www.informedhealth.com.au

InformedHealth

GETTING BACK TO BASICS

with fruits and veggies

Tips for saving money:

- buy what's on special and plan your meals around those ingredients
- learn how to store fresh produce properly
- It is fine to buy frozen veggies or you can freeze them yourself for 8-12 months, in general, know that the nutrition doesn't change much between fresh and frozen
- Avocados can be frozen for up to three months
- Leafy greens can be washed and kept in muslin bags in the fridge
- Onions and potatoes can be put into mesh bags separately in a cool dry place
- Do NOT store onions and potatoes in the same bag, or in close proximity to one another, as the onions will cause the potatoes to rot.

Fiona Kane is a Nutritional Medicine Practitioner, Mind Body Eating Coach,

More Tips:

- Don't store all fruit and veg together. Many fruits, such as bananas, avocados and peaches, produce ethylene gas, which acts as a ripening hormone and can therefore speed up the ripening process of other produce. If you want to quickly ripen them up, put them together in a paper bag.
- In the refrigerator, you can store peaches, apples, oranges, squash, carrots, as well as most thick-skinned items in either mesh or muslin bags.
- Avocados, mangoes, melons, pears and apples will continue to ripen if left out on the kitchen countertop, whereas fruits such as grapes, citrus and berries will deteriorate and are best refrigerated.
- Tomatoes are a fruit; they should be kept at room temperature on your kitchen counter where they will continue to ripen. If they get too ripe, it's time to make a soup or bolognaise sauce!
- Onions and spring onions can be chopped up and frozen in a resealable bag. Once they are frozen, simply take out what you need and return the rest to the freezer.
- Wrap damp paper towels around the bases of asparagus, or try storing it upright in a glass with about an inch of water. This will keep them hydrated and delay wilting.
- Fresh soft herbs will last longer if you put them in a glass with some water like a bunch of flowers (dill, parsley, mint, coriander and basil).
- Hard herbs, such as sage, rosemary, thyme and chives, last longer if stored in the fridge. Wrap them in a dry paper towel before putting them into airtight containers or resealable bags.

FREE STRATEGY SESSION fiona@informedhealth.com.au (02)4573 2415