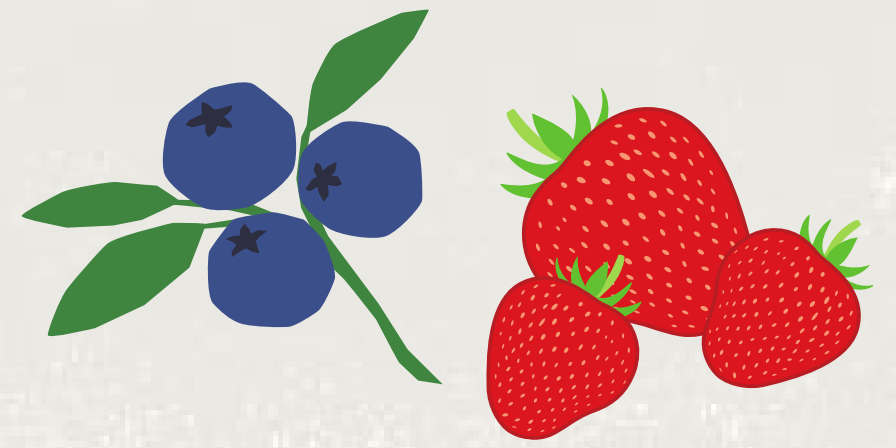




Essential Veg

Store moisture-rich veggies in an air tight container or bag in the crisper section of your fridge. Your **broccoli, carrots, celery** etc will thank you!



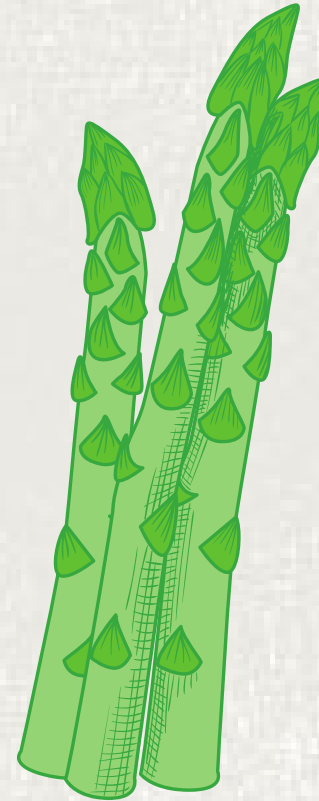
Berry berry good

Organic berries are delicate and don't keep long. Store dry and well ventilated in the fridge and enjoy as soon as possible!



Loose salad leaves

Our eco cellophane bags are **fully home compostable but not intended for storage**. Once they arrive, remove and store leafy greens in an air tight container or bag. Wash leaves before use.



Herbs, asparagus, chard!

Trim the ends and keep produce like **herbs, asparagus, and chard bunches** in a jar of water - either on the bench or topped with a reusable plastic bag in the fridge. This works for **celery** too. Alternatively, refrigerate wrapped in a damp tea towel or in a sealed container.

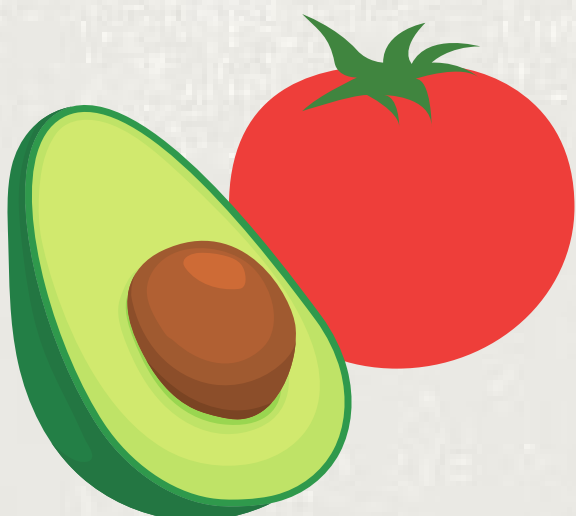
Citrus and apples

Autumn/winter fruit keep best in the fridge - like **apples, ripe pears, lemons and oranges**. Use the fridge to slow their ripening process.



Half used or overripe

Store any **overripe or cut produce** in the fridge to slow ripening or decay and avoid waste. Consider freezing for future cooking. Or transform into a sauce, stew, baked goods or a quick jam - even small batches are worthwhile.



Benchtop buddies

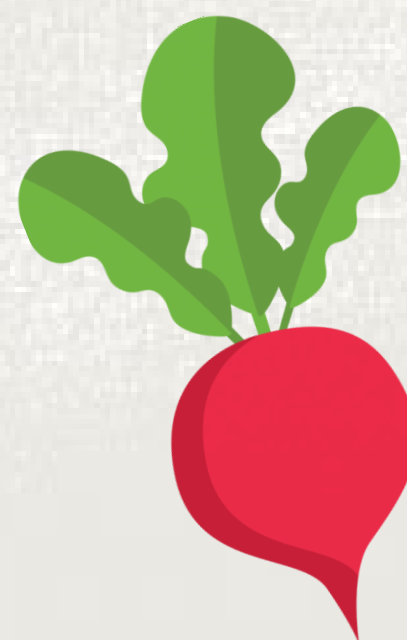
For optimum ripeness and flavour, store warmth-lovers at room temperature - like **whole tomatoes, avocados, bananas and stone fruit**.



Bananas, apples and pears ripen other fruits faster as they emit more ethylene, a plant hormone

Cave conditions

Veg like **potatoes, onions, garlic, sweet potato and whole pumpkins** are best stored in a cool, dark, dry place out of the fridge. Try a breathable canvas or hessian bag, or a paper lined basket.



Leafy veg bunches

Remove leaves from bunches like **beetroot, Dutch carrots and radish** to help the roots stay hydrated. Make a salad or cook up the greens - store separately but enjoy both!



CERES FAIR FOOD'S MINI STORAGE GUIDE

Ps. **Spuds and onions** both like the cave but will keep better if separated.

For more info visit
ceresfairfood.org.au/storage-guide