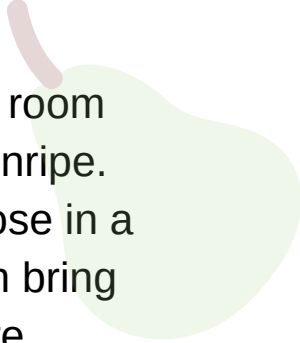



SAVE THE FOOD

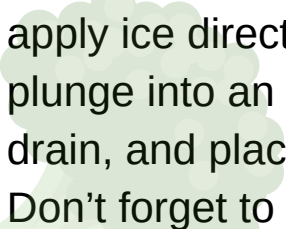
Mason Gardeners learn ways to prevent food waste



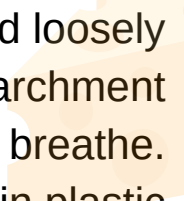
Pears are best stored at room temperature if firm and unripe. Once ripe, refrigerate loose in a low-humidity drawer then bring back to room temperature before eating for best flavor



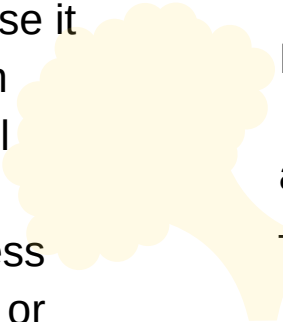
Is your **onion** sprouting green tops? Simply remove the green sprouts and peel as usual. You can even use the green sprout as you would a green onion.
That's 2 veggies in 1!



To revive slightly limp **broccoli**, apply ice directly to the bunch or plunge into an ice-water bath, drain, and place in the fridge. Don't forget to eat the stalks too!




Cheese is best stored loosely wrapped in wax or parchment paper to allow it to breathe. Wrapping it tightly in plastic traps moisture, encouraging bacteria and mold.

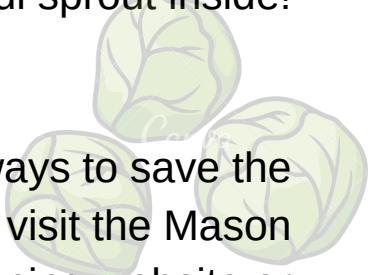


If your **cauliflower** has a yellowish coloring, it's because it has been exposed to the sun while growing so you can still eat it. Small and light brown spots are normal and harmless – if you don't like it make dip or soup!

If your **brussels sprouts** aren't looking it's best, simply peel away the yellowing outer layers – often there is still a significant and beautiful sprout inside!



Make your **salad greens** last longer by storing with a damp cloth in an airtight container in the high-humidity drawer



For more ways to save the food visit the Mason gardening website or www.savethefood.com