

Storage Basics

keep your veggies fresh all winter long

Vegetable	Cold temperatures (32-40°F) High humidity (98-100%)	Cool temperatures (40-55°F) Moderate humidity (50-70%)
Beets	x	
Cabbage	x	
Carrots	x	
Celeriac	x	
Garlic		x
Onions		x
Parsnips	x	
Potatoes		x
Rutabaga	x	
Turnips	x	
Winter Squash		x

Tips for COLD storage:

Store in you refrigerator in a plastic bag with a few holes to allow for respiration.

Tips for COOL storage:

Basements (can be cool but tend to be humid), mud room (so long as they don't get too cold), a closet with an outside wall...get creative!



WINTER VEGGIE Calculator

BEETS

We eat ____ beets per week

3 medium beets per pound* = ____ pounds per week

pounds per week x4 = ____ pounds per month

pounds per month x6 = ____ pounds to last through April

CARROTS

We eat ____ carrots per week

4 medium carrots per pound* = ____ pounds per week

pounds per week x4 = ____ pounds per month

pounds per month x6 = ____ pounds to last through April

GARLIC

We eat ____ heads of garlic per week

10 heads per pound* = ____ pounds per week

pounds per week x4 = ____ pounds per month

pounds per month x6 = ____ pounds to last through April

ONIONS

We eat ____ onions per week

2 medium onions per pound* = ____ pounds per week

pounds per week x4 = ____ pounds per month

pounds per month x6 = ____ pounds to last through April

POTATOES

We eat ____ potatoes per week

3 medium potatoes per pound* = ____ pounds per week

pounds per week x4 = ____ pounds per month

pounds per month x6 = ____ pounds to last through April

*quantities per pound will vary