

Food tips



Proper storage:

*make sure to look up the best storage for your produce. This will increase its lifetime in your house or fridge and reduce waste. Some produce is best kept in the crisper, while others last longest in a cup of water in the fridge or out on the counter. Pay attention to the things that you most commonly throw out and learn more about their proper storage.



Veggie stock:

*maximize the usage of produce by using items like carrot tops, onion peel, leek tops and the stems of broccoli to make veggie stock or add these items to chicken or beef bones to make a broth. Freeze veggie tops, peels and stalks in a designated Tupperware or bag until you have enough and then make a big batch of stock by boiling them for 2 hours with salt and a handful of dried or fresh herbs. Some good stock ingredients include: carrot tops, carrot peels, onion skin, leek tops, celery leaves/celery base, broccoli and cauliflower stalk, kale stems, parsley stems

Herb cubes:

*blend extra herbs in water or olive oil and freeze in ice cube tray for use later. This keeps the flavour fresh and ensures that the extra stem or two of these herbs doesn't wilt and go bad after the recipe you used it for is finished. You could also do this with greens such as kale and even lettuce and add them to fruit smoothies for extra nutrition.

*if freezer space is minimal, you can also salt the herbs to increase their lifespan. Chop up herbs such as parsley, green onion/chives, and basil very fine and add 20% of the herb's weight of salt (100:20 ratio of fresh herb to salt). This prevents bacteria from growing, and makes a delicious addition to eggs, soups or fried rice. Store in the fridge. Some good salted herb ingredients include: carrot tops, basil, parsley, chives, green onion, thyme, and dill.



Blanche and freeze:

*if you have extra veggies, blanch and freeze for later use. This is a great way to store food that you have just a little too much of (ex. An extra handful of green beans, 2 extra leaves of kale) that you just won't use up before they start to wilt. For veggies like green beans, collard greens, peas... immerse in boiling water for 1-2 minutes then transfer directly to freezing water. This flash cooks or 'blanches' them, improving the freezing lifespan.

*soft fruits such as bananas, peaches, berries and rhubarb can be frozen (freeze on a cookie tray and then transfer to a container to store in the freezer to avoid them sticking together). Harder fruits such as apples and pears can be cooked down to make a sauce and then eaten or frozen for later.

Pushing the limits:

*Just because your produce doesn't look at its peak (like wilted lettuce or floppy celery), doesn't mean it isn't any good. Try soaking it in water for a while, and it should perk back up. You can also try cutting off bruised spots of fruit. It is natural for fruits like apples and avocados to turn brown when exposed to the air, but they are still tasty to eat. If you don't want them to brown, squeeze a bit of lemon juice on them to delay browning.

*Most freezer burn is aesthetic damage, or slightly changes the taste, but it doesn't mean the food is bad. Use items that have been in your freezer for a long time to make stews, curries or other flavourful dishes to use up old veggies and meats and to hide the changed flavour.

*Best before date doesn't necessarily mean that the food is no longer edible. There are specific methods to check if things like milk, lunchmeat, cheese or eggs have gone bad. Make sure to look up this information about the item; don't just look at the expiration date and throw it out.

