

# STORING VEGGIES AND FRUIT IN HOT CLIMATES



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One of the big reasons that parrot owners do not feed fresh veg and fruit to their parrot, is because of waste. Herewith a few tips on how to store your veggies and fruit to let it last a bit longer.

**Buying your veg and fruit:** Consider buying from farmers markets or your local green grocer. Big grocery chains tend to store veg and fruit for long periods of time- often resulting in the produce to go off quicker when it reach your kitchen. Grocery stores also tend to jack up the prices considerably.



Keep your refrigerator temperature below 4°C and your freezer below -18 °C

Broccoli, spinach and salad greens last longer with humidity. Keep them in air filled plastic bags.

Store carrots and beets with green leaves attached in air filled produce bag.

Allow fruits to ripen at room temperature and then refrigerate right away.



Try to buy your vegetables in smaller portions, more often. Immediately freeze whatever portion you can't use.

Separate fruit and vegetables in storage- fruit produce a hormone ethylene that ripens fruit. Vegetables are ethylene sensitive and will go off faster this way.



Don't soak fruit and veggies too long as you can leach out water-soluble nutrients.



Remove agricultural toxins by cutting off the tops and removing the outer leaves of leafy veg such as cabbage, lettuce, spinach. Always wash fresh produce well with cold clean water. You can add raw apple cider vinegar to your water to clean well.



**Not all produce needs refrigeration.** Potatoes and sweet potatoes for example should be stored in a cool dry place in the cupboard or pantry. Bananas will go black when placed in the fridge and tomatoes will be tastier if stored at room temperature.

**Remove** any old, mildew fruit and veg before you store away. Regularly clean out and disinfect your containers as fungus spores can spread and spoil your veg.



**Slow down the ripening of banana:** place tinfoil on the ends of banana and place it in container that allows for air movement. If you want to ripen bananas faster, place in a brown paper bag or wrap in newspaper.