Countertop

Ripen at room temperature, before placing in the fridge:

AVOCADOS

BANANAS

KIWIS

MANGOES

MELONS

ORANGES

PEARS

PEACHES

TOMATOES

This maximizes their flavour and sweetness. Just keep a watchful eye on them so they don't over-ripen!

TIP: *To speed up the ripening process, place the fruit in a paper bag with a ripe banana. Check on the fruit every day to ensure the best possible ripeness.*

Pantry

Store the following in a cool, dry, and dark place:

GARLIC

ONIONS
in a mesh bag

POTATOES
in a paper bag

SWEET POTATOES

WINTER SQUASH

TIP: *Keep onions away from other vegetables, as onions release a gas which could spoil other produce.*

FRUITS & VEGGIES! HALF YOUR PLATE halfyourplate.ca

For more produce tips, visit **HalfYourPlate.ca** or follow us on:

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Fridge

Store fruits and veggies separately in a fridge, as some fruits release ethylene gas that can spoil vegetables.

A crisper drawer will keep the right moisture to maintain freshness for longer.

Store the following fruits and veggies in the fridge, as soon as you bring them home:

APPLES

BERRIES
in a container with tiny vents

CHERRIES
in a container with tiny vents

GRAPES
in a container with tiny vents

LEMONS /LIMES

ASPARAGUS
in a glass of cold water, stalks upright

BEANS

BEETS

BROCCOLI

BRUSSELS SPROUTS

CABBAGE, CARROTS, CAULIFLOWER, CELERY, CORN stored inside husks, **CUCUMBERS, EGGPLANT, DELICATE HERBS (CILANTRO, PARSLEY, MINT)** in a glass of water, covered loosely with a plastic bag, **HARDIER HERBS (OREGANO, ROSEMARY, THYME)** rolled in a damp paper towel, **LEAFY GREENS** in a dishtowel in a sealed container in crisper, **MUSHROOMS** in a paper bag, **PEAS, PEPPERS, ZUCCHINIS**

Freezer

Freezing fruits & vegetables at home is a fast and convenient way to preserve them for future use.

FROZEN PIECES OF MANGO

FROZEN GRAPES

FROZEN BROCCOLI,
cut and placed into a bag

FROZEN CARROT, ONION, CELERY SCRAPS
in a bag

MAKE YOUR OWN VEGGIE BROTH
by using frozen veggie scraps