WASTE LESS, TASTE MORE 044

Keep the Extra Berries Fresh



PREPARE THE DESSERT PORTION. PROTECT THE REST.

When buying berries for a dinner party dessert, separate the amount you plan to serve from the reserve. Careful handling gives the remaining fruit a better chance of reaching another meal.

1 Inspect the fruit

Check for damaged or spoiled berries before putting the container away. Handle delicate fruit gently.

Why: A quick inspection helps you assess what needs attention.

2 Refrigerate dry berries

Keep berries in a suitable ventilated container. Wash the amount you need under cool running water shortly before eating or preparing.

Why: Refrigerated storage and washing near use help preserve their quality.

3 Choose the next occasion

Plan the remaining sound fruit into breakfast, another dessert, or a suitable freezing preparation.

Why: Berries need a timely use rather than an indefinite place in the refrigerator.

KITCHEN NOTES

Treat varieties differently

Raspberries are especially delicate. Do not assume every berry has the same storage life.

Avoid deep piles

A shallow container helps protect fragile fruit from crushing.

Prepare the garnish last

Wash and dry the berries intended for the dessert plates close to service.

THE PLATING MINDSET

Protect the fruit’s natural shape so it remains a beautiful ingredient for the next serving.

Berry storage: Iowa State University Extension (linked in PDF)