



Winter Share Storage

Tips from Wellspring CSA

www.wellspringcsa.com

The vegetables that we have selected for the winter share are “good keepers;” they will last if stored properly. Handle the vegetables with care to avoid cuts and bruises. **Check your veggies** from time to time to remove those that show signs of spoilage.

To eliminate all chance of spoilage, you may **cook & then freeze** your veggies (e.g. soup, stews). If you notice your produce heading south, this is the best option.

Enjoy the extended harvest! Feel free to call me with any questions, 426-3361.

Beets, Carrots, Rutabagas, Celeriac

These will keep for 2-4 months if stored at **32-40 degrees**. The best place to store is in a refrigerator, **in loosely closed plastic bags** to maintain humidity. Do not leave your food uncovered or it will dry out & become rubbery.

If you do not have fridge room, a styrofoam or insulated cooler in an unheated garage or in a shady, protected spot out of the wind is an easy short term storage container. Keep the cooler out of the sun. If vegetables start to sprout or become soft, the temperature is too high. The aim is to reach 32-40 degrees consistently. **If you do not use up your share before the cold sets in outside (frequent nights below 32 degrees), you will need to move your storage container inside to avoid freezing the veggies.** You may consider an unheated basement or cellar steps.

Onions & Garlic

Your onions and garlic have been cured for longer storage. Store them in a dark, cool, dry place in the kitchen for use within 1-2 months. **Onions will keep even longer** if stored in the fridge.

Potatoes

For short term, store in a dark, cool place in the kitchen. For longer term, store at 40-50 degrees. Lower temperatures affect potatoes' flavor. If they sprout, the temperature is too high. Do not store with apples.

Winter Squash

Squash will last at least a month if stored at 50-60 degrees in a dry, dark, cool kitchen cabinet. We recommend **using your squash within a month or so** to ensure its quality. Delicata, Kubocha and buttercup have a shorter storage life than acorn, butternut and pie pumpkins, so **use the former varieties first**. Cooking and freezing for longer term use is a fool-proof option.

