

VEGETABLE STORAGE GUIDE

Store in the fridge

<i>Artichokes</i>	Store in an airtight container with a little moisture.
<i>Asparagus</i>	Store in an airtight container in the fridge or store standing upright in a glass of water on the bench for up to 1 week.
<i>Beans</i>	Store in a bag in the crisper or in a container with a damp cloth over them.
<i>Beetroot</i>	Cut tops off, wash and keep in a container covered with a damp cloth.
<i>Broccoli</i>	Store in a bag in the crisper or wrap in a damp cloth and store in the crisper.
<i>Brussels Sprouts</i>	Store in an open container with a damp cloth on top.
<i>Cabbage</i>	Store unwrapped in the crisper on a cool bench top for up to 1 week. Wrap in a damp cloth and store in the fridge to keep longer.
<i>Capsicum</i>	Store in an airtight bag or container in the fridge.
<i>Carrots</i>	Store in an airtight bag or wrapped in a damp cloth and then placed in an airtight container in the fridge.
<i>Cauliflower</i>	Store in an airtight bag or container in the fridge.
<i>Celery</i>	Store in an airtight bag in the fridge or in a cup of water on the bench top.
<i>Celeriac</i>	Wrap in damp cloth and place in the crisper.
<i>Corn</i>	Leave unhusked in an open container.
<i>Cucumbers</i>	Wrap in a damp cloth and store in the fridge
<i>Eggplant</i>	Place loose in the crisper.
<i>Fennel</i>	Place in an airtight container in the fridge with a tiny bit of water.
<i>Greens (spinach, card etc.)</i>	Keep wrapped in a damp cloth in an airtight container. Kale, collards and chard can be kept in a glass of water in the fridge or bench top.

<i>Leeks</i>	Wrap in a damp cloth and place in the crisper.
<i>Lettuce</i>	Wrap in a damp cloth and store in an airtight bag or container.
<i>Mushrooms</i>	Store in a paper bag in the fridge.
<i>Parsnips</i>	Place in the crisper or wrap in a damp cloth.
<i>Pumpkin (cut)</i>	Store cut pumpkin in an air tight container in the fridge.
<i>Radishes</i>	Remove greens and place in an open container covered with a damp cloth.
<i>Rhubarb</i>	Wrap in a damp cloth and store in an open container in the fridge.
<i>Snap Peas</i>	Store in an open container.
<i>Spinach</i>	Store loose leaves in an open container in the crisper as cold as possible.
<i>Zucchini</i>	Wrap in a dry cloth and store in the crisper. Moisture encourages mould growth.

Store in the pantry

<i>Onions</i>	Store in a cool, dark, dry place with good air circulation.
<i>Potatoes</i>	Store in a cool, dark dry place with good air circulation. Remove from plastic bag before storing.
<i>Sweet potatoes</i>	Store in a cool, dark dry place with good air circulation. Remove from plastic bag before storing.
<i>Garlic</i>	Store in a cool, dark dry place with good air circulation. Remove from plastic bag before storing.

Store on the bench

<i>Avocados</i>	Store at room temperature. Can be refrigerated once ripe. Place in a paper bag with an apple to speed up ripening.
<i>Pumpkin (whole)</i>	Store at room temperature on the bench.
<i>Tomatoes</i>	Store at room temperature on the bench away from direct sunlight.

FRUIT STORAGE GUIDE

Store in the fridge

Berries	Store in the fridge in their container or paper bag in a single layer if possible as they are fragile. Don't wash until ready to eat as moisture will encourage mould.
Cherries	Store in a bag or air tight container in the fridge. Don't wash until ready to eat as moisture will encourage mould.
Grapes	Remove any rotten grapes before storing in an airtight container in the fridge.
Figs	Store on a plate uncovered or in a paper bag in the fridge.
Melons (cut)	Store cut melon in a container – covered or uncovered is fine.
Pineapple	Store cut pineapple in its juices in an air tight container in the fridge. Uncut pineapple should also be stored in the fridge. Pineapple (uncut) can be left at room temperature for 1 – 2 days but will ferment quickly, especially in hot climates. It will not sweeten or ripen further but can become more acidic if stored at room temperature.
Strawberries	Store strawberries in their punnet or in a paper bag in the fridge. Check for moisture every day as moisture will make them mouldy.

Store on the bench

Apples	Store on a cool bench top / fruit bowl. For longer storage, store in a cardboard box in the fridge.
Apricots	Store at room temperature or in the fridge once fully ripe.
Bananas	Store on the bench top.
Lemons	Store on the bench at room temperature or a cool pantry with lots of airflow. Can also be stored in the fridge or the juice can be squeezed and frozen in ice cube trays.
Limes	Store on the bench at room temperature or a cool pantry with lots of airflow. Can also be stored in the fridge or the juice can be squeezed and frozen in ice cube trays.
Kiwifruit	Store on the bench at room temperature. Can also be stored in the fridge.

<i>Mandarins</i>	Store on the bench at room temperature or a cool pantry with lots of airflow. Can also be stored in the fridge or the juice can be squeezed and frozen in ice cube trays.
<i>Melons (whole)</i>	Store on the bench at room temperature.
<i>Nectarines</i>	Store at room temperature until rip. Can be stored in the fridge once ripe.
<i>Oranges</i>	Store on the bench at room temperature or a cool pantry with lots of airflow. Can also be stored in the fridge or the juice can be squeezed and frozen in ice cube trays.
<i>Peaches</i>	Store at room temperature until rip. Can be stored in the fridge once ripe.
<i>Pears</i>	Store at room temperature. Ripening can be hastened if stored in a paper bag with an apple. Once ripe, they spoil quickly and need to be eaten as soon as possible. Can be stored in the fridge once ripe to slow this process.
<i>Persimmon</i>	Store at room temperature.
<i>Pomegranates</i>	Store at room temperature

HERB STORAGE GUIDE

<i>Basil</i>	Store in an airtight container, loosely packed, with a damp piece of paper inside on a cool bench top or in the pantry.
<i>Coriander</i>	Place in a glass with a small amount of water and cover with a plastic bag.
<i>Oregano</i>	Wrap in a damp cloth and store in an airtight container or bag in the fridge.
<i>Parsley</i>	Wrap in a damp cloth and store in an airtight container or bag in the fridge.
<i>Rosemary</i>	Wrap in a damp cloth and store in an airtight container or bag in the fridge.
<i>Thyme</i>	Wrap in a damp cloth and store in an airtight container or bag in the fridge.