

## Kitchen Tips

From storage, to cleaning, to keeping food fresh, here are some tips that I have tried and tested, and am now ready to share with you.

### Cleaning Odors from Your Cutting Board (and hands)

Fresh lemon, nothing works better! Cut a slice of lemon, and rub on your cutting board after using your board for strong odour foods such as garlic or onions.



### Coffee Ice Cubes

Do you enjoy iced coffee drinks? Take unused coffee and pour into an ice cube tray and freeze to use as ice cubes in your drinks. Also great for black coffee drinkers that want to cool down their coffee quickly without watering it down.

### What To Do With Bad Bananas



When you notice your bananas starting to turn brown, the best thing to do is throw them into the freezer while you decide what you would like to do with them. I enjoy smoothies and shakes all year round, so I'll use the frozen bananas in these. If you peel and slice before freezing they're even easier to use, but it's not necessary. Another great use is banana bread. Most banana bread recipes suggest using over-rip bananas, and they're easier to use once they've been frozen and thawed as no mashing is required. You can also use the banana peels in your garden. Bury in the dirt near your tomato plants or roses to add potassium to the soil.

### How to Control Pepper Grinds

This tip actually came from my mother. She found a small, round glass dish, actually meant as a candle holder, and she placed this under her pepper mill. This is great for keeping pepper grinds from getting on your counter and table.



### How to Clean Your Microwave—Naturally

Cut a lemon in half and place skins down in a bowl. Cover half the lemon with water, and place in the microwave. Microwave on high for about 5 minutes. After the microwave is done, leave the bowl with the lemon in there for another 5 minutes. Remove the bowl and wipe the microwave clean.



### Keeping Onions Fresh

Once again, Mom to the rescue. She found me a great onion keeper, though unfortunately I'm not sure where she got it. I found a similar one online, and discovered that they also sell these keepers for tomatoes, and peppers. The keeper has a slightly raised, grooved bottom that keeps the onion fresher longer, while keeping the odour out of my fridge.