

# Food storage guide: Keep it fresh

Fresh ingredients can be the difference between a good dish and a \*chef's kiss\* dish. Find out how to store the most commonly spoiled foods and keep them fresh for as long as possible.

## Fruits



### Apples

- Refrigerate in a breathable bag.
- Separate bruised apples from others.
- Store sliced apples in water with a dash of citrus juice.



### Bananas

- Store at room temperature away from other fruit.
- Keep ripened bananas in the refrigerator or freezer.



### Avocados

- Store at room temperature until ripe, then refrigerate.
- To ripen faster, store in a bag with a banana or apple.



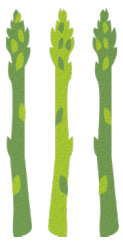
### Citrus Fruits

- Store in refrigerator.
- Place in a container after peeling or slicing.

## Vegetables

Many vegetables can be stored in the refrigerator in their original packaging.

Some exceptions:



### Asparagus

Place stalks upright in a container of water in the refrigerator. **Bonus:** tough ends can be cut up and added to homemade vegetable stock.



### Beets

Remove green tops before refrigeration.

★ **Pro tip:** Beet tops can be used and eaten like Swiss chard.



### Artichokes

Cut off stem end, moisten with water, and place in container before refrigerating.

### Potatoes

Store in a cool, dry place away from onions and sunlight.

### Basil

Store on the counter in a tall glass of water. Replace water daily.

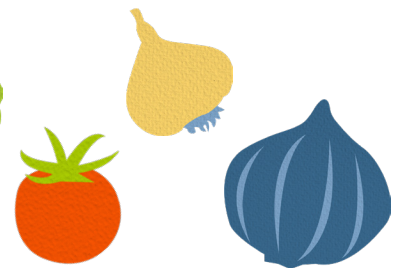


### Radishes

Remove green tops before refrigerating. **Pro tip:** Radish tops are edible. Search the internet for recipes to try.

### Tomatoes

Store fresh tomatoes at room temperature. If they start to overripen, move to the refrigerator.



### Garlic

Store at room temperature in a paper bag, out of the sunlight. Leave skin on and cloves attached until ready to use.

### Onions

Store in a cool, dry place out of sunlight. Refrigerate only when sliced or chopped.

