

May 2022 Good Food Box Storage Tips

- When storing vegetables in the fridge, always try to keep them in the vegetable drawer
- Set drawers to higher humidity (window closed) and lower humidity (window open) to preserve freshness
 - o Higher humidity – water vapour is kept in the drawer, moisture maintains crisp/fresh vegetables
 - Most vegetables kept here, especially greens
 - o Lower humidity – foods that tend to rot, as the open window allows the ethylene and other gases produced a chance to escape
 - Most fruit kept here
- Produce likes to breathe, so wrap in paper towel and don't put in airtight bag

Apples – best stored in fridge or a cool, dry place for 3-4 weeks; can be stored in the fridge in a plastic bag with holes, can add a paper towel to absorb any moisture if necessary

Citrus – store in the fridge (in the lower humidity drawer) to extend shelf life

Pears – ripen on countertop but store in fridge to prolong shelf life, freshness, overall quality; if pear is very green and doesn't change colour, press at base of its 'neck' for some softness to determine ripeness

Melon – store on countertop until; once ripe or cut, store in fridge for approximately 5 days

Broccoli – wrap in paper towel and store in fridge for 4-5 days

Celery – wrap the root end of the celery in a paper towel, place the whole celery in a bag and store in your fridge. Can also be chopped and frozen

Chayote Squash - store in a cool dry place if planning to use within a few days, otherwise store in an airtight container in the fridge

Cucumber – store in fridge, in a crisper if possible

Lettuce – store in the fridge, wrap in paper towel to absorb excess moisture; depending on freshness, can last for up to 7 days

Peppers – store in fridge, in crisper if available, or in a perforated bag for several days

Tomatoes – store at room temperature for 3-5 days to maintain flavour. Once soft/ripe, can place in fridge for a few days to preserve shelf life. Cut tomatoes should be stored in the fridge.

Grape tomatoes – store at room temperature for maximum flavour, roughly 3-5 days; storing at cooler temps (~15C) will give them a 10-day shelf life

Potatoes - store in a cool, dry place, out of plastic bag; store away from onions as they enhance ripening