**Countertop**

Ripen at room temperature, before placing in the fridge:

- Avocados
- Bananas
- Kiwis
- Mangoes
- Melons
- Oranges
- Pears
- Peaches
- Tomatoes

This maximizes their flavour and sweetness. Just keep a watchful eye on them so they don’t over-ripen!

**TIP:** To speed up the ripening process, place the fruit in a paper bag with a ripe banana. Check on the fruit every day to ensure the best possible ripeness.

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**Fridge**

Store fruits and veggies separately in a fridge, as some fruits release ethylene gas that can spoil vegetables.

- Apples
- Berries
- Cherries
- Grapes
- Lemons/limes
- Avocados
- Bananas
- Kiwis
- Mangoes
- Melons

A crisper drawer will keep the right moisture to maintain freshness for longer.

Store the following fruits and veggies in the fridge, as soon as you bring them home:

- Asparagus
- Beans
- Beets
- Broccoli
- Brussels sprouts
- Oranges
- Pears
- Peaches
- Tomatoes

**TIP:**

- Store fruits and veggies in the fridge, as soon as you bring them home.
- A crisper drawer will keep the right moisture to maintain freshness for longer.

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**Pantry**

Store the following in a cool, dry, and dark place:

- Garlic
- Onions
- Potatoes
- Sweet potatoes
- Winter squash

**TIP:**

- Keep onions away from other vegetables, as onions release a gas which could spoil other produce.

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**Freezer**

Freezing fruits & vegetables at home is a fast and convenient way to preserve them for future use.

- Frozen pieces of mango
- Frozen grapes
- Frozen broccoli, cut and placed into a bag
- Frozen carrot, onion, celery scraps in a bag
- Frozen sprouts

**TIP:**

- Make your own veggie broth by using frozen veggie scraps.