

Cedar Circle Farm

& EDUCATION CENTER



WINTER VEGETABLE STORAGE TIPS

BEETS

Store @ 32°–38°F and 90% humidity

Before storing, trim the stem end and taproot. Beets store well in the crisper drawer in a perforated plastic bag. If beets show signs of mold or rot, compost them. They can still be used if they are just a little soft and dried out, just plan to cook them right away.

Alternative tip: Make a quick refrigerator pickle!

CABBAGE

Store @ 32°–38°F

Store your cabbage in a perforated plastic bag in the fridge. Do not remove the outer leaves before storage because they will protect the inner leaves, allowing the cabbage to store longer. When you're ready to use the cabbage, peel off and compost any outer leaves that have become soft or discolored.

Alternative tip: Make a simple sauerkraut! 2lbs of cabbage will make about 1 quart of kraut.

CARROTS

Store @ 32°–38°F and 90–100% humidity

Before storing, make sure the stem ends have been trimmed. Store carrots in a perforated plastic bag in the crisper drawer. Keep your carrots separate from apples in storage, as they are sensitive to the ethylene gas from apples.

Alternative tip: Make a big batch of carrot-ginger soup and freeze it in quart containers.

GARLIC

Store @ 32°–38°F at very low humidity

Garlic stores best in a dark, cool cupboard or closet with low humidity. Keep a close eye on it throughout the winter and cull any that begins to sprout or mold.

Alternative tip #1: Make garlic powder: dehydrate the cloves in the oven and grinding them in a spice grinder.

Alternative tip #2: Freeze it! Peel and chop garlic, or puree it with olive oil, then freeze in an ice cube tray.

ONIONS

Store @ 32°–38°F at very low humidity

Onions store best in a dark, cool cupboard or closet with very low humidity. Cull any onions that begin to sprout or rot!

POTATOES

Store @ 38°–42°F at 80–90% humidity

Potatoes store best in a paper bag in a dark, well-ventilated cupboard. Cull storage potatoes regularly, looking for green spots, sprouts, and rot. Remember, potatoes must be stored in a very dark place, as exposure to light causes them to turn green more quickly.

Alternative tip: If your potatoes sprout, transfer them to a different bag and store them to plant in the spring!

In a pinch, any of these winter veggies can be stored in the fridge, but unless that is the suggested storage method, don't plan to store them there for extended periods of time.