# Expert Advice on Keeping Strawberries Fresh and Reducing Gas from Beans and Jerusalem Artichokes



### Tips for Keeping Strawberries Fresh

With strawberry season in full swing, many find themselves purchasing large quantities of this fruit. Ensuring strawberries remain fresh and mould-free is crucial to prevent waste. Storage expert Vlatka Lake from Space Station offers advice on preserving strawberries' freshness.

According to Lake, one effective method is to soak strawberries in a solution of lemon juice and equal parts cold water. After soaking, the strawberries should be dried and placed in an airtight container. Another technique involves immersing strawberries in hot water for 30 seconds to kill bacteria and prevent mould. Post-treatment, the strawberries should be stored in a container lined with paper towels.

Despite delays in the UK's strawberry crops due to cold weather, Morris Hankinson from Hopes Grove Nurseries states that this year’s strawberries are expected to be particularly sweet.

### Cooking Tips for Reducing Gas from Beans and Jerusalem Artichokes

Cooking beans and Jerusalem artichokes can often lead to digestive discomfort due to the indigestible components these foods contain. Yotam Ottolenghi recommends several methods to mitigate this issue.

For Jerusalem artichokes, adding acidic liquids like lemon juice or vinegar during cooking can convert indigestible carbohydrates into digestible sugars. Parboiling and then roasting them can also help.

For beans, soaking them overnight and cooking them in fresh water reduces their gas-producing potential. Adding vinegar or lemon juice to the soaking water, or some fresh ginger or summer savory, can further aid digestion.

Ottolenghi encourages not letting the fear of gas prevent the enjoyment of these nutritious foods.