

BRITISH SEASONAL PRODUCE WHEEL



Embrace the best of British fruit and vegetables by choosing what's in season.

Using seasonal produce not only supports local farmers, but also means fresher ingredients, better flavour, reduced food miles, and more cost-effective menus.

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WHERE TO STORE YOUR PRODUCE

Store in the FRIDGE	Store in the CUPBOARD
Apples Asparagus Berries Carrots Cabbage Broccoli Brussels Sprouts Cauliflower Celery Courgette Citrus Fruits Salad Leaves Leeks Mushrooms Parsnips Peppers Spring Onions Potatoes	Aubergine Bananas Garlic Onions Pineapple Squash Sweet Potatoes Tomatoes <i>If you need them to last longer, move to the fridge</i>
Store in the CUPBOARD THEN FRIDGE (once ripe)	Good to know STORAGE TIPS
Avocado Kiwi Melons Nectarines Peaches Pears Plums Cucumber	- Some fruits like apples, bananas and pears, give off ethylene gas which can spoil other produce, store these separately. - Avoid washing berries and leafy greens until ready to use to reduce excess moisture. - Chop and freeze excess fruit and vegetables to use in future recipes.



Maximise the shelf life of your fresh fruit and vegetables by storing them in the right place. Smart storage means less waste, better quality ingredients, and cost savings for your kitchen.

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