	95	NA	7-10 days
Peaches	F, H	32	30	90-95	Produce, Sensitive	2-4 weeks
Peas, garden	F, H	32	31	95	Sensitive	1-2 weeks
Peas, field	F, H	40-41	30	95	Sensitive	6-8 days
Peppers	R, F	45-50	31	90-95	Sensitive	2-3 weeks
Potatoes, early crop	R	55	31	90	N/A	5-8 months
Potatoes, early chipping	R	65	31	90	N/A	3-4 weeks
Potatoes, late crop	R	40	31	90	N/A	4-6 months
Potatoes, late chipping	R	55	31	90	N/A	3-4 weeks
Pumpkins, winter squash	R, F	55	31	70	N/A	2-3 months
Squash, summer	R, F	45-50	31	95	Sensitive	1-2 weeks
Strawberries	R, F	32	31	90-95	N/A	5-7 days
Sweet corn	F, H, I	32	31	95-98	N/A	5-8 days
Sweetpotatoes	R	55	31	85	N/A	6-12 months
Tomatoes, mature green	R, F	60	31	90	Sensitive	3-4 weeks
Tomatoes, pink	R, F	48-50	31	90	N/A	1-2 weeks
Tomatoes, red	R, F	48-50	31	90	N/A	1 week
Tomatoes, greenhouse	R, F	50-55	31	90	N/A	1 week
Turnips	R	32	30	95	N/A	4-5 months
Watermelons	R	50-60	31	90	N/A	2-3 weeks

¹ R-room cooling; F-forced-air cooling; H-hydrocooling; I-icing; V-vacuum cooling.

² Caution! Chilling injury may occur in some commodities at 10°F to 20°F above freezing.

³ Optimum for most herbs; basil 48°F to 50°F, arugula 35°F to 37°F.

⁴ Some commodities are sensitive to ethylene; some are sensitive **and** produce ethylene.