

March 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

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

Papaya – store at room temperature to promote ripening (turning yellow); once ripe, can store in fridge for 2 days. To promote ripening, wrap in paper or store next to bananas

Cucumber – store in fridge, in a crisper if possible

Mini Peppers – store in fridge, in the perforated bag it came in

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

Broccoli – wrap in paper towel or store in a breathable bag for 4-5 days

Brussel Sprouts – store in a perforated bag in fridge for 7-10 days

Acorn Squash – best stored in a cool, dry place; if turning quite yellow, best to eat sooner rather than later

Cabbage – store in the fridge in a loosely wrapped plastic bag (can also be perforated); when stored properly, can last for 1 month

Potatoes - store in a cool, dry place, out of plastic bag; store away from onions as they enhance ripening; should last for 1 month