



## Vegetable Storage Tips

### *Tips on Storing the Fall Harvest*

#### **Garlic:**

Garlic should be stored in a cool, dry location, out of direct sunlight. Stored properly, garlic will keep until early Spring (when it begins to sprout in the fields, it also sprouts in storage). A dry basement is fine for long term storage. Chopped garlic can be mixed with olive oil and frozen in small air-tight containers. Garlic can also be sliced and dried (dehydrated) and then finely ground, for the best garlic powder ever!

#### **Greens:**

Leafy greens need to have their moisture content controlled. You do not want them to be too wet, or they can get slimy, yet if they are too dry, they will wilt. The dry air of a refrigerator will pull moisture out of greens if left exposed to the air, causing them to wilt.

We wash the salad greens well, but we recommend washing at home and spinning dry in a salad spinner, then storing in an air-tight container, like a glass storage container or Tupperware container with a lid. It's best to place a paper towel or tea towel in the bottom to soak up any excess moisture. For cooking greens like kale, wrapping loosely in a damp cloth or in a loose plastic bag works well.

In general, loose greens like salad and spinach will keep for 1-2 weeks. Sturdier greens like kale, chard, bok choy, turnip greens, etc. will keep for 2-3 weeks. Cabbage keeps almost indefinitely.

#### **Onions:**

Store onions in a cool, dry location, out of direct sunlight. For short-term storage (up to several weeks), a kitchen cabinet is fine. For long term storage, a dry unheated basement works well. Onions can be stored in the fridge as well, loose in a crisper drawer, or in a paper or cloth bag (not plastic).

#### **Potatoes:**

Store potatoes in a cool, dry location out of direct sunlight. For longer-term storage, potatoes keep best with the dirt on them. You can keep them in a lined basket and wash just before using. An unheated dry basement is a good location for long-term storage. If storing in the fridge, keep loose or in a paper or cloth bag (not plastic).

#### **Roots:**

Roots are grown in the ground, and they prefer a humid environment as well, about 80-90% humidity for most. Roots cannot be stored loose in the fridge, even in a crisper drawer, or they will lose their crispness and become rubbery. They can be stored loosely in a bag or wrapped in a damp towel and stored in an air-tight container. Roots stored properly should keep for several weeks, including radishes, turnips, beets, carrots, etc. If edible greens are attached, such as beet or turnip greens, it is best to remove greens and store separately.

#### **Sweet Potatoes:**

Sweet potatoes keep best in a slightly cool, dry, dark location. They do better at room temperature than in the fridge, as they can be subject to chilling

*Continued on next page >*



## Vegetable Storage Tips

### *Tips on Storing the Fall Harvest Cont.*

#### **Sweet Potatoes Cont.**

injuries. Like potatoes, they keep better with the dirt on them for long-term storage. You can store them in a lined basket in a cupboard, and wash before using. Be sure not to store them in a location that gets below 45-50 degrees.

#### **Winter Squash:**

Winter squash are excellent keepers, and one of the few vegetables whose nutrient content actually increases in storage. The thin-skinned early varieties such as delicata and acorn should be used within a few weeks. The later, tougher-skinned varieties, such as butternut, store for months. For long-term storage, it is best to clean the squash skin of any dirt and debris, and then wipe them down with a bit of vinegar on a cloth. They like to be stored at 50-60 degrees, but room temperature is also fine. They are pretty, so you can decorate your house until you are ready to eat them! They are subject to chilling injuries, so do not store them below 45-50 degrees.

#### **Zucchini and Summer Squash:**

Zucchini and summer squash actually prefer to be stored slightly warmer than the fridge, about 50 degrees is ideal. However, since we don't generally have a 50 degree space in our modern houses, you can either leave out on the counter in a cool house for up to a few days, or store loose in the crisper drawer. They do not need to be in a bag or container. These should keep for 1-2 weeks.

