

## January 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

**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

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

**Cucumber** – store in fridge, in a crisper if possible

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

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

**Zucchini** – store in partially open plastic bag or paper bag in fridge for about 1 week

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

**Beets** – best stored in paper towel in a perforated bag in fridge for 3+ weeks (some sources say months)

**Carrots** – store in a perforated bag in the fridge for 4 weeks; can add paper towel to absorb any excess moisture

**Onion** – store in a cool, dry place, not in plastic; store away from potatoes as they cause them to sprout. Should last for several weeks

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