



Keeping veg fresh

Tips and tricks for keeping vegetables fresher for longer

Knowing how to extend the shelf life of vegetables without sacrificing that delicious, fresh flavour is crucial when adding more to your canteen menu! Check out our best tips below for making every vegie last longer.

Gassy Vegies

Yes! we do mean gassy. Some fruits and vegetables (like avocados, onions, and tomatoes) release a **gas called ethylene**. This gas can make the fresh produce around them **spoil faster** and shorten the life of sensitive vegies (like broccoli, cucumber, and leafy greens).

To avoid quicker spoilage, be sure to:

- store onions separately to other pantry vegies like potatoes or pumpkins.
- keep fruits away from vegetables in the fridge.
- store those sensitive leafy greens in a container or bag by themselves.



Spoilage

However vegetables will be stored, **washing** them beforehand will remove contaminants present on the vegetables that could cause early spoilage.

Check out our **Storing Vegetables** fact sheet for detailed instructions on where to store different vegies!



Bringing back from the brink

Some vegies can be brought back to their former glory after wilting or going limp by **placing in some icy/cold water**, this includes:

- submerging the bottom of asparagus or broccoli stalks.
- soaking leafy greens in an ice bath.

Try this trick next time some veg looks like it's ready for the compost!



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