









# FRESH FRUIT STORAGE GUIDE



SUSTOMI.

	STORAGE	COOK	DRY	FREEZE	SAUCE DIP PASTE	PICKLE FERMENT PRESERVE	GROW
	<b>Apples</b> <b>Pears</b> <b>Quince</b>	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
	<b>Mango</b> <b>Bananas</b> <b>Kiwi</b> <b>Papaya</b> <b>Avocado</b>	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
	<b>Citrus:</b> <b>Orange</b> <b>Lemon</b> <b>Lime</b> <b>Grapefruit</b>	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
	<b>Pineapple</b> <b>Watermelon</b> <b>Tropical fruits</b>	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)
	<b>Berries</b>	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)
	<b>Stones</b> <b>Plums</b> <b>Peaches</b> <b>Apricot</b> <b>Cherries</b>	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
	<b>Figs</b>	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
	<b>Grapes</b>	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.