









FRESH FRUIT STORAGE GUIDE



SUSTOMI.

| | STORAGE | COOK | DRY | FREEZE | SAUCE DIP PASTE | PICKLE FERMENT PRESERVE | GROW |
|--|--|--|---|--|---|--|--|
|  | Apples Pears Quince | ST Counter up to 7 days LT Fridge up to 3 weeks in Beeswax wraps | Great for stewing | Yes | Stewed | Sweet sauces, pastes | Yes, in syrup. Chutney Vinegar from apple skins |
|  | Mango Bananas Kiwi Papaya Avocado | ST Counter up to 5 days LT BEESWAX WRAP in fridge | Can be cooked into cakes | Yes Also makes great fruit leather | Raw, or blend with yoghurt ice cubes Meal prep for smoothies store in Food Pouch | Mango & Green Papaya: yes Banana & Kiwi: no | Avocado from seed |
|  | Citrus: Orange Lemon Lime Grapefruit | ST Counter up to 2 weeks LT Fridge up to 4 weeks | Can be cooked into cakes | Yes, but not great for eating. Use for cocktails, tea, decorations & peels as dried zest | Yes, either freeze juice or whole fruit after peeling | Lemon curd, marmalade | Preserve Candy Use peel to make bitters |
|  | Pineapple Watermelon Tropical fruits | ST Counter up to 5 days LT Fridge up to 2 weeks in BEESWAX WRAP | | Yes | Chop for smoothies Blend and freeze into ice cube trays | Dragonfruit jam | Watermelon rind, pickled. Pineapple jam or pickle. Pineapple (will take about two years) |
|  | Berries | ST Fridge up to 1 week LT Freezer up to 6 months | Stewed | Yes, whole or blended as fruit leather | Yes | Sauce, coulis or compote | Can pickle, make jam or ferment (will need to add a starter culture to ferment) |
|  | Stones Plums Peaches Apricot Cherries | ST Ripen on counter up to 5 days LT Fridge up to 1 week | Stewed | Yes | Pitted and frozen fresh or stewed | Most stone fruit make delicious sauces | Pickled or jam From (some) seeds |
|  | Figs | ST Ripen on counter up to 4 days LT Dried | Can be cooked into cakes | Yes | Can be frozen but not great when defrosted | Sauce | Pickled or jam |
|  | Grapes | ST Crisper Drawer in the Fridge | Roasted on Silicone Baking Sheet, add to salads | Yes | Yes - good snack when frozen & replacement for fresh grapes in recipes. | Sauce | Pickled or jam Yes, from seeds |

ST = SHORT TERM - less than 1 week
LT = Long Term - more than 1 week

Use the Short Term Storage Times as a guide for how long to plan ahead when you shop.

Fruit is best eaten within a week or two of picking or purchasing!

As a guide - fruit will taste richer if you avoid keeping it in the fridge, if you intent to eat some fruit stored in the fridge - take it out an hour prior to eating and let it come to room temperature.

Wash just prior to eating, washing in advance can remove natural preservatives.



Pretty much any fruit can be made into a delicious drinking shrub. Equal part fruit, sugar and vinegar of choice.

Mix w/ water/soda water.