

## 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
  - Higher humidity – water vapour is kept in the drawer, moisture maintains crisp/fresh vegetables
    - Most vegetables kept here, especially greens
  - 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