



# Blue Moon Fall Vegetable Storage Guide

## Beets

### Favorite Uses:

- Sweetness is best expressed when beets are roasted. Place in a covered baking dish and bake at 350 degrees until tender. Allow to cool and rub skins off.
- They can also be boiled, steamed, or grated raw in a fresh beet salad.

### Storage:

- COOL, MOIST, DARK
- 32-40 degrees is optimal
- Root cellar/basement in breathable material.
- Refrigerator in plastic bag.
- *Kristen's Method:* I store beets packed in leaves in wax boxes in my basement. I usually keep a small plastic bag of them in the fridge too for easy access.

## Brussels Sprouts

### Favorite Uses:

- Steam or boil the sprouts
- They can be a great addition to stews and soups because they can stand up to a longer cooking time.

### Storage:

- COLD, MOIST, DARK
- 33-40 degrees is optimal
- Root cellar/basement
- Store in root cellar on the stalk, or off the stalk in plastic bags in the refrigerator for 3-5 weeks.
- *Kristen's method:* I store most of my sprouts in the field! I've picked them as late as January. Once indoors, I usually take them off the stalk and store in a box in the basement (3 weeks max) or in plastic in the fridge (5 weeks max)

## Cabbage

### Favorite Uses:

- Even cabbage stored several months can be delicious is a raw grated slaw or salad!
- Cabbage sauté with slices of Polish or Italian sausage make a quick meal.
- Add to a winter vegetable soup, minestrone, or beet borscht.

**Storage:**

- COOL, MOIST, DARK
- 32-40 degrees is optimal
- Refrigerator is best if you have the room. Otherwise a cool room will work in the short term. In the fridge, store in a plastic bag (up to 6 weeks).
- *Kristen's Method:* I have stored cabbage in a cool room in a wax produce box for up to months. Assume that you will have to peel back several layers if storing this way. These days the cooler room in the barn holds our cabbage through winter.

## Carrots

**Favorite Uses:**

- Tender and flavorful, they will stay great for raw eating
- Use as you would fresh carrots

**Storage:**

- COOL, MOIST, DARK
- 32-40 degrees is optimal
- Root cellar/basement
- Storage in paper bags, cardboard, or other dry, breathable material.
- If you have the room, carrots store very well in plastic bags in the refrigerator.
- *Kristen's Method:* I have stored carrots packed in leaved in wax boxes, and also have used Rubbermaid tubs in my basement. A friend stores these and other roots in a cooler in her entryway.
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## Celeriac

**Favorite Uses:**

- Boil along with potatoes for flavorful mashed potatoes (they have the same cooking time)
- Grate raw into slaws or onto salads
- Dice and roast with other root vegetables.

**Storage:**

- COOL, MOIST, DARK
- 32-40 degrees is optimal
- Root cellar/basement in breathable material.
- Refrigerator in plastic bag.
- *Kristen's Method:* I store celeriac packed in leaves in wax boxes in my basement. I usually keep a small plastic bag of them in the fridge too for easy access.

## Onions and Garlic

Cipollini onions will not store as long as the typical yellow and red onions in your share. Plan on using within a month.

**Favorite Uses:**

- Use in everything! Sautéed greens, stir fry, soups, etc.etc....

**Storage:**

- COOL, DRY, DARK
- Short term (2-3 weeks) on you countertop or shelf.

- 32-40 degrees is optimal (my storage is more like 50 degrees and works fine)
- Do not store in plastic. Hang in root cellar or cool room for best circulation
- Kristen's Method: For short term (1 month or less) storage, anywhere will do. My onions and garlic for the whole winter are stored in my pantry closet—dark, cool, and dry.

## Leeks

### Favorite Uses:

- Rich flavor adds a wonderful depth to soups.
- Slice lengthwise and braise in butter, stock, and herbs as a side dish.
- Use instead of onion in your favorite recipe.

### Storage:

- Refrigerate leeks for up to 2 weeks.
- 32-40 degrees is optimal
- For longer-term storage, place in root cellar/basement in breathable material. Outer leaves will yellow over time—just peel them back for use.
- Kristen's Method: I have not had great luck storing leeks long-term. That's okay though because I love them so much! I cut most of the green top off and store in plastic in the fridge for use within 3 weeks.

## Rutabaga

### Favorite Uses:

- Another great root for boiling and mashing with potatoes
- Pasty! A Wisconsin tradition I never encountered until moving here—Delicious!

### Storage:

- COOL, MOIST, DARK
- 32-40 degrees is optimal
- Root cellar/basement in breathable material.
- Refrigerator in plastic bag.
- *Kristen's Method:* I store rutabaga packed in leaves in wax boxes in my basement (noticing a trend here?) .

## Shallots

### Favorite Uses:

- Use as a mild onion in your favorite recipes.
- Adds wonderful flavor to sauces, soups, and dressings

### Storage:

- COOL, DRY, DARK
- Short term (2-3 weeks) on you countertop or shelf.
- 32-40 degrees is optimal (my storage is more like 50 degrees and works fine)
- Do not store in plastic. Hang in root cellar or cool room for best circulation
- Kristen's Method: For short term (1 month or less) storage, anywhere will do. My onions and garlic for the whole winter are stored in my office closet—dark, cool, and dry.

# Sweet Potatoes

## Favorite Uses:

- Bake, steam, or boil as you would white potatoes.
- They're great with a drizzle of maple syrup and butter, or a spicy red pepper or ginger.

## Storage:

- COOL, DRY, DARK
- 50-55 degrees is optimal
- Root cellar/basement
- Storage in paper bags, cardboard, or other dry, breathable material.
- *Kristen's method:* Back to that closet! I store sweet potatoes wrapped individually in newspaper in a box in my office closet. For use within 10 days, anywhere will do.

# Turnips

## Favorite Uses:

- Turnips are a savory addition to soups, stews, and sautés.

## Storage:

- COOL, MOIST, DARK
- 32-40 degrees is optimal
- Root cellar/basement
- Storage in paper bags, cardboard, or other dry, breathable material.
- If you have the room, turnips store very well in plastic bags in the refrigerator.
- *Kristen's Method:* I tend to keep turnips in the fridge as they are more susceptible to getting soft.

# Winter Radishes (Beauty Heart and Daikon Radishes)

## Favorite Uses:

- Cut up into salad as fresh radishes
- Can also be added to soups, stews, etc. They mellow when cooked.
- Daikon are quite sharp when they are raw; Beauty hearts are more mild.

## Storage:

- COOL, MOIST, DARK
- 32-40 degrees is optimal
- Root cellar/basement
- Storage in paper bags, cardboard, or other dry, breathable material.

More resources:

My favorite: [Root Cellaring](#) by Mike and Nancy Bubel

[From Asparagus to Zucchini](#) locally produced by MACSAC (available from the farm for \$15)

[Putting Food By](#) by Hertzberg, Vaughan, and Greene