

# 18 tips to help preserve vegetables for a long time

Here are 18 tips to preserve vegetables and fruits to keep vegetables fresh for a long time, hoping to help housewives make it easier to preserve food effectively for many days.

One day, you look at the refrigerator and see the pile of vegetables that you just bought not long ago become wilted or even inedible? This is not the first time and until now, you still do not know how to preserve them as fresh as when you bought them?

It is not difficult to find some ways to keep fruits and vegetables fresh but not everyone knows how to apply or still wonder when not grasping the effectiveness of such solutions like? Here are 18 tips to preserve vegetables and fruits to keep vegetables fresh for a long time, hoping to help housewives make it easier to preserve food effectively for many days. Posts are **TipsMake.com** translate from one sharing on the **Bright Side** page .

## Do not wash fruits



It may sound a bit odd but indeed, it would be much better to not wash vegetables before putting them in the refrigerator (or kitchen cupboard) because when you wash them, they will lose "natural protection" to avoid rotting or smelling. If the fruit is dirty, you can wipe it with a towel or a dry paper.

**Fruits and vegetables all "like" the dryness**



Wet only makes them smell bad. A useful tip to prevent this phenomenon is to place a piece of dry paper inside a container of fruit or vegetables. This piece of paper works to absorb moisture and helps vegetables avoid decay.

### **Store butter properly**



Unripe avocados should be placed in a thick paper bag or wrapped in a newspaper and kept at room temperature until ripe. After ripe, put the avocado in a ball bag and put it in the refrigerator.

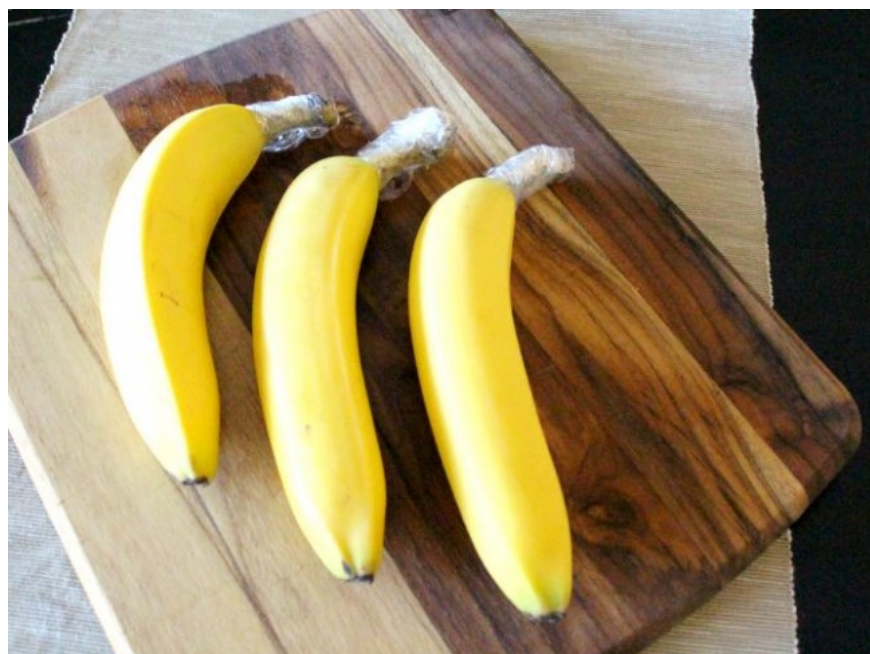
## **Not all vegetables can be stored in the refrigerator**



Bell peppers, cucumbers and tomatoes should be stored at room temperature. If stored in a refrigerator, chili will lose its crispness, while cucumber and tomatoes may be viscous.

Vegetables should not be stored in the refrigerator until cooked. Because, they will rot very quickly.

## **Store bananas properly**



If bananas are placed in the refrigerator, they will quickly turn black and lose their original delicious flavor. It is best to put it at room temperature but be aware that you must wrap the banana stem with plastic wrap (food wrap).

## **Preserving sliced ??vegetables in water**



For cut, cut vegetables such as hand or carrots, you can keep them fresh for long periods of time by putting them in the refrigerator. However, don't forget to put them in jars with some water.

## **Do not store fruits and vegetables at low temperatures**



The lower the temperature, the harder it is to keep the aroma and freshness of fruits and vegetables. Therefore, if you want to help them keep the nuance like when you first bought it, leave the temperature at a moderate level, not too high or not too low (not in the freezer or low temperature).

## **Not all vegetables can be put together**



Some fruits and vegetables radiate to Ethylene as they begin to ripen, including bananas, apricots, melons, pears, plums, mangoes and tomatoes.

Meanwhile, some other fruits are sensitive to Ethylene including apple, coffee, watermelon, potato, pumpkin, carrot and broccoli. If they are placed with these fruits (Ethylene fruits) they will quickly rot. Therefore, it is best to preserve each type separately.

**Onions and potatoes should not be placed side by side**



If the onions and potatoes are stored together, the onions will sprout very quickly and cannot be eaten.

**Store onions and garlic in low light conditions**



The "best friend" of onions and garlic is darkness. You can put them in paper bags with a few small holes to vent and place them in any kitchen.

## **Potatoes will be rotten if left in the light**



Never place potatoes in a location with direct light. They not only start to rot but are also very poisonous. Preferably, store in a dry place, protected from light or put in plastic or wooden baskets / bags.

## **Store apples with potatoes**



If you put one or two apples next to potatoes, the potatoes will stay fresh longer.

## **Store asparagus into bundles**



Asparagus should be placed in a glass cup with water as when you flower. In this way they will last longer than they normally store.

## **Broccoli and cauliflower with water**



The best way to preserve broccoli is to place their bodies in cold water and cover them with a damp cloth. Don't forget to change the water and wet the towel often.

Cauliflower can also be wrapped with a wet towel or a film covered with small perforated air to ventilate.

## **Store vegetables at room temperature**



Vegetables should not be placed in enclosed places such as kitchen stoves because they will be faster than room temperature. You can place them on plastic or wooden boxes in a well-ventilated place.

### **Wrapped celery with tin foil**



If you want celery to be as fresh as when you first bought it, do not leave it in plastic bags but wrap them with tin bags and put them in the refrigerator.

### **Tomatoes should be stacked on top of each other**



The area around the stem is the most sensitive part of a tomato because it is most susceptible to rot. Therefore, stack up tomatoes and guide the stalks to the outside.

### **Grapes will last longer if placed in a bag made of polyethylene**



If placed in polyethylene bags or plastic bags used for food storage, the grapes will be fresh longer and still succulent as when they were purchased. However, note that you should break it down rather than put it in a bag because the bottom will be very fast.

In addition to the above tips, with leafy vegetables, you should pre-process them like removing dirty leaves, avoiding wetting the leaves will easily cause rot.

Above are some tips to help vegetables freshen longer. Hope they are useful to you. If you're preparing to make spring rolls, don't miss the traditional way of making spring rolls that TipsMake.com introduced earlier.

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