

Good Food Box February 20th, 2023

- 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 and mushrooms
- 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

Avocado – store at room temperature to ripen; once ripe, can place in fridge to extend shelf life

Kiwi – store on counter to ripen; once ripe, place in fridge to prolong shelf life

Oranges – store in the crisper drawer of the fridge to extend shelf life or at room temperature for about 1 week

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

Alfalfa sprouts – store in the original container or in a sealed plastic bag for up to 3 days

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

Carrots – store in a perforated bag in the fridge for 4 weeks; baby carrots last about 1 week; can add paper towel to absorb any excess moisture

Garlic – store in a cool dry place; if peeled, store in fridge for up to 2 days

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

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

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

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

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

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