


TIPS FOR STORING YOUR FOODS AND HOW TO MAKE THEM LAST LONGER

BUY ORGANIC

THE EDIBLE SCHOOLYARD PROJECT


KEEP ON THE COUNTER:

BANANAS, GRAPFRUIT, LEMONS AND LIMES, ORANGES, MANDARINS, PADAYAS, PLANTAIN, PERSIMMONS, PINEAPPLE, POMEGRANATES, WATERMELONS, CUCUMBERS, GINGER, EGGPLANT, PEPPERS, JICAMA, PUMPKINS, TOMATDES



RIPEN ON THE COUNTER THEN REFRIGERATE:

APPLES, AVOCADOS, KINI, CANTALOUPE, MANGOES, NECTARINES, PEACHES, PEARS, PLUMS, RUOTS



STORE IN THE CUPBOARD:

POTATOES AND SWEET POTATOES, WINTER SQUASH

LENTILS, RICE, DRIED BEANS, QUINOA

ONIONS, GARLIC

KEEP POTATOES AND ONIONS SEPARATED



STORE IN THE REFRIGERATOR:

ARTICHOKES, ASPARAGUS, BEETS, GREEN BEANS, BELGIUM ENDIVES, BOK CHOY, BROCCOLI, CABBAGE, BRUSSEL SPROUTS, CARROTS, CAULIFLOWER, CELERY, FENNEL, GREENS ONIONS, LEEKS, PEAS, MUSHROOMS, RADISHES, SPROUTS, SUMMER SQUASHES

SWEET CORN,

TURNIPS, TOMATILLOS

APRICOTS, PEARS, BERRIES, FIGS, CHERRIES, GRAPES

IF CARROTS, BEETS OR RADISHES COME WITH THE TOPS ON, TAKE THEM OFF BEFORE PUTTING THEM AWAY

STORE HERBS LIKE PARSLEY, CILANTRO, AND MINT IN A JAR OF WATER, LIKE CUT FLOWERS

STORE LEAFY GREENS LIKE CHARD, KALE, LETTUCE, SPINACH IN A SEALED CONTAINER LINED WITH A DAMP TOWEL

