

## BARRETT'S MILL FARM 2017 WINTER VEGETABLE STORAGE TIPS

Crop	Storage	Shelf life	Preparation ideas
Beets	Keep in a plastic bag in the vegetable crisper in your refrigerator. Can also be stored in a root cellar or basement (if basement temps are cool). Use a bucket lined with a plastic bag and layer beets with moist sand. If you don't have a basement, you can try to keep in a garage or shed, but you would need extra insulation (use straw) around the bucket during the cold months.	3-5 months	*Peel beets and cut into chunks to roast with other root vegetables *Roast beets whole until tender (about 1.5 hours), let them cool, and then peel and cut into chunks and toss with vinaigrette to make beet salad
Brussels sprouts	Take sprouts off of stalks and keep in a plastic bag in the vegetable crisper in your refrigerator.	up to 1 month	*Roast sprouts with olive oil and salt *Quarter sprouts and sautee in oil. Add bacon pieces and drizzle with a thick balsamic vinegar before serving.
Cabbage	Keep in a plastic bag in the vegetable crisper in your refrigerator. Can also be stored in a root cellar or basement (if basement temps are cool) - wrap in newspaper and store in a box.	2-4 months	*Add to soups *Shred and put it in your tacos or burritos *Make cole slaw
Carrots	Keep in a plastic bag in the vegetable crisper in your refrigerator. Can also be stored in a root cellar or basement (if basement temps are cool). Leave dirt on skins. Use a bucket lined with a plastic bag and layer carrots with moist sand. If you don't have a basement, you can try to keep in a garage or shed, but you would need extra insulation (use straw) around the bucket during the cold months.	4-6 months	*Make carrot ginger soup *Roast with other root vegetables *Dice and add to soups
Celeriac	Store similarly as you would beets or carrots.	3-5 months	*Peel and dice and add to soups. *Boil and mash with potatoes for an interesting twist on mashed potatoes.
Cranberries	Store in a plastic bag in the refrigerator. To freeze, rinse and spread out the berries evenly on a baking sheet in your freezer. Once the berries are frozen, transfer to a plastic freezer bag or other airtight container	3-4 weeks fresh, up to 1 year frozen	*Make cranberry sauce *Add to scones, muffins or granola
Garlic	Store in a cool (32 to 40 F), dry (65 to 70 percent relative humidity) and dark place (a garage or unheated shed could work for November, but probably not in prolonged cold winter temperatures). Don't worry if you can't find a place that exactly meets this criteria - garlic can also be kept in a dark pantry or cupboard, it just won't keep for quite as long. Garlic needs air circulation, so do not store in a plastic bag. A mesh bag, basket or crate works well.	3-6 months	*Roast whole heads of garlic by cutting off top of the garlic so that cloves are exposed. Drizzle with olive oil and bake in a dish covered with aluminum foil for an hour at 350F. Spread the softened cloves on bread or add to mashed potatoes. *Puree with olive oil and freeze in an ice cube tray. Store cubes in plastic freezer bag.

See other side for more storage tips!

Don't forget to check our blog and website for updates and to find out when we start harvesting asparagus in the spring: [barrettsmillfarm.com](http://barrettsmillfarm.com)

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Kale	Keep in a plastic bag in the vegetable crisper in your refrigerator. You can also remove the stalks and blanch the leafy part for 2-3 minutes and then freeze in a plastic bag	2 weeks fresh, 10 months frozen	*De-stem and roast leafy parts of kale with olive oil and salt at 400°F for 4-8 minutes to make kale chips.
Leeks	Keep in a plastic bag in the vegetable crisper in your refrigerator. Can also be stored in a root cellar or basement (if basement temps are cool) layer with sand or sawdust in a box or carton.	1-2 months	*Make potato leek soup *Use in a quiche or fritatta *You can save (and freeze) the leek tops to later use with carrots, celeriac and herbs to make vegetable stock.
Onions and Shallots	Store similarly to garlic	1-2 months	*Finely dice shallots and use in salad dressing.
Potatoes	Store in a cool (ideal temperature is 35-40°F) and dark place. Leave dirt on skins. Potatoes need a medium amount of air circulation, so do not store in a plastic bag. Paper bags or boxes are fine. Do not store in refrigerator.	4-6 months	*Make mashed potatoes, potatoes au gratin, colcannon, roasted or baked potatoes
Radishes	Remove any greens. Keep in a plastic bag in the vegetable crisper in your refrigerator.	up to 2 months	*Peel and cut into chunks to roast with other root vegetables or to add to soups *Make kimchi or daikon pickles
Spinach	Keep in a plastic bag in the vegetable crisper in your refrigerator. You can also blanch the spinach for 1-2 minutes, cool in a bowl of cold water, squeeze out excess water and then freeze in a plastic bag.	1-2 weeks, 10 months frozen	*Eat raw in salad, sautee with garlic as a side dish, or add to soups, quiche or risotto.
Sweet potatoes	Store in a cool (ideal temperature is 55°- 60°F) well-ventilated place. Do not store in the refrigerator, as temperatures below 55°F can cause the flesh to darken and change texture.	1-2 months	*Make sweet potato fries, sweet potato pancakes or mashed sweet potatoes.
Turnips	Store similarly as you would beets or carrots.	3-5 months	*Peel and dice and roast with other fall roots *Boil and mash with potatoes for an interesting twist on mashed potatoes.
Winter Squash and Pie pumpkins	Store in a cool (ideal temperature is 55°F) dry and dark place. Do not store in a root cellar or refrigerator, as it is too moist/cold.	up to 6 months for butternut 1-2 months for other squash varieties	*Make butternut squash soup *Peel, remove seeds and cut into 3/4" cubes. Sautee for about 20 minutes and add to pasta or risotto.

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