



Apricots

A member of the same family as a peach, they both share the same soft outer layer and sweet taste, all the while hiding its rock core. Its season starts in May and peaks in the summer months.

It contains antioxidants, phytoestrogens, potassium and fibre from its peel.

Store:

- For maximum shelf life, store in a container in the fridge, this is also ideal for dried apricots, lasting 7 to 10 days
- If you would like them to ripen, a cool, dry and shaded area on the countertop is the best option, lasting 1 to 3 days
- Apricots emit ethylene, making it best stored away from other fruits to stop them from ripening too fast
- Only wash right before consumption or use

Freeze:

- Frozen apricots are best for smoothies or baking, as when they defrost, their texture will be rendered softer
- To do so, clean and dry the apricot before coring and slicing the apricot into chunks
- Then, flash freeze them by laying out on a baking tray until solid, until finally transferring to a freezer bag.

Wear and Tear

Bruised, wrinkly and white or brown spots, apricots' ripening and age can be easy to spot, but this does not necessarily mean that they are not still safe and delicious to eat. An easy solution is cutting off the area affected or peeling.

Video Links