

Energy Wise Food Storage - Root Cellaring

Things to Consider:

- ❑ Seasonal Eating & Menu Planning
- ❑ Use What you Have and Use it Well
- ❑ Stocking your Kitchen from the “Store”
- ❑ Ideal Locations in terms of Temperature, Humidity & Darkness including Moving Stuff Around to the Best Temporary Spot
- ❑ Containers/Devices such as Coolers, Buckets, Etc.
- ❑ Media such as Sand, Sawdust, Vermiculite, Leaves, Etc.
- ❑ Preparation for Storage
- ❑ Triage – Using up Short Keepers First
- ❑ Variety Selection such as Lutz Beets versus Detroit Beets
- ❑ Timing of Planting for Late Harvest
- ❑ Various Stages of Plants such as Beans: Green > Shell > Dry
- ❑ Storing Dry Beans & Grain

Ideal Storage Conditions – (Excerpted From “Root Cellaring” by Nancy Bubel)

Cold & Very Moist (32-40° F and 90-95% humidity)

Carrots	Winter Radishes
Beets	Kohlrabi
Parsnips	Leeks
Rutabagas	Collards
Turnips	Broccoli (short-term)
Celery	Brussels Sprouts (short-term)
Chinese Cabbage	Horseradish
Celeriac	Jerusalem Artichokes
Salsify	Hamburg-Rooted Parsley
Scorzonera	

Cold & Moist (32-40° F and 80-90% humidity)

Potatoes (don't store with Apples)	Oranges
Cabbage	Pears
Cauliflower (short-term)	Quince
Apples (don't store with Potatoes)	Endive, Escarole
Grapes (40° F)	Grapefruit

Cool & Very Moist (40-50° F and 85-90% humidity)

Cucumbers	Watermelon
Sweet Peppers (45-55° F)	Eggplant (50-60° F)
Cantaloupe	Ripe Tomatoes

Cool & Dry (35-40° F and 60-70% humidity)

Garlic & Onions	Green Soybean Pods (short-term)
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Moderately Warm & Dry (50-60° and 60-70% humidity)

Dry Hot Peppers	Sweet Potatoes
Pumpkins & Winter Squash	Green Tomatoes (up to 70° F is OK)

Contact Information for “A Pantry Full of Sunshine”: Larisa Walk, GeoPathfinder.com