

Keeping food fresher longer

Written by Marcia Humphrey
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It's true what they say about opposites attracting. I like my food spicy; my husband likes his bland. I like my fruit cold; he likes his hot. Well, not exactly hot, but at room temperature. The problem is that all day the fruit sits in our excessively warm house-he likes it that way-and it quickly goes bad. In the name of marital unity, I have finally convinced my husband that the jumbo bag of oranges from Costco can remain in the fridge and then be taken out to "warm up" one by one, on an as needed basis. I am also faced with the challenge of my three little blessings leaving the boxes of cereal and crackers open. By the time I reach for the crackers for my tomato soup, it's usually too late. I have started hiding my own stash of crackers in a secret location. Aside from hiding your food, here are a few more ways to stop throwing money down the drain and keep food fresh longer.

Microwave Magic-If the cereal box at your house is left open, just pour it onto a plate and pop it in the microwave for about 30 seconds. It will be good as new!

A Dash of Salt-Did you know it could keep your milk fresh about a week longer if you put it in right after you open the carton? Salt naturally preserves and slows bacteria growth.

Steam to the Rescue-Your stale bread can have a new life with a little steam. Just boil a little water, and place a cookie rack on top of the pot. After a few minutes of being on the rack, your bread is ready to be used as a sandwich.

A Kitchen Sponge will Work Wonders-Simply place it in your fridge's crisper and it will absorb excess moisture, which prevents moldy fruit and vegetables.

Freezer Brrrr-If you know you can't eat your fruit before it rots, freeze it. Most Fruits and Vegetables do just fine and will be ready for later use (my favorite is a breakfast fruit smoothie.) Here's the big picture; If you plan your meals accordingly, you can usually avoid the costly mistake of buying more food than you can consume at one time. If you can't eat it all before it

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goes bad, refrigerate or freeze it and save your food and your money. You'll still get good nutrition and good flavor and that's good enough for me. Enjoy!

Marcia Humphrey is an interior decorator and home stager who specializes in achieving high style at low costs. A native of Michigan, she and her husband, Lonnie, have three children.