

## Preserving Your Harvest

I. **Refrigeration:** Adds a week or two for using your harvest, by slowing the decomposing enzymes. Adding sugar or acid will do the same.

II. **Cool Storage of Vegetables:** Used for storing through the winter.

- A. Storage materials
- B. Processes

III. **Freezing process:** Freeze foods when they are close to their peak of freshness.

- A. Foods that freeze best
  - 1. Raw fruit
  - 2. Vegetables that get cooked to eat
- B. Blanching before freezing
- C. Individually freezing
- D. Roasting or charring
- E. Reducing and concentrating
- F. Tips

IV. **Drying foods:** Removes moisture, making an inhospitable environment for bacteria and slows down the enzymes which lead to decomposition.

- A. Air-drying
- B. Oven-drying
- C. Using a dehydrator
- D. Drying herbs

V. **Pickling:** Another method for preserving which can then be canned.

VI. **Fermenting:** A less common, yet effective way to preserve your produce.

- A. Brining v. salting
- B. Cabbage & Kim Chee

VII. **Canning:** Preserves your harvest the longest, making items shelf stable.

- A. Water bath method
- B. Pressure canning

VIII. **Other Methods:** Capture the great homegrown flavors to enjoy them in a different way.

- A. Infusing
- B. Compound butters
- C. Herbed salts

## Appropriate Vegetables & Storage Conditions

Vegetables that are good candidates for winter storage can be classified into four groups depending on the temperature and humidity conditions that are ideal for their storage. Vegetables not included in the table below can usually only be kept in short-term storage (a few weeks) and are better processed by canning, freezing, or drying for winter use. The four groups and the long-term storage conditions are:

<b>Cold &amp; Moist Storage Conditions (32°F &amp; 95% Relative Humidity)</b>	
<u>Vegetable</u>	<u>Length of Storage</u>
Beets	3 - 5 Months
Brussels Sprouts	1 - 2 Months
Cabbage (late varieties)	3 - 4 Months
Carrots	4 - 5 Months
Celeriac	3 - 4 Months
Celery	2 - 3 Months
Leeks	1 - 3 Months
Parsnips	2 - 6 Months
Radishes (winter)	2 - 4 Months
Rutabagas/Turnips	2 - 4 Months
<b>Cool &amp; Moist Conditions (40°F &amp; 90% Relative Humidity)</b>	
Potatoes (late varieties)	4 - 9 Months
<b>Cold &amp; Dry Conditions (32°F &amp; 65 - 70% Relative Humidity)</b>	
Garlic	6 - 7 Months
Onions	6 - 7 Months
<b>Warm &amp; Dry Conditions (50 - 55°F &amp; 60 - 70% Relative Humidity)</b>	
Peppers (hot)	5 - 6 Months
Pumpkins	2 - 3 Months
Squash (winter)	2 - 6 Months
Sweet Potato	4 - 6 Months

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**Storage Materials**