

COUNTER TOP

Fruit bowl or kitchen shelf.

Tomatoes
Avocados
Citrus fruit
Plums

are much more
flavoursome at
room temp

Keep the above on the counter
until ripe and then place in the
fridge



Apples
Pears
Bananas
Squash
Pumpkin
Turmeric



IN THE FRIDGE

Store in an airtight
container or bag

- Broccoli
- Cauliflower
- Carrot
- Celery
- Cut Squash
- Fennel
- French beans
- Kohlrabi
- Lettuce & salad leaves
- Leafy cabbage, kale & sprouts
- Leek
- Spring Onion
- Turnip
- Spinach, chard & beet leaves
- Parsnip
- Radish
- Rhubarb



Keep these items cold and in
low humidity

- Pepper
- Aubergine
- Asparagus



Snip off the
asparagus ends to
give a fresh cut
and stand in a
glass jar with 2cm
of cold water.



- Beetroot
- Broad beans
- Celeriac
- Courgette
- Cucumber
- Chillies
- Jerusalem artichoke
- Globe artichoke
- Sweetcorn
- Swede
- Mushrooms

Keep your
mushrooms
in a paper
bag to absorb
excess moisture.



TIPS



Only wash your fruits and
vegetables when you're ready to
use them. (Washing removes
natural protective barriers which
help to encourage the growth of
bacteria and mould)

Remove the greens from root
vegetables like carrots and
radishes (you can eat these too!)

Store fruits and vegetables
separately, many fruits emit
ethylene gas as they ripen, and
can cause other fresh produce to
spoil faster.

Perk up leafy greens that have
gone limp by placing stalks in a
glass of water. This also works for
asparagus, celery, broccoli,
rhubarb and herbs

Ripening fruit – avocados, plums,
peaches etc - out on counter top
and then in fridge. To speed up
ripening put fruit in closed paper
bag ideally with a ripe banana or
apple.

Citrus fruits, unless they need
ripening up (in which case keep at
room temperature), are best
stored in the fridge. They can be
taken out a day or two before
eating to enjoy their fullest flavour
– this includes tomatoes too!

COOL DARK PLACE

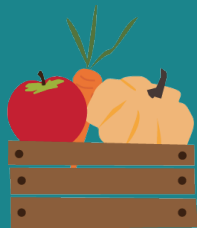
Potatoes
Sweet Potatoes

keep the above in a paper
bag and away from your
onions

Onion
Garlic



CAMBRIDGE
organic



HOW TO STORE YOUR VEG