



Eat**Right** Ontario

Food Choices

When Money is Tight

STORING **VEGETABLES**

How can I keep vegetables fresh longer so I don't waste money?

Storing vegetables the right way will help them to keep their flavour and stay fresh longer. It will also protect nutrients. Here are some tips:

Store these vegetables at room temperature:

- Garlic
- Tomatoes



Tip:

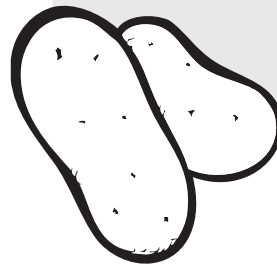
Ripen tomatoes at room temperature and then store them in the refrigerator. Use within 2 to 3 days. Buy ones at different stages of ripeness. Use the red ones first and let the green ones ripen.

Store these vegetables in a cool, dark, dry place:

- Onions
- Potatoes
- Pumpkin
- Sweet Potatoes
- Winter squash (e.g. acorn, butternut, spaghetti squash)

Tip:

Keep potatoes and sweet potatoes in a paper or plastic bag.





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Store these vegetables in the refrigerator (in plastic bags):

- Asparagus
- Bok choy
- Bitter melon
- Green and wax beans
- Beets
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumbers
- Eggplant
- Greens (collard, chard, callaloo)
- Ginger root
- Fresh Herbs
- Leeks
- Lettuce
- Mushrooms (keep in a paper bag)
- Okra
- Parsnips
- Peas
- Peppers
- New potatoes
- Radishes
- Sprouts
- Turnip
- Zucchini

Tip:

- Store fresh vegetables unwashed. Wash them just before you eat them.
- Keep vegetables and fruit apart. Fruit produces gas that can make vegetables spoil. If you have 2 drawers in your fridge, put vegetables in one and fruit in the other.



I like to buy large amounts of fresh vegetables when they are on sale. Can I freeze vegetables?

Yes, if you have freezer space, this is a good way to store vegetables for longer. You can freeze many fresh vegetables if you blanch them first. Blanching means boiling vegetables for a short time then chilling them in ice water. This will help keep the texture, colour and flavour when you freeze vegetables.

For more information on buying, storing and preparing vegetables, go to www.foodland.gov.on.ca

Questions to ask your community service provider OR contact EatRight Ontario

- What is the best way to wash vegetables?
- What are the best ways to cook vegetables to keep the nutrients?

To learn more, watch EatRight Ontario videos at <http://www.eatrightontario.ca/en/videolist>.

To find answers to your healthy eating questions or get more **Food Choices When Money is Tight** factsheets speak to a Registered Dietitian at EatRight Ontario at **1-877-510-510-2** (in Ontario) or visit www.eatrightontario.ca/en/budget

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