



Greener

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3 Interesting Facts



5 ways to save food

Wilted

- A quick soak in ice water for 5-10 minutes is often enough to reinvigorate wilted vegetables. Carrots will straighten up, lettuce will crisp, and broccoli will find its strength. Even if they can't be restored, they can still look really good in a cooked meal.

Stale

- Toast up stale chips and crackers in a toaster oven for a minute to crisp them right up. Day or two old bread also works great as toast. Any crumbs from chip or cracker bags add a great crunch to any salad.

Salty

- Has your soup ever been too salty? Add some vinegar, lemon juice, or even brown sugar to fix the problem

Burned

- You can remove burned beans or stew from the heat, coop the unblackened portion into a new pot and cover with a damp cloth for 10 minutes. This removes a lot of the burnt flavor.

Overcooked

- Overcooked vegetables and dishes can always be transformed into soups or sauces. Just toss into a blender with some soup stock and milk or milk. Broccoli, carrots, and cauliflower are an exceptional things for this

Store it (banana)

Refrigerate: optional after ripe

At Freshest: less ripe, 5-7 days; ripe, 1 to 2 days

Optimal Storage: remove any plastic wrapping. Keep on counter at room temperature, away from other fruit. Once ripe, you can store in the fridge. The skin may darken, but the banana will be fine for several days.

Freezing: they can be frozen with or without the peel, although it can be difficult to peel when frozen. It's best to peel and then store in a sealed container. If leaving the peel on, keep container loose in freezer. When ready, cut off both ends of peel to loosen up.

Use it up/Revival: browning and spotted bananas are still fine to eat. Bruised parts can be easily cut away or used. Very brown or nearly black bananas and frozen bananas can be used for baking quick breads, muffins, or cakes.



Store it (eggs)

Refrigerate: yes

At freshest: Fresh, , 3 to 5 weeks after sell-by date ; freezer, 12 months; hard boiled, 1 week

Optimal Storage: Keep in a cold part of the refrigerator in their original carton (not in the door, even if there's a space for them-it is too warm)

Freezing: Eggs should not be frozen in their shells. Lightly beaten eggs can be frozen in an airtight container. Yolks can be frozen alone if mixed with 1 tsp of salt, and whites can be frozen without salt.

Use-it Up/ Revival: cracked eggs should be placed into a clean airtight container and used within two days. If you're not sure when it cracked, it's best to discard the egg. Older egg whites are actually better for whipping up into a voluminous meringue than fresh eggs whites. Frittatas make quick work for of extra eggs.



Store it (avocados)

Refrigerate it: after ripe

At Freshest: whole, after ripe, 2 to 5 days in refrigerator

Optimal Storage: store on counter until ripe, then refrigerate loose. Place in a closed paper bag to accelerate the ripening(adding a apple or a banana will accelerate it). Don't refrigerate before ripe, otherwise it will never ripen. Store avocado based products such as guacamole with plastic wrap pressed directly onto the surface of the food to avoid browning.

Freezing: peel, puree, mix in 1 Tbsp lemon juice per avocado, and pack into an airtight container.

Use it up/Revival: to prevent browning once cut, close the avocado back up around the pit or sprinkle some lemon juice and place in airtight container in the refrigerator. If your avocado or guacamole turns brown, skim off the brown(oxidized)parts. Parts that are green are still edible(so are the brown parts, but they may not taste as good).



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