

## **Translation of Panita Ngamchuachit's Video from Thai to English by Wongsiya.**

"Fruits and vegetables have life to them, even after they are picked from the tree/source, they continue to breathe all of the time. They breathe in oxygen from the air and convert sugars and starches within their cells into carbon dioxide and water. There is also some heat generated in this process, which can lead to spoiling and wilting. The fruit and vegetable will try to release the heat by producing moisture and ethylene. Therefore due to these factors, the longer you keep fresh fruit and vegetables, the more likely they will spoil.

The best way to keep produce fresh over time, is to manage the temperature in which they are kept. Such temperatures, however, vary according to the type of produce, so you can't just shove everything in the fridge.

Apples and pears should be stored in produce drawers in the refrigerator. Kiwis can also be stored in the fridge. Persimmons, kept out of the fridge, will have better flavor and can last quite a while without refrigeration. Oranges are best kept outside. Cantaloupes and melons, if kept in the fridge, will not reach their full aroma/flavor potential. It is better to keep them at room temperature. Bananas are very sensitive to bruising at cold temperatures. Watermelons, if kept in the fridge for a long time, become milder in flavor. Mangoes can be kept at room temperature. Keow saweuy mangoes can be kept in the fridge. Strawberries and cherries should be stored in the fridge.

As for vegetables, leafy greens and tomatoes should be stored in the refrigerator. After bringing your veggies home, pick out the wilted leaves, wash the leafy vegetables, spin them in a salad spinner to remove excess water, then store them in a perforated plastic bag. Leafy greens can be kept this way for weeks, however it is best to eat them as soon as possible for optimal flavor and nutritional value. Don't keep vegetables and fruit in the same plastic bag. For example, putting an apple in the same bag as leafy greens can lead to emission of ethylene, thereby speeding up the ripening effect of surrounding produce.

Of course, it is best and most ideal to quickly consume fresh fruits and vegetables once you receive them. However, these tips can help prolong the freshness of your produce so that you can enjoy them over time."