

Five ways to end food waste

In the average Canadian household, one in four produce items gets thrown in the garbage. That's like throwing away \$600 a year! By sharpening your food storage skills, you'll save both food and money.

Fruits and vegetables are still breathing even after they've been pulled out of the earth or off the tree or vine. In general, warmth speeds up respiration and cold slows it down—that's why refrigeration makes some foods last longer.

1. Take produce out of plastic bags. Airtight wrappings suffocate fresh produce and speed up the decay process.
2. Don't wash produce until you're ready to eat it. Moisture encourages decomposition and mould growth.
3. Don't rip off fruit stems. Once living cells are broken, microorganisms start to grow. Keep produce whole as long as possible.
4. Eat the most perishable items first—raspberries last a few days; potatoes can hang around for about a month.
5. Seep up the ripening process by putting the item (a peach, for example) in a paper bag with a banana.



PHOTO: SISTERMARYERIS

Did you know?

All fruits and veggies give off ethylene, a colourless, odourless, gaseous hormone that, among other things, stimulates ripening.

REORGANIZE YOUR CRISPER

Some produce is cold-sensitive, so refrigeration accelerates spoilage. Once a cold-sensitive gas-emitter (e.g. banana or avocado) is ripe, it can be refrigerated, but only for a little while.

REFRIGERATOR

Drawer 1

Apples	Cantaloupes	Honeydews
Apricots	Figs	

Drawer 2

Bananas (ripe)	Cucumbers	Peas
Broccoli	Eggplants	Peppers
Brussel sprouts	Kiwis	Summer squash
Cabbages	Leafy greens	Sweet potatoes
Carrots	Parsley	Watermelons
Cauliflower		

Bowl on the counter

Avocados	Peaches	Plums
Bananas (unripe)	Pears	Tomatoes
Nectarines		

Keep in the cupboard

Garlic	Potatoes	Winter squash
Onions		

For more information, go to queenofgreen.ca.