



FILL YOUR PANTRY

Farm Direct Community Bulk Buying Event

Food Storage Primer

Beans and Grains

The rule of thumb for beans and grains is: cool, dark, dry, and airtight. Beans, grains, and flours can all be stored in airtight plastic or glass containers. You will want a very secure lid – one with a silicone seal and tight threading is best. Canning jars will also work.

Grains and grain products have naturally occurring weevil or meal moth eggs in them – there is just no way around this. Adding a bay leaf to your flours and grains will prevent them from hatching. Alternatively, you can store your grain or flour in a zero degree freezer for two weeks to kill the eggs.

Winter Squash

Long term storage should be 50-55°F with 50-70% humidity – squash will deteriorate below this temperature. Garages in western Oregon winters usually provide the right temperature and moisture level for storage. For the best survival rate, make sure your squash do not have nicks and dings in them and wipe down the surface with white vinegar in order to kill the mold and fungus spores that frequently live on the surface. Keep squash off concrete floors and leave room for air flow around them. DO NOT store squash near apples or pears! These fruits emit ethylene gas and will shorten the storage life of squash.

Roots

Roots (carrots, turnips, beets) are best kept in moist and cold environments. 32-40°F is ideal, and a stable temperature is important. Make sure roots are clean and dry before storing. Roots store well in produce drawers of refrigerators, in plastic bags with a few small holes for air circulation. But you don't need an extra refrigerator. Pack roots in buckets or boxes with insulating layers of sawdust or damp sand and store on a porch or in a garden shed. It is important to inspect your roots from time to time to cull out any that are going bad so they don't contaminate others.

Apples and Pears

32 -35°F with high humidity is the ideal storage climate for apples and pears. Any warmer and they will ripen much faster. Cull all damaged fruit before storing and use for apple sauce. Dented or nicked fruit will not keep and will spoil the fruit it is packed with. Do not store fruit near vegetables. Wrapping fruit individually in tissue paper or newspaper can lengthen their storage life.

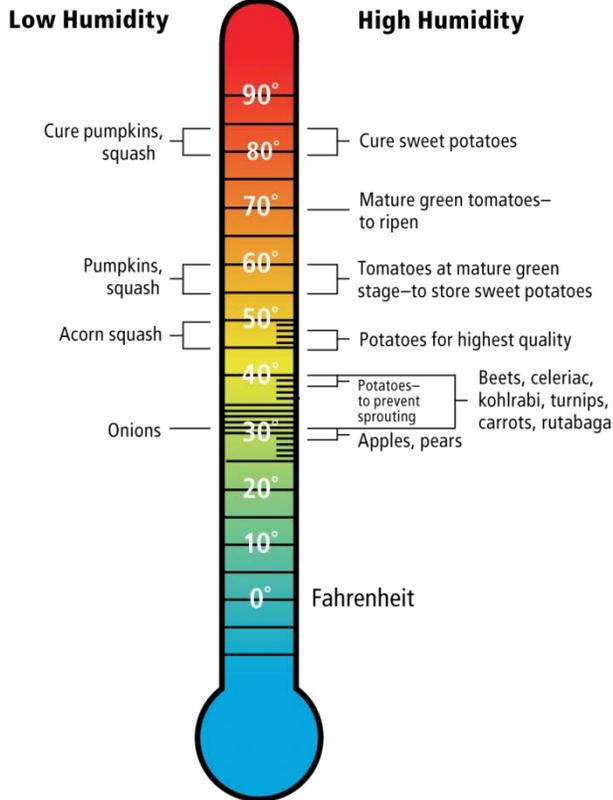
Onions and Garlic

Store in a cool (32°F), dry, and well ventilated place such as an attic or unheated room. Use mesh bags or ventilated containers.

Potatoes

Store at 40-50°F in a dark place with high humidity. Do not store near apples!

Vegetable & Fruit Storage Guide



Information adapted from publication EB1326 of the Cooperative Extension at Washington State University, 2001.

