

Plastic Free Produce Storage



Crisper Drawer of fridge

Avocado
Beetroot (leaves removed)
Cabbage
Capsicum
Cauliflower
Corn*
Leek
Spinach*
Zucchini
Figs*
Mangos
Nectarines
Peaches
Pears

Cloth Bag in fridge

Broccoli
Brussels Sprouts
Carrots
Greens such as bok choy
Green beans
Herbs other than basil
Lettuce
Mushrooms
Parsnip
Radishes (leaves removed)
Shallots
Snow peas
Grapes
Rhubarb

Glass container in fridge

Sprouts
Berries
Cherries
Melons (cut)

At room temperature

Avocado (to ripen)
Chillies
Cucumber
Eggplant
Tomatoes
Apples
Bananas
Lemons
Limes
Mangos (to ripen)
Oranges

In glass of water on bench

Asparagus
Basil
Celery
Fennel

Cool dark place

Garlic
Onions
Potatoes
Pumpkin
Sweet potatoes
Turnip
Melons (uncut)



Family
Footprint
PROJECT

- Buy only what you need for the week - many veggies such as broccoli perish quickly
- Many fruits and vegetables freeze well, prepare and freeze in glass containers before they turn
- * *best eaten immediately*