Take care to keep fruits, vegetables fresh

A headache is spending a \$100 on food, then finding fruits and vegetables rotting in the refrigerator or on the kitchen counter. Even under idea is torage conditions, the right temperature and humidity, some fresh vegetables retain top quality only a Some fruits last longer, but special care needs to be taken to ensure all the nutrients and good flavor are retained. Following are some storage tips for fruits and vogetables.

age tips for fruits and vegetables.

Green leafy vegetables quickly will and change flavor as water evaporates from tissues. Most fresh green vegetables keep well and stay crisp if put in covered containers or plastic bags, then refrigerated. If you wash lettuce, celery and other leafy vegetables before storing, drain thoroughly because too much moisture can hasten decay.

Store these vegetables away from the fruits in the refrigerator. As some fruits ripen, they produce a gas that will make lettuce, spinned and other leafy greens turn brown. When this happens we generally throw the

brown away and there goes your brown away and there goes your meney.

REMOVE THE TOPS of carrots before refrigerating. The lop drains the carrots of meisture, making them limp and dry. Tops also should be removed from beets and radishes before refrigeration. Corn. beans, peas and other vegetables will lose swectness as sugar in their lissues turn to starch. Store them dry and unwashed in plastic bags in the refrigerator. Room-temperature to-maloes are more flavorful than refrigerated ones. Do not ripen formatoes on the window still as the sun feeches out some of the Vitamin C.

Bruised produce loses more Vitamin A and C than smooth unblems had specimens. To lessen the likelihood of bruising, use a sharp kalle or cutting vegetables.

Jenyalem artichokes, also known as sun chokes, accumulate calories during storage because of a chemical change that takes place in their carbohydrate content. When freshly dug, small tubers contain as few as

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Lois Thieleke

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seven calories. After storage, the calorie level can jump to 75.

Store feened in the refrigerator because the stalks stay fresh only three to four days before drying out and has 18 calories per half cup and a fair source of Vitamin A, nlacin, calcium and from.

Cabbage contains a compound called calcium pectate, which some studies have shown to lower blood cholesterol levels. Cabbage is a good source of dietary fiber and low in calories. Dorit overcook cabbage, it destroys the true taste and texture and bleeds out many valuable vitamins and minerals. Cabbage can be stored one to two weeks in the refrigerator crisper.

EGGPLANT SHOULD BE stored at cool room temperature, about 60 degrees. If the air is dry, keep eggplant in plastic bag to retain moisture. Store one to two days. Get id of eggplants' bitter taste by salling allices and allowing them to drain in a colander for 30 minutes. Be sure to rinse the silices to get rid of the salt.

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Vegetables cooked in the miscrowave cetaln more Vitamin C than those boiled. Microwave cooking not only exposes foods to heat for shorter time than boiling but also requires very little water. Cook vegetables only until tender — crisp. To prevent dark spots from forming, add salt only after microwaving vegetables. Don't add salt to green salad

until just before serving. Salt wills and toughons saind greens.

It is best to sure most fruits in the refrigerator. Allow melons, avocasics and pears to ripen at room temperature, then refrigerate. Hiporanges sometimes undergo a process known as re-greening. This occurs when a ripe orange pulls some green chlorophyll from its stem and thus often sweeter than other oranges.

Pink grapefruit is pink because, in part, it contains much more beta-



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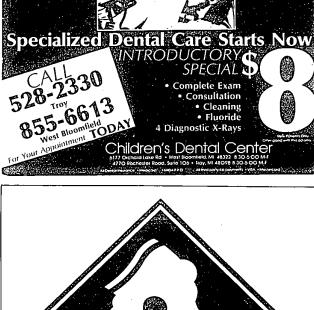
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