Vegetable Preservation Chart

Happy Hollow Farm CSA
2011 Season • May No. 1

Vegetable	Time[1]	Conditions[2]	Packaging[3]	Long-term preservation[4]
Arugula	7–10 days	Refrigerator 1	Plastic	
Basil	7 days	Refrigerator 2	Perforated plastic	Freeze, can, dehydrate
Beans, green	7–10 days	Refrigerator 2	Perforated plastic	Freeze, can, dehydrate
Beet bulbs	Up to 4 months	Refrigerator 1	Plastic	Freeze, can, dehydrate, cellar
Beet greens	10–14 days	Refrigerator 1	Perforated plastic	Freeze
Bok choy	Up to 3 weeks	Refrigerator 1	Perforated plastic	
Broccoli	10–14 days	Refrigerator 1	Plastic	Freeze, dehydrate
Broccoli raab	10–14 days	Refrigerator 1	Plastic	Freeze
Brussel sprouts	3–5 weeks	Refrigerator 1	Plastic	Freeze
Cabbage	3–6 months	Refrigerator 1	Plastic	Freeze, can (sauerkraut), dehydrate, cellar
Carrots	3–6 months (without tops)	Refrigerator 1	Plastic	Freeze, can, dehydrate, cellar
Cantelope	2–3 weeks	Refrigerator 2	Loose	
Celeriac	6–8 months	Refrigerator 1	Plastic	Dehydrate, cellar
Chinese cabbage	2–3 months	Refrigerator 1	Plastic	Cellar
Cilantro	Up to 2 weeks	Refrigerator 1	Plastic	Freeze, can
Cucumber	10–14 days	Refrigerator 2	Plastic	Can, dehydrate
Dill	1–2 weeks	Refrigerator 1	Plastic	Freeze, can, dehydrate
Eggplant	1–2 weeks	Refrigerator 2	Loose	Freeze, dehydrate
Endive	2–4 weeks	Refrigerator 1	Perforated plastic	
Escarole	2–4 weeks	Refrigerator 1	Perforated plastic	
Fennel bulb	1–2 weeks	Refrigerator 2	Plastic	Dehydrate leaves
Garlic	6–7 months	Cellar 3	Loose	
Kale	10–14 days	Refrigerator 1	Perforated plastic	Freeze
Kohlrabi bulbs	2–3 months	Refrigerator 1	Plastic	Cellar
Leeks	Up to 2 months	Refrigerator 1	Plastic	Cellar
Lettuce	10–14 days	Refrigerator 1	Perforated plastic	
Mint	2–3 weeks	Refrigerator 1	Perforated plastic	Dehydrate
Okra	7–10 days	Refrigerator 2	Plastic; keep very dry	Freeze, can (pickle)
Onions	1–8 months	Cellar 3	Loose	Can, dehydrate
Parsley	1–2 months	Refrigerator 1	Perforated plastic	Dehydrate
Peas, snap	1–2 weeks	Refrigerator 1	Plastic	Freeze, Can, Dehydrate
Peppers, sweet/hot	2–3 weeks	Refrigerator 2	Loose or plastic	Freeze, dehydrate
Potatoes, sweet	3–6 months	Cellar 5	Loose	Freeze, can
Radish	1–2 months (remove tops)	Refrigerator 1	Plastic	Cellar
Scallions	Up to 3 weeks	Refrigerator 1	Plastic	
Spinach	10–14 days	Refrigerator 1	Perforated plastic	Freeze, can
Squash, summer	1–2 weeks	Refrigerator 2	Perforated plastic	Freeze, dehydrate
Squash, winter	2–6 months	Cellar 4	Loose	Freeze, can
Swiss chard	10–14 days	Refrigerator 1	Perforated plastic	Freeze
Tat soi	Up to 2 weeks	Refrigerator 1	Plastic	
Tomatoes	1–2 weeks	Cellar 3	Loose	Freeze, can, dehydrate
Turnip, hakurei	Up to 3 weeks (remove tops)	Refrigerator 1	Plastic	Freeze, cellar
Watermelon	Up to 3 weeks	Cellar 4	Loose	Dehydrate

[1, 2, 3, 4] See back of chart for footnotes

Footnotes

Vegetable Preservation Chart

[1] Time
The wide range of times suggested for the vegetables is based on optimum storage conditions (see "Conditions" below). However, vegetables continue to lose nutrients as time passes, so it's best to eat them as soon as possible. Or, while they are still fresh either freeze them, which retains the most nutrients, or do one of the other types of long-term preservation listed below.

[2] Conditions*				
Number	**Type**	**Temperature (F.)**	**Humidity**	**Location within house or yard**
1	Cold/moist	32–40°	90-95%	No. 1 and 2 conditions are for vegetables kept in the refrigerator. You can adapt for the difference in temperature and humidity by: 1) Adjusting humidity within crisper drawers 2) Positioning No. 2 food near the top or center of the fridge where it's warmer 3) Using two refrigerators with different temperatures
2	Cool/moist	45–50°	80-90%	
3	Cool/dry	32–55°	50-60%	No. 3, 4, and 5 conditions are for foods kept in one of the following ways (all identified as "Cellar" is the chart): 1) On the kitchen counter or in a pantry 2) In a cool basement, or outside root cellar or buried in the ground 3) In some other area of your home where conditions can be somewhat controlled
4	Warm/dry	55–60°	60-70%	
5	Warm/moist	55–60°	80-85%	
* Please note that temperature and humidity ranges are approximate. Though the "type" column above is consistent in the referenced literature, the ranges within the temperature and humidity columns vary somewhat.				

[3] Packaging		
Plastic	Condition 1 and 2	Plastic bag or plastic tub — best used for root or stem vegetables
Perforated plastic	Condition 1 and 2	Poke holes in plastic bag or tub lid; or leave the plastic bag open a bit or the lid loose on tub — best used for leafy vegetables
Loose	Condition 3, 4, and 5	No container; allow for air circulation

[4] Long-term preservation	
There are times when it's not possible to consume all the produce in your weekly share or there are extra vegetables available from the farm. In these instances you might consider freezing, canning, dehydrating, or storing in a cellar to extend the life of the produce. In the 2010 season, Farmer Liz had a bounty of tomatoes, which she sold for canning or freezing, in addition to basil, which was great for making and freezing pesto. There's nothing like your own organically-grown tomato sauce and pesto for that winter spaghetti recipe!	If you decide to do some longer-term preservation, please consult additional reference materials to learn the proper methods and packaging.

Vegetable Preservation Chart

This chart is intended to introduce Happy Hollow Farm CSA members to the art of preserving your weekly share of produce. Farmer Liz makes every effort to retain the nutrients in your vegetables when she harvests and delivers to the distribution site. To continue preserving these nutrients, it's important for you to quickly get your veggies into cold storage in the best packaging. In addition, if you plan to do long-term preservation of your vegetables, it's best to process them when at their freshest.

The Happy Hollow Farm "Vegetable Preservation Chart" shows the relationship between temperature and humidity of your storage area. Even if you can do only in- and out-of-the refrigerator, it is interesting to learn the science behind vegetable preservation. Someday you might want to expand your storage capabilities. It's fun to find those spots in your house with the right temperature and humidity conditions for long-term preservation of your vegetables. Before you know it, you'll be getting a hygrometer to test for humidity!

Contact Happy Hollow Farm CORE member Jeanne Heuser with any additions, corrections, or comments at ev.echovalley@gmail.com.

References

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