

# RIPENING FRUIT

We're aware how frustrating it can be when faced with green bananas or rock-hard avocados, but this is often how they arrive with us – ripe fruit is harder to transport and liable to spoil before even making it to the shelves. So it's likely that you'll need to ripen some of these fruits when you get home:

Avocados, Bananas, Kiwis, Mangos, Pears, Tomatoes

Also, stone fruits including; Melons, Pineapples, Persimmons, Custard Apples

**IN ORDER TO SPEED UP RIPENING**, try putting the fruit in a closed paper bag. This traps the ethylene gas that they produce, and this can speed up the ripening process. Adding another piece of ripe fruit such as a banana can help this further.

**IN ORDER TO SLOW DOWN RIPENING**, keep your fruit in the fridge. Be careful, however.....

1. Refrigeration can adversely affect the taste & texture of some fruit (especially tomatoes). If fruit has been chilled, it's normally worth bringing it up to room temperature before eating.
2. The ripening process for some fruits (especially tropical fruits – bananas, mangos) must not take too long. If you leave them too long in the fridge they will never ripen properly.



# UNICORN

manchester's co-operative grocery

## LOOKING AFTER YOUR FRUIT & VEG

Here at Unicorn we put a lot of effort into sourcing the freshest possible fruit and vegetables, and further effort into storing them appropriately so that they reach you in the best condition.

Having taken the produce home, there are a few extra things that you can do to keep it at its best, and this leaflet aims to give a few pointers. If you want any further information, please speak to a member of staff in the Veg area or refer to our website: [www.unicorn-grocery.co.uk](http://www.unicorn-grocery.co.uk)





## PLASTIC BAGS

We've found that using plastic bags is the best way to keep in moisture and also retain a cool temperature. We don't want to encourage extra plastic bag production when there are so many bags already in circulation. However, we're keen for our veg to be looked after in the best way, so we would encourage you to **bring / use your own plastic bags for shopping and storage**.

**KEEP  
'EM  
FRESH**



## KEEP YOUR GREENS MOIST!

Broccoli, Brussels Sprouts, Leafy Cabbages, Lettuce & Salad Leaves, Spinach & Beet Leaves, Celery, Rhubarb, Asparagus, Fennel & more

## AND SOME ROOTS TOO....

Carrots, Turnips, Parsnips, Radish, Leeks, Spring Onions

Vegetables can spoil quickly if they're not handled or stored in the right way. Over the years, we've found that there are two main things to watch out for.

1. Warmth – e.g. just a few minutes in direct sunlight, or a hot car-boot, can significantly reduce the keeping quality of tender veg.
2. Moisture-loss – many vegetables lose moisture after harvesting and, if unchecked, the vegetable will go dry & limp.

We've found that the best defence against both of these problems is **COLD WATER, PLASTIC BAGS** and **REFRIGERATION**. Spraying the vegetables listed above with cold water and storing them in a plastic bag in the fridge will help keep them for longer.

### A COUPLE OF EXAMPLES

If you've bought a **lettuce** on a warm day and don't return home for an hour, that lettuce will have warmed up. It's best to cool it down and keep it moist by spraying it with cold water and putting it in a plastic bag in the fridge. If you've bought some **carrots** in a brown paper bag, when you get them home it's best to spray them with cold water and transfer them to a plastic bag in your fridge.