

# Fruit Veg ordering, plus storage shopping lists

Rob and Sarah Bell Yacht Serafina www.rhbell.com

Lists taken to market to aid produce selection with storage in mind

Not able to replenish anything at Cape Verde - very poor, fly-blown selection

but 2 crew left then (after 8 days) so more than sufficient. Wd prob hve made more soups etc & used eggs earlier, tins towards end (not used at all in event)

## ORDERING

Days kept	Longlife days	Item	Required Nos	Weight	Actual required	Buy	Condition for purchase
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CW = Wash in clorinated water - 1 cap of bleach per bucket of water; sundried

Circulating air is most important in all storage....

Line crates with newspaper. Lgest heaviest produce as base layer (resists drying).

Mix contents LABEL for easy access

See LP p 103 notes on Longlife bag usage if not refridgerating

## VEGETABLES

90		Onions - Yellow	30	200g	6Kg	7Kg	= Ceba Onions? Squeeze vert & horizont - firm? Reject any sprouting. Cut one in 1/2 to check
		Onions - Red	10	150g	1.5Kg	1.5Kg	
		Shallots	6	300g	1.8Kg	1.8Kg	
		Garlic					4 Big, hard, heavy - NO soft cloves
20	32	Tomatoes	35	175g	6.2Kg	7Kg	Big salad toms with thick skins Biggest - tennis ball size NOT refridgerated Green with hint of red (totally grn won't ripen)
		<i>Buy extra at CV</i>					
		Tomatoes - plum					if good
70		Potatoes	8	500g	40Kg	40Kg	Lge mature baking, thick skinned
		Potatoes - lge baking	4	500g	20Kg	20Kg	smooth texture
							<i>Baking 4 indicates to be served x4, ie require 16 lge</i> <i>FAR TOO MANY!!!!</i>
							reject bruised/sprouting Cut - not frozen = blk/grey pest holes? No more 3 eyes
120		Sweet potatoes					2 V lge, rock hard - as above
		Cucumbers	7	250g		7	10 V dark green ones
		<i>Buy extra at CV</i>					
8	23	Peppers	3	250g		5	5 Grn lasts longer - buy 1/2 each? avoid bruised/soft
		<i>1/2 portions in menu</i>					
		<i>Buy extra at CV</i>					
7?		Chicory	2	120g			1 pkt

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						<i>Buy extra at CV</i>
7?	Chinese Leaf	1	?			1
						<i>Buy extra at CV</i>
15	22 Carrots	8	300g	2.4Kg	2.5Kg	V lge (attached greens = fresh) Reject cracked/black spots
						<i>Buy extra at CV</i>
	Aubergine	5	300g	1.5Kg	1.5Kg	Plump lustrous hard Reject spongy, blk withered tops
						<i>1/2 portions in menu</i>
						<i>Buy extra at CV</i>
	Avocado	2				3 Rock hard, lgest poss, unblemished
						<i>1/2 portions in menu</i>
						<i>Buy extra at CV</i> Wished we had bought more
	Fennel	2	320g	640g		2
	Dried mushrooms					
	Sun dried Toms					
	Sun dried Toms in oil					
	Artichokes in oil					1
	Squash					Hard shiny heavy (dull doesn't necc = old)
	Cabbage - white	2	150g	300g		1 Bigger
	Cabbage - red					1?
						<i>Buy extra at CV</i>
	Beetroot					? buy small - more tender With GREEN tops or stump
	<b>FRUIT</b> - <i>Buy extra if good at CV</i>					
20	Lemons	12				20 Heavy, can be blemished not moldy
						<i>1/2 portions in some menus</i>
	Limes					20 Small grn hard
						<i>May outlast lemons</i>
	Bananas					12ish Lge thick skinned = slower ripen Avoid with soft spots, or mold arnd stalk. Showing yellow blush Buy from diff sources varies ripening
						<i>Buy extra at CV</i>
	Apricots?					firm but not hard. Rub skin shd smell. Avoid blemishes
	Plums?					Only for 1st 2 days?
11	24 Apples					Buy shiny = waxed

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20 30 Oranges  
Kiwi fruit  
Mangoes  
  
20 Satsumas

Big hard Juice shd run from  
cut surface when squeezed  
as lemons

Locally grown not refridgerated  
Big not ripe  
[Wish bought more](#)  
[Purchase on whim](#)

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## CLEANING/STORING

Item	Clean?	Wrapped?	Storage conditions	Aftercare
<b>VEGETABLES</b>				
Onions		<b>NOT near apples!</b>	if Cepa tough enough to store in sack (crate?) in dry, dark place	Check weekly Remove sprouters - allow cont to grow if sprout required!
Shallots				
Garlic			cool dry	
Tomatoes	No traces of black mold on skin CW&SW	Ali foil	keep cool	exam freq after 1st week Refridge only ripe as space allows
Potatoes	if dirty leave Dry [Doubtful freshness - CW&SD	Ali foil Canvas bag to keep dark	in trays to prevent bruising	check weekly if bruised can be refridgerated
Sweet pots			as above	
Cucumbers	oil if dull		Keep out of direct sunlight	Turn every 4 days
Peppers	CW&SW		Avoid bruising - keep cool	check & re fridge as space becomes avail
Chicory		Long life bag	Refridge	

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Chinese Leaf		Long life bag	Refridgerate	
Carrots	if dirty leave CW&SW	Wrap damp towel	Plastic bag (not long life) when refridgerating	check 3/4 days, wipe clean, remove refridge as space avail
Aubergine	CW&SW	Paper bag in fridge		
Avocado			Allow some to ripen, refridgerate rest but not for more 1 wk or won't ripen?	
Fennel	CW&SW	Long life bag	Refridgerate if poss	refridge as space avail
Drd mushrm		Ziploc/vac pk		
Artichoke in oil		As mentioned in CCckbk - but disappointing		
Squash	as pots		soak overnight if old Shelf life "immortal"	as pots
Cabbage	Remove old (but not dry) leaves carefully with clean hands		Gd roughage As is - if cool, but not touching When refridgerated: pare stem wrap/pad beneath with damp towel. Once cut in longlife bags Steam leaves if dry then cool for salads - LP	check every 3 days check weekly once in fridge
Beetroot	do NOT wash	longlife bag in fridge		
<b>FRUIT</b>				
Lemons	CW&SD	Ali foil		
Limes	CW&SD	Ali foil		turn every 4 days
Bananas	Submerge in water		cool dark place... accelerate ripening in paper bag	
Apricots?		longlife bag?	Didn't purchase?	
Plums?				
Apples	CW&SD	Ali foil	Move to fridge as space allows	

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		<b>NOT near onions</b>	Wrap in paper & longlife bag	
Oranges	CW&SD	Ali foil		check every 3 days
Kiwi fruit				
Mangoes	CW&SD	Ali foil	refridgerate when ripe In longlife bag?	Check every 3 days