

Important Ingredients

There are some basic ingredients you should always have at home, but going to a grocery store or a farmers' market on the weekend can be a lot of fun, as there are usually lots of new foods to discover. Just pick the items you think look the most interesting! Here are some of the things you'll need for the recipes in this book, as well as a few handy tips for the best way to store food at home.

Leave a banana or an apple right next to an avocado if you want the avocado to ripen more quickly.

Putting an apple in your bag of potatoes helps the potatoes stay fresh for longer.

You'll need vegetables in all colors and shapes. They're full of vitamins and give you the energy you need to play and have fun.

Make sure your fruit bowl is filled with tasty things—pineapples, apples, pears, or bananas.

If you turn your pineapple upside down, the juice from the bottom will be distributed through the entire fruit.

Olive oil is good for your skin! You'll need it for dressings and frying.

Flour and sugar are needed for many sweet recipes.

There are different kinds of both—try some out and see how different your food tastes.

Salt and pepper bring every dish to life. Most of the time you just need a pinch of each, and then the magic happens!

Put your sprigs of herbs, such as parsley, basil, or dill, in a glass of water and store them in the refrigerator. This will keep them going for longer.