

SIMPLE RULES FOR STORING FRUIT AND VEGGIES

**OPEN
TABLE**

Ethylene is a hormone emitted by produce as it ripens.

The main culprits are ripe apples and bananas which emits lots of ethylene (which is why you put them in a paper bag with produce you want to ripen)

Leafy greens and asparagus are the most sensitive to ethylene.

Always store fruit and vegetables separately. This is because fruit emits much more ethylene than vegetables and vegetables are much more sensitive to ethylene than fruit, so always store fruit and vegetables in separate drawers.



FRUIT

Out of the fridge

- Tropical fruit = Bananas, pineapples, mangoes, melons, lychees, pomegranates, coconuts, mangosteen, guava and papaya
- Watermelon, however, prefers to be alone, it's highly sensitive to ethylene and will deteriorate much faster in company. Grapes are similarly sensitive.

In the fridge

- Apples, pears, berries, grapes and oranges.
- Avocados & Stone fruit = leave them on the bench until almost ripe then stash them in the fridge



Tips for freezing fruit

- Excess fruit can be blitzed up, pureed or made into a compote and frozen into ice cubes. You can also add leftover coconut milk, herbs like mint or fruit juice to add to smoothies, curries, soups or even cocktails later.
- Remove banana peels before freezing in a container.
- To freeze slices of fruit or whole berries, lay them on a tray in your freezer first for a few hours before placing in a container to freeze long term.

VEGETABLES

Out of the fridge

- Potatoes = store best in dirt, buy unwashed potatoes and store them dirty somewhere very dark.
- Onions, whole pumpkins and sweet potatoes = somewhere dark with good air circulation

In the fridge

- Shallot onions
- Silverbeet & kale (tough greens) = wrapped in a damp cloth in the crisper or large container
- Lettuce & rocket (sensitive greens) = wrapped in a dry cloth in the fridge or placed in a large container with a cloth or paper towel.



Bring veg back to life!

A tip that will save you money is that many veg will come back to life if left in a bowl of very cold water for a while.

It's exciting to watch the saddest silverbeet and salad mix saved and floppy carrots re-crisp overnight. Storing carrots in water will keep them crisp a long time and prepped carrots, celery and capsicums kept in a container of water won't dry out and bend, they'll be lunchbox-ready all week. Just make sure to change the water often.

HERBS

Thyme & rosemary will go mouldy when damp, so keep dry and in a well ventilated area. Dry out in a paper bag and then place in an airtight container.

Basil, mint, parsley & coriander are very delicate. Discard any damaged leaves and stems and store in one of the following ways:

- on the bench in a jar of water away from the sun
- place in a jar of water and cover the top with a plastic bag, then store in the fridge
- place in a container with a clean cloth or paper towel, making sure the leaves are not crushed

Oregano & chives are best wrapped in damp paper or a damp tea towel, and placed in a container to prevent them from becoming crushed

