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**CROPS FOR
WINTER
FOOD STORAGE**



A Good Life!

One-to-one, heart-to-heart, we are doing this together...

This guide was inspired by Sandra, L. who said to me one day that she had put her CSA delivery on “HOLD”. She had been gone on a long trip and knew she would not be home. She set her profile page to cancel her delivery which she had already paid for.

When she returned we guided her to take advantage of the “CHANGE DATE” option instead. Her question to us was, “how am I going to eat that much!”

We explained that this is the Fall/Winter season and most of her items would keep rather well if she would move the date to the last delivery of the season and use the items that stored well last. Giving her the option to eat from her bag for 3-4 week. Her question was, “how am I going to do that!”

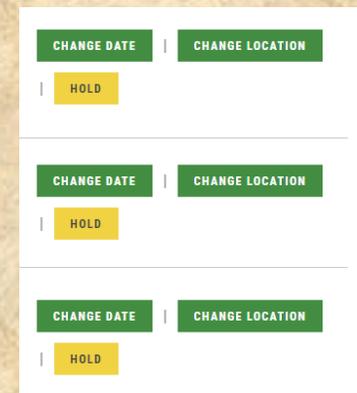
You can imagine the surprised look on her face. Seeing the expressions were priceless. The hesitation, the possibility, and the questions rolled into one.

At this moment we were prompted to guide ALL of our CSA members along the way with and eBook for the ending of the Fall/Winter season. Since the initial chat with Sandra there has been a couple of others who have decided to do the same. These pages have TONS of AWESOME but simple tips.

When you have another problem you would like solved, please drop us a quick email. We'll do our best to help along the way.

*** Remember coffee can be kept frozen to keep it's freshness.

Phil, John & Diane



Simply store well and keep the harvest...



Onions from the farm in February and March store nice in the frig, out of the crisper drawer is the best way. They like 33 to 40 degrees and close to 50%-60% humidity.

Even the sprouts are edible, yet may not be what is intended.

Kelly Dayringer says, "I wrap my onions in newspaper and put in fridge. They can't touch one another otherwise will start to spoil."

Rachael Tyree Benson says "I may just chop some up for freezer to pullout when needed."



Different **potatoes** varieties last longer in storage than others. A cool dry area is **better than storing in the refrigerator**.

Store in a dark area like a "paper" bag where it can breath. If they see light they will begin to **turn green** and loose flavor.

In a bins under your cupboard is usually cooler and is dark with good ventilation. If they begin to spout, no worries there is still plenty of life still in them. You can pluck off the sprouts if you prefer.

Ideal storage conditions for potatoes are at 50°F and 80-90% relative humidity.



Avoid storing sweet potatoes in the refrigerator, which will produce a hard center and unpleasant taste. Plus they will shrivel with the loss of humidity.

Instead, store your **sweet potatoes** in a well ventilated area, away from strong heat sources. Ideal storage conditions is at 60°F and 80-90% relative humidity.



Winter radishes will last best, placed in plastic bag, in fridge. They release ethylene gas that can increase the ripening process of some vegetables. If you can, try to locate away from other storage crops.

Ideal storage condition is at a temperature of 33-35°F and 90 relative humidity

Want to save a little longer...



Beets store best in an air tight container, a plastic bag will do the job. Place in the refrigerator.

They may even spout a little leaf on the stem end showing that they are still alive and ready for use.

Ideal storage conditions for beets are in a cool 33°F to 40°F, humid 95%.



Kohlrabi wrap them loosely in a plastic bag, and refrigerate until you're ready to use them.



Try to store **cabbages** separate from living areas and other crops. You can put the **cabbage** in a plastic bag to help retain moisture but it isn't totally necessary. Sensitive to ethylene store separate from your fruits.

Ideal storage condition for cabbages is at a temperature of 33-40°F and 80-90% relative humidity.



Air circulation is important for long-term storage of **apples and pears**. Package the fruit so it can breathe, and they do not touch. Nestle them in shredded paper and store keeping well-ventilated.

Both apples and pears release ethylene gas that can increase the ripening process of some vegetables. If you can, try to locate fruit away from other storage crops.

Ideal storage condition for apples and pears is at a temperature of 33-40°F and 80-90% relative humidity.

Arouse the best from the bounty...



The larger **carrots** last longer in storage. They store best in an air tight container, a plastic bag will do the job. Use up the smaller ones first.

Ideal storage conditions are at a temperature of 33-35°F and 90% humidity.



Turnips will last best, placed in plastic bag, in fridge. They release ethylene gas that can increase the ripening process of some vegetables. If you can, try to locate away from other storage crops.

Ideal storage condition for turnips is at a temperature of 33-35°F and 90% relative humidity.



Store **celery root** wrapped loosely in a plastic bag. Just be aware that its flavor is the most intense when it is firm.

Celery root's ideal storage condition is at a temperature of 33-35°F and 90% relative humidity.

Summary...

Do Not Refrigerate: Potato, Sweet Potato

Cold and Dry: Onions

Produce Ethylene (store separate): Apples, Turnips, Fall radishes

Cold and Moist in an Air-tight Container: Beets, Carrots, Celery root, Turnips, Fall radishes, Kohlrabi, Cabbage

What do I do with so many...

Don't worry if your circumstances are not perfect, as long as your storage area is relatively cool and stays above freezing, you probably still can store your vegetables and fruits for a period of time.

You don't need a root cellar to keep storage crops. A basement maintains a steady temperature and is usually cooler than the rest of the house. If you don't have a basement, consider any location that stays above freezing through the winter and cool during the spring months, such as your:

- crawlspace
- garage
- mud room
- bulkhead
- back porch
- even a closet

Advantages of storing the abundance...

1. **Save Money:** Crops purchased through a farmer are less expensive than those bought from the grocery store in winter and spring seasons. In addition, you won't need to use your refrigerator to store everything.
2. **Use Less Energy:** Storing food doesn't use extra electricity. Since the food is grown locally, no shipping across the country to get to your food has occurred.
3. **Food Security:** You will have a supply of quantity and nutritious food to feed your family without having to question where and how it was grown.
4. **Saves time:** Makes food readily available. Saves trips running to the supermarket.