



Fall Vegetable Storage Guide

MOST ROOTS: Beets, Carrots, Celeriac, Parsnips, Rutabagas, Turnips, Winter Radishes

Storage:

- COOL, MOIST, DARK
- 32-40 degrees is optimal
- Root cellar/basement in breathable material (Cardboard box, paper bags, etc).
- All roots store well in the refrigerator, but most be in a plastic bag or in the crisper drawer.
- Roots can be stored in a cooler in a garage or other space where contents will be kept cool but won't freeze

Cabbage

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 or in the crisper drawer (up to 6 weeks).
- Don't worry if the outer leaves discolor or start to spoil, the remaining cabbage is just fine!

Onions, Shallots and Garlic

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; a paper bag works well

Leeks

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.
- Leeks can be sliced and frozen in bags for later use in soups. The texture breaks down but the flavor is great!

Potatoes

Storage:

- COOL, MOIST, DARK
- 45-50 degrees is optimal
- Root cellar/basement
- Storage in paper bags, cardboard, or other dry, breathable material.
- A cooler spot in your house is better than in the fridge, but we often store them in the fridge anyway ☺
- Potatoes can be stored in a cooler in a garage or other space where contents will be kept cool but won't freeze

Sweet Potatoes

Storage:

- COOL, DRY, DARK
- 50-65 degrees is optimal
- Root cellar/basement
- Storage in paper bags, cardboard, or other dry, breathable material. For use in the next few weeks, anywhere will do.
- Sweet Potatoes are best on the counter or at room temperature vs. in the fridge!

Winter Squash

Storage:

- COOL, DRY, DARK
- 50-60 degrees is optimal
- For a month or 2, anywhere will do. We keep them in a basket in our kitchen. For longer storage, a dry basement or cool entryway is a good option.

More resources:

[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

Blue Moon Community Farm

www.bluemooncommunityfarm.com * blumooncommunityfarm@yahoo.com * 608-446-6962