



STORING FRUIT AND VEG

Storing fresh produce is a little more complicated than you might think. If you want to prevent spoilage, certain foods shouldn't be stored together at all, while others that we commonly keep in the fridge should actually be left on the kitchen worktop.

Non-refrigerated Storage Tips

There's nothing as inviting as a big bowl of crisp apples in the kitchen. To keep those apples crisp and all worktop-stored produce fresh, store them out of direct sunlight, either directly on the worktop, in an uncovered bowl, or inside a perforated plastic bag.

Refrigerator Storage Tips

For produce that is best stored in the refrigerator, remember the following guidelines:

- Keep produce in perforated plastic bags in the produce drawer of the refrigerator. (To perforate bags, punch holes in the bag with a sharp object, spacing them about as far apart as the holes you see in supermarket apple bags.)
- Keep fruits and vegetables separate, in different drawers, because ethylene can build up in the fridge, causing spoilage.
- When storing herbs (and interestingly, asparagus, too), snip off the ends, store upright in a glass of water (like flowers in a vase) and cover with a plastic bag.

What to Store Where: A Handy Chart

Use this colour-coded key along with the chart below:

- **Ethylene producers (keep away from other fruits and vegetables)**
- **Store unwashed and in a plastic bag**
- **Store in a paper bag**
- **Store unwashed and in a single layer**
- **Store in fridge**
- **Store in a Cool, Dry Place**
- **Ripen out of fridge, then Refrigerate**
- **Store out of fridge**

REFRIGERATOR STORAGE

Ethylene producers (keep away from other fruits and vegetables)

Apples (storage >7 days)
Apricots
Cantaloupe
Figs
Honeydew

Store unwashed and in a plastic bag

Broccoli
Carrots
Cauliflower
Corn
Lettuce
Peas
Radishes

Store in a paper bag

Mushrooms
Okra

Store unwashed and in a single layer

Blackberries
Blueberries
Raspberries
Strawberries

Store in fridge

Artichokes
Asparagus
Beets
Brussels sprouts
Cabbage
Celery
Cherries
Courgette
Grapes
Green beans
Herbs (except basil)
Leafy vegetables
Leeks
Plums
Spinach
Sprouts

NON-REFRIGERATOR STORAGE

Ethylene producers (keep away from other fruits and vegetables)

Apples (storage < 7 days)

Bananas

Tomatoes

Store in a Cool, Dry Place

Acorn squash

Butternut squash

Onions (away from potatoes)

Potatoes (away from onions)

Pumpkins

Spaghetti squash

Sweet potatoes

Squash

Ripen out of fridge, then Refrigerate

Kiwi

Also - ethylene producers (keep away from other fruits and vegetables)

Avocados

Nectarines

Peaches

Pears

Plums

Store out of fridge

Aubergine

Basil

Cucumbers

Garlic

Ginger

Grapefruit

Lemons

Limes

Mangoes

Oranges

Papayas

Peppers

Pineapple

Pomegranates

Watermelon

Squash