

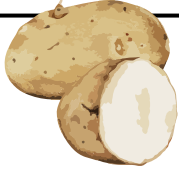





Keeping produce FRESH









Pantry

Fruit/Vegetable	Storage	Shelf life	Tip
	Store in a dark, cool and dry place when unpeeled. In the fridge when peeled or chopped.	Up to 3 months	Can all be chopped into smaller pieces before freezing in an airtight container.
	Store in a cool dark place.	Up to 1 month	Store spring onions in fridge crisper.
	Store in a cool, dark place.	Up to 1 month	Sprouted potatoes are fine to eat if the potatoes are firm to touch. Just remove any sprouts.

Countertop

Fruit/Vegetable	Storage	Shelf life	Tip
	Store in fruit bowl until ripe, then move to fridge shelf.	Up to 1 week	Place in a paper bag with a ripe banana to speed up ripening.
	Store in a fruit bowl.	Up to 1 week	Peel, cut and freeze over-ripe bananas to use in baking or smoothies.
	To ripen, store in a fruit bowl on the bench. Store in the fridge crisper once ripe.	2-3 weeks	Stone fruits are perfect for making into stews for freezing for later if they are over-ripe.

Refrigerator

Fruit/Vegetable	Storage	Shelf life	Tip
	<p>Store in the fridge crisper drawer. Leave in original packaging.</p>	<p>2-4 days</p>	<p>Only wash berries right before eating. You can also freeze them for a snack or smoothie.</p>
	<p>Store in the fridge crisper drawer. Rinse in water and shake off excess. Wrap in a tea towel around damp head and seal in a plastic, paper or cloth bag.</p>	<p>Up to 4 week</p>	<p>You can freshen up broccoli by placing stems in a glass of water in your fridge. Broccoli can also be chopped into smaller pieces before freezing in an airtight container.</p>
	<p>Store in fridge crisper in original packaging or loosely tied bag.</p>	<p>2-3 weeks</p>	<p>If your carrot goes limp, you can revive it by cutting off the tip and placing in a glass of water.</p>
	<p>Store in the fridge crisper drawer.</p>	<p>4 weeks</p>	<p>Celery leaves can be used in place of parsley.</p>
	<p>Store in the fridge crisper drawer in a loosely tied plastic, paper or cloth bag.</p>	<p>Up to 1 week</p>	<p>Can all be chopped into smaller pieces before freezing in an airtight container.</p>
	<p>Store in fridge crisper draw in an airtight container with a paper towel to absorb any moisture.</p>	<p>1 to 2 weeks</p>	<p>Revive wilted greens by soaking in cold water.</p>
	<p>Best stored in the fridge in a paper bag.</p>	<p>4-10 days</p>	<p>Can all be chopped into smaller pieces before freezing and seal airtight.</p>
	<p>Store in the fridge crisper drawer, in a tea towel to prevent 'sweating'.</p>	<p>1 week</p>	<p>Can all be chopped into smaller pieces before freezing and seal airtight.</p>