

# HOW TO STORE YOUR VEG



**FRESHER**

**LONGER LASTING**

**LESS WASTE**

## WRAPPED UP

1. Line a container with paper towel
2. Separate leaves of veg
3. Put veg on top of towel
4. Cover veg with towel
5. Keep in the fridge

\*can also be kept wrapped up in produce bag or wraps



### TYPE OF VEG:

- Lettuce
- Spinach
- Kale
- Cauliflower
- Celery
- Corn
- Pumpkin
- Mushroom

## IN WATER

1. Cut veg into sticks
2. Fill jar/cup with water
3. Put veg in water jar
4. Store in the fridge



### TYPE OF VEG:

- Celery
- Asparagus
- Fresh herbs
- Carrot (cut into sticks)
- Kale
- Bok choy
- Broccoli
- Spinach

## IN THE CRISPER

1. Ensure fridge is set to correct temperature of below 4°
2. Put veg into crisper draw of fridge

### TYPE OF VEG:

- Celery
- Carrots
- Bok choy
- Lettuce
- Cauliflower
- Spinach
- Corn
- Kale
- Zucchini
- Broccoli

## CHOPPED IN CONTAINERS

1. Chop veg (cubes, sticks)
2. Put into container with a lid
3. Store in the fridge

### TYPE OF VEG

- Pumpkin
- Celery
- Corn
- Broccoli
- Spinach/leafy greens

## IN A COOL DARK PLACE

1. Find a cool, dark place (e.g. kitchen cupboard or pantry)
2. Leave vegetable as is and store in a basket or container

### TYPE OF VEG:

- Potato
- Sweet potato
- Garlic
- Onion