

July 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

Melon – store on countertop until ripe (placing in a paper bag will quicken ripening process); once ripe or cut, store in fridge for approximately 5 days

Plums – ripen on counter but then store in fridge to prolong shelf life

Nectarines - ripen on counter but then store in fridge to prolong shelf life

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

Carrots – store in the fridge for 1-2 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

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

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.

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