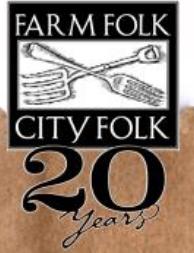


Reduce your

# Foodprint

Help the planet, save money, and have fun doing it.



## Make It Last

### Food Storage Tips To Help You Reduce Your Foodprint

Caring for the food we buy will maintain its taste, texture, nutritional value and reduce food waste. Learn how your fridge, freezer, cupboards and cold room can make the foods you love last. The [Eat in Time Chart](#) provides information on food storage times so you can gage how much to buy. Post it on your fridge!

#### Refrigerators

Air in refrigerators is dry and removes moisture from produce causing it to go limp. Storing produce in crisper drawers helps reduce this. To further protect your fresh fruits and vegetables use a plastic bag, or an airtight container. Glass jars work for smaller items. Limp stalk vegetables like celery, parsley, broccoli, cauliflower, kale, Swiss chard, and lettuce can be revived. Cut a small amount off from the root-end, soak in luke-warm water for a half-hour or more and refrigerate. With leafy greens try storing them in the salad spinner. If you spinner has a bowl without drainage holes, leave a little water in the bottom below the strainer, making sure your greens aren't sitting in it. With a closed lid the spinner provides a micro-environment to keep your greens cold without letting them dry out.

#### Vegetables

- Asparagus: wrap ends in damp towel or stand in water; cover loosely with a plastic bag.
- Beans, Broccoli, Brussels Sprouts, Cabbage Carrots, Cauliflower, Celery, Cucumbers, Parsnips, Peppers, Radishes, Zucchini: wrap in a plastic bag and store in the crisper.
- Eggplants: store in the crisper without a plastic bag.
- Fresh Herbs: wrap in towel in plastic bag or stand in water, loosely covered.
- Leafy Greens: wash and spin dry then wrap in towel in plastic bag in the crisper.
- Vegetables, canned: once opened remove from the can and store in an air tight container.
- Mushrooms, Ginger: store in paper bag in the crisper.

#### Fruit

- Apples: Store in a plastic bag or sealed container in the crisper.
- Apricots, Nectarines, Peaches, Plums: store the ripe fruit in single layer on a fridge shelf.
- Blackberries, Blueberries, Raspberries, Strawberries: store in single layer on a tray covered with a towel.
- Cantaloupe, Honeydew Melon, Watermelon: store whole and unwrapped, or cut and wrapped in a plastic bag.
- Cherries: store uncovered in a bowl.
- Grapes: wrap loosely in a plastic bag or towel in the crisper.
- Fruit, canned: remove from the can and store in an air tight container.

## **Meat, Poultry, Fish and Seafood**

- Raw: store in an airtight container at the bottom of the fridge, so liquids can't drip onto other foods.
- Canned: remove from the can and store in an air tight container.

## **Dairy & Tofu**

- Cheese-hard: remove from plastic then wrap in clean cotton cloth and store in a sealed container.
- Cheese-soft: remove from plastic and store in sealed container.
- Tofu: remove from packaging and store submerged under water in airtight container.

## **Nuts and Coconut**

- Store in a jar in the fridge or freezer

## **Freezers**

Freezer burn happens when frozen food is exposed to air, and causes drying and oxidation. While it changes the texture, it does not make the food unsafe to eat. Use foods in soups and stews where the liquid will help to rehydrate the freezer burned foods. To prevent freezer burn make sure the packaging is airtight and that as much air as possible has been removed. Remember to date and label packages before they are frozen.

## **Vegetables**

- Ginger: cut in pieces and store in a sealed plastic bag.
- Vegetables: blanch and freeze.

**Blanching equipment:** Large pot, 6-8 trays of ice cubes, scrubbed-down sink, and slotted spoon.

**Process:** Wash and cut vegetables while bringing a large pot of water to a boil. Fill sink half full with water and add ice cubes. Using the slotted spoon put a small batch of vegetables into the boiling water (no more than half a kilo). Once the water returns to a boil, blanch vegetables in hot water for the following times:

- Asparagus, carrots, string beans: 1 minute
- Cauliflower florets, corn on the cob: 2-3 minutes

Once blanched, using the slotted spoon remove vegetables from the pot and plunge into cold water bath. While this batch cools, add another batch to the boiling water. Drain cooled vegetables on clean tea towels and freeze using the following method. Line-up vegetables so they don't touch on parchment-lined baking sheets. Freeze until solid. Scoop into freezer bags and squeeze the air out before sealing. Label with description and date and store in freezer.

## **Fruit**

- Avocados-ripe: wash, skin, cut in half, remove pit. Freeze halves in sealed airtight plastic bag. Alternatively, puree or mash and freeze in an airtight container.

- Fruit, Berries, Cherry Tomatoes, Tomatillos with husks, Cherries- pitted, Plums-halved and pitted: line-up fruit on parchment-lined baking sheets. Freeze until solid. Transfer into freezer bags and squeeze the air out before sealing. Label with description and date and store in freezer.

## Dairy

- Butter: cut into serving sizes, rewrap in original wrapper and freeze.
- Milk: freeze in closed container.

## Prepared Foods

- Bread: slice and put in freezer bags. Squeeze out the air, seal the bag and then freeze.
- Meat, Poultry, Fish: wrap in butcher paper, seal with string or butcher tape, date and label the package.

## Counter Or Cupboard

Apricots, Cantaloupe, Honeydew Melon, Nectarines, Peaches, Plums, and Watermelon: store at room temperature until ripe.

Dried Goods, store in sealed containers.

Romaine lettuce can be stored on the counter top in a container with water, just like flowers. Pick the leaves from the outside. More leaves will grow from the heart. Green onions can also be kept this way. Cut leaving 1-2 inches of green. Watch as the stalks grow for your next salad.

Tomatoes: store until ripe at room temperature away from direct sunlight.

## Cold Room Or Cellar

- Onions, Garlic, Potatoes, Squash, Sweet Potatoes, Yams: store in cool, dry place. Don't store in plastic as they can't breathe and this will hasten spoilage. Apples, garlic, and onions produce ethylene gas so store away from potatoes, squash, yams, and sweet potatoes. Store apples separately from garlic and onions so they don't begin to taste like onions.
- Rutabagas: store in a cool dry place or refrigerate.

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