

SUMMER

STORAGE TIPS

WHEN THE WEATHER IS WARMER IT IS MORE IMPORTANT THAN EVER THAT WE ARE STORING OUR FOOD IN THE RIGHT PLACES.

BREAD

The humid climate during summer means now is the most important time to keep your bread in the fridge or freezer so that it doesn't grow mould.

TOMATOES

Store tomatoes at room temperature – refrigerating them affects their texture and flavour. If they have gone soft, use them for cooking.

ICEBERG LETTUCE

Store in a lettuce crisper, if you have one, otherwise wrap the lettuce in paper towels and place in a resealable plastic bag.

CUCUMBERS

Cucumbers can be stored either in the fridge or at room temperature.

Keep the plastic wrapping on telegraph cucumbers as it protects the soft skin and prevents dehydration.

SWEETCORN

Refrigerate sweetcorn in its husk to keep it fresher for longer.

TIP

To save on dishes, cook your corn in the microwave. Put the sweetcorn (in its husk) in the microwave and cook for 3 minutes per cob. Cooking times may vary though, depending on the strength of your microwave. Allow to cool slightly before peeling.

STONE FRUIT

If your stone fruit is ripe, store it in the fridge to make it last longer. If it needs to ripen, keep it at room temperature.

Storing it in a paper bag with a banana will speed up the process.

SALAD GREENS

Make slimy salad a thing of the past by keeping your salad greens in an airtight container in the fridge.

MELONS

Once melons are ripe, store them in the fridge. Always refrigerate cut melon.



For more storage tips visit
lovefoodhatewaste.co.nz