

Storage Crops Seminar: April 2023

Possible crop storage spaces

Some ideas you make or purchase re your space, budget, temperature and humidity in your home

- A hole dug into your garden
- An old fridge or freezer ... great excuse to upgrade your appliances
- A corner of garage in cupboards or covered shelving to stop dust
- Cupboards or shelving in your cool basement
- Under the porch if a garden level basement you can create access to
- Under your porch stairs with a light so no freezing
- A garden shed or storage bench that can be insulated and ventilated
- Insulated shelving on the balcony, or back porch
- A root cellar beneath your garden shed ... away from underground drainage and gas lines!!! In a closet, with paper boxes, bags hung or on racks with a palette on floor for ventilation

Remember to screen/protect from vermin (raccoons, rats, mice, squirrels)

Decide what crops will be stored where

Make your space(s) NOW

My Favourite storage varieties

Dry storage/ pantry:

Beans:

Black Russian fava bean

Broad Windsor fava bean (also freeze)

Kew Blue pole beans (also freeze young pods)

Peas:

Blue Pod Capucijners

Squash:

Iroquois Crookneck ("Canada crookneck")

Waltham Butternut

Vegetable marrow

Zucchetta Tromba d'Albenga (trombone squash)

Pumpkin:

Rouge Viv D'Etamps

Physalis:

Purple tomatillos (also freeze)

Aunt Molly's ground cherry

Cellar

Beets

Detroit Dark Red

Carrots:

Dragon

Nutri Red

Celeriac:

Celeriac del Veneto

Cabbage:

Danish Ball Head

Copenhagen Market

Tomatoes:

Mystery Keeper

Rutabaga

Laurentian

Turnip

Purple Top White Globe

Freezer:

Tomatoes:

Tumbler cherry

Tiny Tim

note: these veg need no blanching!

- tomatoes
- bell & chili peppers
- berries
- onions & leeks

Cold room or cellar:

preserves, pickles/sauerkraut, cheese, potatoes

Storage Conditions for Cold Room/Cellar

Vegetables	Temp F. / C.	% Humidity	Storage Time	Comments
<i>Beets</i>	33-40 / .5-4.5°	90-95	3 months	Leave 1-inch stem.
<i>Brussels sprouts</i>	33-40 / .5-4.5°	90-95	1 month	Wrap head, hang plant upside down
<i>Cabbage</i>	38° / 3.3°	90-95	4 months	Late maturing varieties ** or *
<i>Carrots</i>	33-40° / .5-4.5°	90-95	5 months	Top leaving ¼-inch stem *
<i>Cauliflower</i>	33-40° / .5-4.5°	80-90	3 weeks	Wrap in leaves *
<i>Celery</i>	33-40° / .5-4.5°	90-95	4 months	Dig with roots ***
<i>Celeriac</i>	33-40 / .5-4.5°	80-90	3-4 months	Wrap to keep moist
<i>Chinese cabbage</i>	33-40 / .5-4.5°	90-95	2 months	Dig with roots ***
<i>Cucumbers</i>	50° / 10.0°	85-90	3 weeks	Waxed or moist packing *
<i>Kohlrabi</i>	33-40 / .5-4.5°	90-95	3 months	Trim leaves *
<i>Onions #</i>	33-40 / .5-4.5°	55-60	8 months	Cure two wks, hang if possible
<i>Parsnip</i>	33-40 / .5-4.5°	90-95	6 months	Top leaving ¼-inch stem *
<i>Potatoes #</i>	60-70°, then 50-60°/ 10-16°	70-80	8 months	Pack in well ventilated boxes
<i>Squash</i>	60° / 15.5°	55-60	3-10 months	Winter types, leave 2-inch stem
<i>Tomatoes</i>	60° / 15.5	55-60	8 wks –6 months	Single layer in covered boxes
<i>Turnips & Swedes</i>	33-40 / .5-4.5°	90-95	3 months	Waxed or moist packing *
<i>Stone fruits</i>	32° / .5-4.5°	85-90	5-10 months	know cultivars & see ☞ below

* Pack in moistened sawdust or sand

** Wrap in clean paper

*** Replant in moist sand

DO NOT WASH ROOT VEG! Brush dirt off.

☞ Avoid onions and potato as will re absorb smell / ripen prematurely

Keep onions and potatoes from each other; ethylene makes them sprout

Some High-Protein Vegetables & Preferred Storage Methods

Crop	Protein	Portion	RDA %	Storage	Notes
<i>Green peas</i>	16g	1 cup	32	dry, freeze	16 fibre=32%, 41 carb=13%, protein 23%
<i>Dried beans</i>	14	“	25	dry	Folate, 6 fibre, 21 carb, protein 10%
<i>Spinach, cooked</i>	5.3	“	11	freeze	A,K,C, 4.3g fibre =15%
<i>Artichoke</i>	4.8	“	10	can	Hearts, 7.5=25% fibre, 15g=5% carb
<i>Sweet Corn</i>	4.7	“	10	freeze	31=10% carb, 3.6=13% fibre, 115mg K
<i>Avocado, pureed</i>	4.5	“	9	freeze	15.6=15%, 10=7% carb, good potassium
<i>Asparagus</i>	4.3	“	9	freeze, can	Low car@11.1=4% carb, 3.6 fibre=14%
<i>Brussels sprouts</i>	4.0	“	8	freeze, cellar	4=14% fibre, 11=4% carb, C=98 mg=107%
<i>Mushrooms, cooked</i>	4.0	“	7	dry (raw), freeze	Umami, Fe, k, Ph, 3.5=12 fibre, low carb
<i>Kale</i>	3.5	“		dry, freeze	A, K, B6, C, Ca, P, Cu, Mn (cooked)
<i>Potato, boiled</i>	3.0	“	6	cellar	33=11, 2.2=8% fibre

Calcium = Ca, Potassium = K, Magnesium = Mg, Manganese = Mn, Iron = Fe

Information edited from eatingwell.com, and USDA

Good Reads from VIRL

Freeze fresh : the ultimate guide to preserving 55 fruits and vegetables for maximum flavor and versatility

Crystal Schmidt. Storey Publishing, 2022. ISBN 9781635864472

A guide to more than 55 popular fruits and vegetables.

The beginner's guide to making and using dried foods : preserve fresh fruits, vegetables, herbs, and meat with a dehydrator, a kitchen oven or the sun. Teresa Marrone. Storey Publishing, 2014. ISBN 9781612121796

A good beginner's guide to using a dehydrator to preserve vegetables, fruits, meats, herbs.

Grow cook eat : a food lover's guide to vegetable gardening, including 50 recipes, plus harvesting and tips.

Willi Galloway. Sasquatch Books, 2021.

A comprehensive guide to growing and harvesting vegetables in the urban garden. Includes 50 common vegetables and herb profiles, plus 50 recipes.

Root cellaring : natural cold storage of fruits & vegetables. Mike & Nancy Bubel. Storey Publishing, 1991. ISBN 9780882667034

Shows you not only how to construct a root cellar, and use the earth's naturally cool, stable temperature as an energy-saving way to store nearly 100 varieties of perishable fruits and vegetables.

Preserving everything : how to can, culture, pickle, freeze, ferment, dehydrate, salt, smoke, and store fruits, vegetables, meat, milk, and more. Leda Meredith. Countryman Press, 2014. ISBN 9781581572421

A very comprehensive guide for those interested in true food security covering all types of food, from veggies to meats & pickles using every sort of preservation technique imaginable.

Freshly picked : a locavore's love affair with BC's bounty. Jane Reid. Caitlin Press, 2018. ISBN 9781987915792

This book is as local as it gets! Reid covers most of the plentiful harvests that BC farmers produce every year as well as where and when to find the freshest fruits and veggies. Includes storage hints and simple recipes, historical notes and philosophy on importance of eating locally.

Good Websites & UTube Videos

Root Cellars & Cold Rooms

<https://www.family-survival-planning.com/root-cellar-food-storage.html>

<https://www.youtube.com/watch?v=gRhdeUFq54>

<https://www.youtube.com/watch?v=ndwHbfb2niE>

A comprehensive site with many options well-explained.

https://commonsensehome.com/root-cellar-101/#Types_of_Root_Cellar_and_Natural_Cold_Storage_Options

This site is about the Amish: I've included it because I've used all these methods in an urban setting. And if you only have a balcony, this site has good ideas. Jo

<https://www.youtube.com/watch?v=MckryWEyfhg>

A fascinating method from Africa using green technology. This can be adapted for smaller spaces as well.

<https://www.youtube.com/watch?v=ipqvQW6a8>

This site describes is a flowerpot fridge. Great for a small balcony. This method can also be used with boxes and totes AS LONG AS YOU CREATE ADEQUATE VENTILATION HOLES!

<https://www.youtube.com/watch?v=Nctr9xJIxUs>

Good Cultivars

Heirloom varieties. My absolute favourite seed source. <https://heritageharvestseed.com/>

Since 1783. Heritage, multi-harvest varieties. Unique and totally trustworthy seed. Used this company for years.

<https://franchisementi.it/>

Worth looking into. I do not know some of the varieties listed. Check the climate zones before ordering!

<https://homestead-honey.com/70-best-storage-varieties-for-root-cellarling/>

Reliable, local company (Ladner), with all storage varieties noted. Seed is expensive, but my experience is that the seed holds well beyond the fresh date. Worth downloading the catalogue.

<https://www.westcoastseeds.com/pages/west-coast-seeds-2023-gardening-guide>