

Winter Vegetable Storage Tips

Additional References:

<http://www.backwoodshome.com/articles2/gist82.html>

<http://extension.missouri.edu/explore/agguides/hort/g06226.htm>

Garlic: Stored under optimum conditions in a dark, cool, dry place with plenty of ventilation, garlic will last from several weeks to one year. Try to use fresh garlic within a few weeks and do not refrigerate unless the garlic has been peeled or chopped.

Winter Squash: Winter squash or hard-shelled squash, such as kabocha and butternut, should not be refrigerated unless cut. Stored at 50°F to 55°F away from light in a well ventilated place with low humidity, it should keep for up to three months under these conditions. Cut squash will keep about one week when wrapped tightly and refrigerated.

Carrots: Before storing them remove their green tops, rinse, drain, and put the carrots in plastic bags and store them in the coldest part of the refrigerator with the highest humidity. They'll last several months this way. To keep the carrots crisp and colorful add a little bit of water in the bottom of the plastic storage bag; this will keep the carrots hydrated. Carrots should be stored away from fruits such as apples and pears, which release the ethylene gas that cause carrots to become bitter.



Imagine ...

- + Knowing where your food comes from, who is producing it, their ethics and farming practices
- + Working in support of the health of your local community food shed where energy stays local and supports our rural economy

Winter Vegetable Storage Tips

Additional References:

<http://www.backwoodshome.com/articles2/gist82.html>

<http://extension.missouri.edu/explore/agguides/hort/g06226.htm>

Garlic: Stored under optimum conditions in a dark, cool, dry place with plenty of ventilation, garlic will last from several weeks to one year. Try to use fresh garlic within a few weeks and do not refrigerate unless the garlic has been peeled or chopped.

Winter Squash: Winter squash or hard-shelled squash, such as kabocha and butternut, should not be refrigerated unless cut. Stored at 50°F to 55°F away from light in a well ventilated place with low humidity, it should keep for up to three months under these conditions. Cut squash will keep about one week when wrapped tightly and refrigerated.

Carrots: Before storing them remove their green tops, rinse, drain, and put the carrots in plastic bags and store them in the coldest part of the refrigerator with the highest humidity. They'll last several months this way. To keep the carrots crisp and colorful add a little bit of water in the bottom of the plastic storage bag; this will keep the carrots hydrated. Carrots should be stored away from fruits such as apples and pears, which release the ethylene gas that cause carrots to become bitter.



Imagine ...

- + Knowing where your food comes from, who is producing it, their ethics and farming practices
- + Working in support of the health of your local community food shed where energy stays local and supports our rural economy