



# Storage & Handling



Do not mist the fruit displays, but do store fruit at relatively high humidity to help maintain freshness and keep fruit from shrivelling.

Most fruit keeps best when stored separately from apples which are ethylene producers and would hasten ripening.

Remind consumers that ripe fruit is a living food and, as such, maintains its just-picked quality better under refrigeration than it does at room temperature.

#### Consumer

Fresh fruit looks lovely in a bowl, but display only what you plan to eat within a day or two at the most. This helps make sure you serve fruit that retains its fresh, hand-picked taste and texture.

Don't wash fruit until just before serving; store it unwashed in refrigerator.

Placing an apple in a brown paper bag along with fruit to be ripened will speed up the process.

#### Apples

Store in original containers. Rotate stock. Store separately from pears. Store at 32.5°F/1.7°C and 90-95% humidity.

#### Consumer

Store in crisper of refrigerator; low temperature; high humidity.

#### Pears

Store pears separately from apples. Store at 32°F/0°C and 90-95% humidity. Ripen at 60-70°F/15.5-21.1°C

#### Consumer

Place in brown paper bag at room temperature to ripen. (Placing an apple in the bag will speed up the ripening.) Store in refrigerator, unwashed, for up to a week.

#### Cherries

Store at 32°F/0°C and 90% humidity. Important to keep chilled; one hour at room temperature produces more loss in quality than a full day at proper storage temperature.

#### Consumer

Store refrigerated, unwashed, on paper towel in shallow pan. Will keep for several days.

#### Grapes

Store at 32-34°F/0-1.1°C and 90-95% humidity.

#### Consumer

Store, covered and unwashed, in refrigerator for up to 5 days.

#### Apricots, peaches, nectarines

Store at 32°F/0°C (nectarines can be stored slightly lower: 31-32°F/0.6-0°C) and 90-95% humidity with good air circulation.

#### Consumer

Ripen at 65-70°F/17-21°C, away from direct sunlight. Refrigerate, unwashed and covered, for up to one week.

#### Prune plums

Display under refrigeration if possible. Store at 32°F/0°C and 85-90% humidity.

#### Consumer

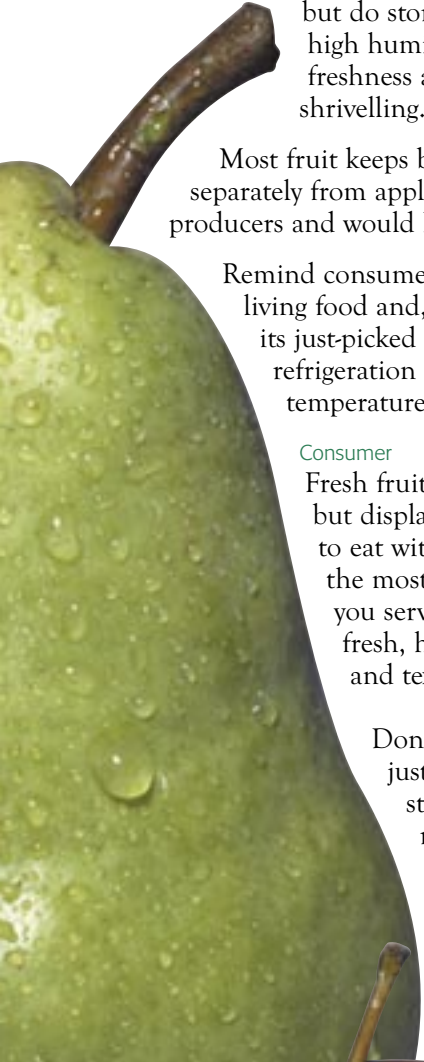
Ripen in brown paper bag at room temperature. Store, covered and unwashed, in refrigerator for up to a week.

#### Blueberries

Store separately from apples at 33-34°F/1°C and 90-95% humidity.

#### Consumer

Will keep in refrigerator for up to 10 days. Place unwashed berries in shallow pan lined with paper towels.



## The Appeal of B.C. Brand Fruit

To complement apples, use cardamom or fennel seeds ground with a mortar and pestle... add rosemary and sage to pears... enhance roast pork with apples and herbed Dijon mustard... these are just a few ideas from Vancouver's Irene McGuinness, a nutritionist and food stylist who brings a unique flare to fruit.

Irene will often use apples and pears interchangeably. How about bacon and spinach salad with pear or apple? Or apple chutney, simply whipped up with tomatoes, bay leaf, chillies, and raisins; and then served with chèvre, cheddar, or game meats? Or a main-course pie using chiffonade kale, apple and pear slices, and cave-aged gruyère all piled on puff pastry? Are you hungry yet?

She points out, "With today's menus, you don't have to get complicated... even good old apple pie can have an interesting twist. There is no end to what you can develop with tree fruits."

#### Cherries

B.C. Brand dark, sweet cherries will soon be ripe and ready. Irene likes to combine them with cabernet and rosemary, along with a hint of orange.

To this combo, she suggests adding some toasted chopped pecans and sugar. Spoon the mixture into baked tart shells; top with mascarpone cheese blended with whipped cream. Garnish with orange zest.

#### Apricots and Prune Plums

When the season hits, B.C. Brand apricots or prune plums lend that fresh-picked flavour to a myriad of recipes, fruit crisp, torte, pie, chutney, cobbler, or sauce.

- Substitute apricots in any recipe that calls for peaches. Simply double the amount.
- Pit prune plums; stew with a little sugar, port and some ground fennel seed. Excellent with grilled meats or poultry.

#### Peaches

Here are Irene's tips for that quintessential summer fruit: B.C. Brand peaches.

- Purée peaches; strain and make into a foam. Pipe onto slices of pound cake or cupcakes. Garnish with praline spun sugar.
- Serve peppered peach salsa on a tuna steak.
- Make a deep-dish peach pie with ground anise and dollops of cream cheese tucked throughout the sweetened peach slices; add a hint of grated lemon peel. Top it with a crumbly, buttery topping of flour, oats, ground almonds, icing sugar and of course, a little more ground anise seed.

### Questions? Feedback...

This newsletter is published by:

## bctreefruits

Once you've had a chance to browse through this issue, we'd appreciate your feedback.

Here's how to contact us:

1473 Water Street | Kelowna BC Canada | V1Y 1J6  
(250) 470-4208 phone | (250) 762-5571 fax  
www.bctree.com web

