












SUMMER STORAGE GUIDE



	TYPE	WHERE	TOP TIPS
	CITRUS: oranges, lemons, limes, grapefruit, clementines	Fridge	Your citrus prefer to keep cool - store them in the fridge. Move them to your fruit bowl just before eating.
	TOMATOES: vine, heritage, cherry, baby plum	Cool, shaded spot	Tomatoes don't belong in the fridge. Enjoy soft ones as soon as possible. If firm, pop somewhere cool to ripen.
	LEGUMES: broad, runner and French beans, garden peas	Fridge	Remove from the paper bag and put in a reusable plastic bag. Or pod them into an airtight container.
	BERRIES: blueberries, raspberries, strawberries	Fridge	Enjoy your berries straight out of the punnet. Store your fruits in the fridge. Eat sooner rather than later.
	SALAD LEAVES: whole head lettuces, loose salad	Fridge / Salad Crisper	Tear lettuce leaves off the head and store in a container with a lid. Your leaves will stay fresher.
	BANANAS	Fruit bowl	Bananas belong in your fruit bowl at room temperature. If they're still green, ripen in a paper bag where it's warm.
	SOFT HERBS: basil, dill, parsley, chervil, coriander	Top of fridge door	Soft herbs can be cold sensitive, especially basil. Keep in the warmest part of your fridge - the top of the door.
	ROOT VEG: radish, carrots, beetroot	Fridge	Twist off the tops and keep them wrapped in a reusable plastic bag in the fridge along with the root veg itself.
	SOFT FRUITS: pears, melons, peaches, nectarines, avocados, cherries, mango	Fridge/ Fruit bowl	Gently squeeze to test ripeness. If soft, eat straight away or store in the fridge. If firm, leave in your fruit bowl to soften up.
	MED VEG: aubergine, peppers, courgettes	Fridge	Enjoy med veg sooner rather than later. Don't let them go forgotten at the back of your fridge.
	FRUIT & SALAD VEG: apples, grapes, cucumber, celery	Fridge	Keep these from wrinkling by storing in the fridge. Give everything a good wash before use.