

Fruit and Veg Storage list (whilst at sea)

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Check out Rod Heikell's blog for further hints

Baskets = B1, B2, B3 Under saloon table on non-slip plastic sheeting

Basket = B4 in Aft Heads

Longlife plastic bags were v worthwhile + ample foil!

Make small labels for crates listing contents (eg 1 avocado, 2grn peppers, Limes marked 'Lime'

Lemons yellow [opposed to green in another area] marked 'Le', Apples, Red Estima Potatoes)

Layer mixture of items within crates (heaviest items at bottom) so selection at sea

can mainly done from limited area, then replenished from more remote stores

Item	Location	Wrapped? /Comment	Storage conditions	Aftercare	Hindsight! (after passage)
VEGETABLES					
Onions	B1, B2, B3	NOT near apples!	if Cepa tough enough to store in sack (crate?) in dry, dark place	Check weekly Remove sprouters - allow cont to grow if sprout required!	Lasted well but occas sprouters will create mould
Garlic	Under frwd floor in brown bag		cool dry		Fine
Tomatoes	Red B1 Green B2 Green U Frwd floor	Ali foil <i>Marked Tg</i>	keep cool	exam freq after 1st week Refridgerate only ripe as space allows	Lasted well Beware drying in sun - aided ripening Didn't refridge at all
Potatoes	Sack U forepk bed B1, B2, B3	Canvas bag to keep dark	in trays to prevent bruising	check weekly if bruised can be refridgerated	Far too many still eating 6 wks later! 1 bag bruised/ rotted in Fpeak

Sweet pots	U forepk bed		as above		Good
Cucumbers	2 in fridge	Oiled	Keep out of direct sunlight	Turn every 4 days	Pretty good
	x3 B2, x4 B4				
Peppers	Red in fridge		Avoid bruising - keep cool	check & re fridge as	Not bad, wdn't
	Green B2			space becomes avail	last longer
Chicory	Mid basket Fridge	Long life bag	Refridgerate		OK
Chinese Leaf	Bottom fridge	Long life bag	Refridgerate		Good
Carrots	Few in fridge	Wrap damp	Plastic bag (not long life)	check 3/4 days,	V gd but smelly
	Frwd fridge in bag	towel	when re fridgerating	wipe clean, remove	Were v lge
				refridge as space	specimens &
				avail	eaten afterwds
Aubergine	x3 bottom fridge	Paper bag in	Actually in plastic bag		OK but precious
	1 mid basket fridge	fridge			fridge space
Avocado	1 bottom fridge		Allow some to ripen,		Brill shd have taken
	1 B3		refridgerate rest but not for		more. V lge with
	2 U forepk bed - brown bag		more 1 wk or won't ripen?		thick skin
Fennel	Mid basket fridge	Long life bag	Refridgerate if poss	refridge as space	OK
				avail	
Drd mushrm	Frwd cupboard	Ziploc/vac pk			
Squash	U forepk bed		soak overnight if old	as pots	Didn't use after
			Shelf life "immortal"		crew left but lasted
					well
Cabbage	1 bottom fridge		Gd roughage	check every 3 days	Brill - coleslaw
	1 U forepk bed -		As is - if cool, but not touching	check weekly once	tasted great
	wrapped in red T towel		When re fridgerated: pare	in fridge	

			stem wrap/pad beneath with damp towel. Once cut in longlife bags		
			Steam leaves if dry then cool for salads - LP		
			Wrapped in towel - wkd well		
Beetroot	U forepk bed	longlife bag in fridge			Didn't use with less crew. Didn't last?
FRUIT					
Lemons	B3 & U forepk bed	Ali foil			<i>Citrus</i> needed careful checking
Limes	B3 & U forepk bed	Ali foil		turn every 4 days	(squeeze usually suffict) but well worth care
Bananas	B4		cool dark place... accelerate ripening in paper bag		Took only 1 lge bunch, gd decision
Apples	B3	Ali foil	Move to fridge as space allows		Few rotted but poss refridgerated
		NOT near onions	Wrap in paper & longlife bag		prev?
Oranges	B1	Ali foil		check every 3 days	Took lot of satsuma cd have wished for more
Kiwi fruit	Behind cooker				