



KEEP FRUITS AND VEGGIES FRESH

Avocados – Squeeze lemon juice over mashed avocados and halves to slow down the browning process.

Celery – Cut leaves and roots off the celery, wrap in a paper towel and then wrap in foil. Keep celery in the refrigerator crisper drawer to lengthen its life.

Lettuce/ salad – After washing, put lettuce/ salad in a container with a folded paper towel inside. The towel will soak up any extra water and condensation.

Asparagus – Cut a half-inch off the bottom of asparagus, store in a container with bottoms in water in refrigerator with plastic wrap over the top.

Green onions – Leftover green onions? Chop the onions and freeze in an empty water bottle.

Herbs – Freeze extra fresh herbs in olive oil using an ice cube tray, making it easier to drop in stews, pasta, eggs and more.

Bananas – Separate bananas and wrap each stem in a small amount of plastic wrap.

Mushrooms – Keep mushrooms dry and fresh by removing them from their containers and putting them in paper bags instead.

Berries – Give berries a vinegar bath (one part vinegar: 10 parts water) to help them last longer.