

## TIP #1: KNOW THE RIGHT CONDITIONS

The most important thing to consider when deciding when and how to store your bulk food is what are the optimal conditions for the fruit, vegetable, or grain. There are four main optimal conditions that most produce fits into:

Recommended Storage Temperatures and Relative Humidity Levels			
COLD (32 - 40°F) and VERY MOIST (90 - 95% RH)	COLD (32 - 40°F) and MOIST (80 - 90%RH)	COOL (32 - 50°F) and DRY (60 - 70%RH)	MODERATELY WARM (50 - 60°F) and DRY (60 - 70%RH)
Beets Brussel sprouts Carrots Parsnips Turnip Rutabaga Leeks Celeriac Winter squash	Potatoes Apples Cabbage	Garlic Onions Dry beans	Winter squash Pumpkin Sweet potatoes

## TIP #2: CREATE THE RIGHT ENVIRONMENT

For produce that requires Cold and Very Moist conditions:

- This produce keeps very well in the refrigerator. If you have room in your home fridge or have an extra fridge in the garage, consider cleaning it out this fall to make room for some storage veggies!
- These crops are ideal for a root cellar. [Give a DIY root cellar a go.](#)

For produce that requires Cold and Moist conditions:

- These are also ideal root cellar crops. Though requiring a bit less moisture.
- Cabbage is going to be the most challenging of the crops mostly because of its size. Keeping cabbage in the refrigerator if possible. Remember to check cabbage often and pull off outside leaves as they become less desirable.
- Keep potatoes in the dark. Storing them in a burlap bag in an unheated garage is an effective technique.
- Apples will store at a variety of temperatures, but will ripen more quickly the warmer they are. Apples ripen 4 times faster at 50 degrees than 32 degrees.

For produce that requires Cool and Dry Conditions:

- These items can be kept in most parts of your home that are the coolest: a spare room, the garage etc. Keep them in paper bags for plenty of airflow and to not trap moisture.

For produce that requires Moderately Warm and Dry Conditions:

- This is also a very easy to achieve condition in most homes.

- Sweet potatoes and squash often get sweeter the longer they are left to cure.
  - Store sweet potatoes on the counter in a paper bag
  - Winter squash may like it slightly cooler than sweet potatoes. Some varieties like spaghetti squash should be eaten first and prioritized over other squash, as their storage life is one to three months.
- Here is a chart of squash curing and storing guidelines:

TYPE	MONTHS AFTER MATURITY/ HARVEST					
	1 MONTH	2 MONTHS	3 MONTHS	4 MONTHS	5 MONTHS	6 MONTHS
Acorn	2 ½ months					
Spaghetti	2 ½ months					
Delicata						
Sweet Dumpling						
Some red-skinned Hubbards (ex: Red Kuri)						
Some Specialty Pumpkins (ex: Red October)						
Mini Kabocha (ex: Shokichi Shiro, Sunshine)						
Buttercup						
Hubbard						
Gray and Green Kabocha (ex: Cha Cha, Black Forest)						
Longest-storing Kabocha (ex: Winter Sweet, Tetsukabuto)	1 ½ months					
Butternut						
	Curing Period		Optimal Eating Period			

## TIP #3: KNOW YOUR PRODUCE AND CHECK IT OFTEN

Check out the chart to determine the relative storage life for common fall produce.

There are some items that do not like to be stored together.

- Make sure to keep apples away from all other vegetables. Apples release ethylene as they ripen, which can cause other produce to ripen too quickly.
- Do not keep onions and potatoes together. Onions emit excess moisture and ethylene which can cause potatoes to sprout and spoil.

Storage Requirements for Common Vegetables			
Produce	Temp. (°F)	Relative Humidity	Average Storage Life
Beets	32	95%	1 - 3 months
Brussels sprouts	32	90 - 95%	3 - 5 weeks
Cabbage	32	90 - 95%	3 - 4 months
Carrots	32	90 - 95%	4 - 6 months
Cauliflower	32	90 - 95%	2 - 4 weeks
Celeriac	32	90 - 95%	3 - 4 months
Celery	32	90 - 95%	2 - 3 months
Dry beans	32 - 50	65 - 70%	1 year
Endive	32	90 - 95%	2 - 3 weeks
Garlic	32	65 - 70%	6 - 7 months
Kale	32	90 - 95%	10 - 14 days
Kohlrabi	32	90 - 95%	2 - 4 weeks
Leeks	32	90 - 95%	1 - 3 months
Onions	32	65 - 70%	5 - 8 months
Parsnips	32	90 - 95%	2 - 6 months
Peppers, dry	32 - 50	60 - 70%	6 months
Peppers, sweet	45 - 50	90 - 95%	8 - 10 days
Potatoes	38 - 40	90%	5 - 8 months
Pumpkins	50 - 55	70 - 75%	5 - 8 months
Rutabaga	32	90 - 95%	2 - 4 months
Sweet Potato	55 - 60	85 - 90%	4 - 6 months
Tomatoes, mature green	55 - 60	85 - 90%	2 - 6 months
Winter radish	32	90 - 95%	2 - 4 months
Winter squash	50 - 55	70 - 75%	3 - 6 months