

# FRUITS

## STORAGE GUIDE

ITEM	STORAGE	SHELF LIFE	TIP
<b>Avocado - ripe</b>	Fridge shelf. If cut, keep in airtight container to seal.	Up to 1 week	Ripen on bench before refrigerating.
<b>Avocado - unripe</b>	Fruit bowl until ripe, then move to fridge.	Up to 1 week	Place in a bag with a ripe banana to speed up ripening.
<b>Bananas</b>	Fruit bowl, away from any other fruit you do not want to ripen.	Up to 1 week	Freeze overripe bananas whole, to use in baking.
<b>Berries</b>	Fridge crisper drawer shelf. Keep in an airtight container.	2-4 days	Only wash berries right before eating.
<b>Citrus</b>	Fridge crisper drawer.	2-3 weeks	Limes will also last well out of the fridge.
<b>Nuts</b>	In an airtight container in the pantry for 1 month, or in the fridge for 6 months.	1 month	Nuts can be frozen to prevent them going off.
<b>Pineapple</b>	Fruit bowl when whole, or in fridge when chopped.	1 week	Freeze extra pineapple to add to smoothies.
<b>Stone fruit - ripe (e.g. peaches, plums)</b>	Fridge crisper drawer.	2-3 weeks	Leave on the bench to ripen before moving to fridge.
<b>Stone fruit - unripe (e.g. nectarines, peaches)</b>	Fruit bowl to ripen, then move to fridge.	Up to 1 week	

# MISCELLANEOUS

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<b>Biscuits</b>	Pantry shelf in an airtight container.	Refer to date label	Sweet biscuits have low moisture so can be frozen.
<b>Bread</b>	Pantry shelf or bread box.	2-5 days	Freeze extra bread slices for toast or diced for croutons.
<b>Cereal, rice, pasta, flour</b>	Pantry shelf in an airtight container.		
<b>Eggs</b>	Fridge shelf. Leave in carton to protect shell.	Up to 3 months	If an egg is off, it will float in water.
<b>Fish</b>	Bottom shelf, sealed well to prevent leakage.	3 days	Wash and gut fish if storing for more than 24 hours.
<b>Meat</b>	Bottom fridge shelf, sealed well to prevent leakage.	3-5 days	


# VEGETABLES

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<b>Broccoli</b>	Clean and cover with damp paper towel. Seal in a bag and keep in crisper drawer.	Up to 4 weeks	Use a damp cloth and cloth bag to reduce waste.
<b>Cauliflower</b>	Fridge crisper in a bag or wrapped in its own leaves.	1-2 weeks	The leaves delay the head from turning brown.
<b>Celery</b>	Fridge crisper drawer. Trim off leaves and wrap whole in foil.	4 weeks	Celery leaves can be used in place of parsley.
<b>Courgette</b>	Fridge crisper drawer, in a paper or cloth bag to prevent 'sweating'.	1 week	
<b>Garlic</b>	In a dark, cool and dry place when unpeeled. In the fridge when peeled or chopped.	Up to 1 year	
<b>Hard greens (e.g. asparagus, beans, brussels sprouts)</b>	Fridge crisper drawer in a loosely tied bag.	Up to 1 week	
<b>Herbs (basil)</b>	In a glass with some water out of direct sunlight. Change water every 2-3 days.	3-4 days	All other fresh herbs should be kept in the fridge.
<b>Herbs (long stems e.g. coriander, parsley)</b>	Fridge shelf, in a glass with some water. Change water every 2-3 days.	3-4 days	Basil should be stored like cut flowers on a bench.
<b>Herbs (short stems e.g. sage, thyme)</b>	Fridge crisper drawer. Wrap in damp paper towel in a zip lock bag.	3-4 days	Chop extra herbs and freeze in water or oil in an ice cube tray.
<b>Leafy greens (e.g. spinach, rocket)</b>	Fridge crisper. In a sealed container lined with paper towel.	1-2 weeks	Revive wilted lettuce by soaking in cold water.
<b>Lettuce (iceberg)</b>	Fridge shelf in a lettuce crisper container.	4 weeks	No container? Wrap whole lettuce in paper towel.
<b>Onions</b>	In a cool, dark place, away from potatoes which can sprout near onions.	Up to 1 month	Store chives, spring onions and leeks in your fridge crisper.
<b>Potatoes</b>	In a cool, dark place, away from onions.	Up to 1 month	Sprouted potatoes are fine to eat - just remove any sprouts or green bits.
<b>Pumpkin</b>	In a cool place in the pantry when whole or in the fridge when chopped.	Up to 1 month	Use a beeswax wrap to reduce cling film waste.
<b>Root vegetables (e.g. carrot, parsnip)</b>	Fridge crisper drawer. Trim off leaves or greens and store in sealed container.	4-6 weeks	Beetroot or carrot tops can be used in salad or pesto.
<b>Sweet potatoes</b>	In a cool, dark place, away from onions.	Up to 1 month	
<b>Tomatoes</b>	Fruit bowl.	Up to 2 weeks	Tomatoes lose their flavour in the fridge.

**3-4°C** Your fridge should be between 3-4°C.

 The crisper drawer and bottom shelf are the coldest part.

 Overripe fruit produces extra ethylene, a gas that will quickly ripen other fruit and vegetables nearby.