

April 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

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

Asparagus – store in fridge; for extend freshness, trim ends, and stand in a glass filled with water in the fridge

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

Cauliflower – store in fridge for 1 week; consider using paper towel to absorb moisture and prevent rotting

Kale – wrap in paper towel and store in partially closed bag in fridge for 1 week

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

Leek – store in fridge in a loosely tied plastic bag

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

Yam – store in a cool, dry place, potentially in a paper bag; store away from onions as they enhance ripening