

Countertop



Ripen at room temperature, before placing in the fridge:



AVOCADOS BANANAS KIWIS MANGOES MELONS
ORANGES PEARS PEACHES TOMATOES

This maximizes their flavour and sweetness. Just keep a watchful eye on them so they don't over-ripen!

TIP:

To speed up the ripening process, place the fruit in a paper bag with a ripe banana. Check on the fruit every day to ensure the best possible ripeness.

Pantry



Store the following in a cool, dry, and dark place:



GARLIC ONIONS in a mesh bag POTATOES in a paper bag SWEET POTATOES WINTER SQUASH

TIP:

Keep onions away from other vegetables, as onions release a gas which could spoil other produce.

Fridge



Store fruits and veggies separately in a fridge, as some fruits release ethylene gas that can spoil vegetables.

A crisper drawer will keep the right moisture to maintain freshness for longer.

Store the following fruits and veggies in the fridge, as soon as you bring them home:



APPLES BERRIES in a container with tiny vents CHERRIES in a container with tiny vents GRAPES in a container with tiny vents LEMONS / LIMES
ASPARAGUS in a glass of cold water, stalks upright BEANS BEETS BROCCOLI BRUSSELS SPROUTS

CABBAGE, CARROTS, CAULIFLOWER, CELERY, CORN stored inside husks, CUCUMBERS, EGGPLANT, DELICATE HERBS (CILANTRO, PARSLEY, MINT) in a glass of water, covered loosely with a plastic bag, HARDIER HERBS (OREGANO, ROSEMARY, THYME) rolled in a damp paper towel, LEAFY GREENS in a dishtowel in a sealed container in crisper, MUSHROOMS in a paper bag, PEAS, PEPPERS, ZUCCHINIS

Freezer



Freezing fruits & vegetables at home is a fast and convenient way to preserve them for future use.



FROZEN PIECES OF MANGO FROZEN GRAPES FROZEN BROCCOLI, cut and placed into a bag FROZEN CARROT, ONION, CELERY SCRAPS in a bag MAKE YOUR OWN VEGGIE BROTH by using frozen veggie scraps



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