

How to Store Your Veg

Short Term Storage

Vegetable growers have few options when it comes to storage of their produce. Below are the [three combinations of conditions](#) most commonly used by horticulturalists.

1. **Cool and dry** (10–15°C and 60% relative humidity)
2. **Cold and dry** (0–4°C and 65% relative humidity)
3. **Cold and moist** (0–4°C and 95% relative humidity)



The lifespan of fresh vegetables can be shortened by as much as 25% for every 5.5 °C increase in storage temperature.

Below is a [table](#) outlining the best conditions for storage of a variety of vegetables.

Produce	Conditions	Temperature (°C)	Notes	Expected shelf life
Broccoli	Cold and moist	0–4	Do not wash before storage, can keep in loosely sealed bag but allow air circulation.	3–5 days
Carrots	Cold and moist (without their tops)	0–4	Can be kept in ground until needed otherwise lay in sand in box, don't let roots touch. Keep in dark.	Up to 6 months
Cauliflower	Cold and moist	0–4	If fresh store in fridge for 14 days. If harvested young, keep at	6 weeks



			0°C, 97% RH, dark, isolated from other vegetables for 6 weeks.	
<u>Chard</u>	Cold and moist	0-4	Wrap in damp cloth and store in fridge. Freezing (after blanching) keeps for up to 12 months.	1-2 days
<u>Courgettes</u>	Cool and dry	10	Are cold sensitive so store outside fridge for up to 2 weeks.	2 weeks
<u>Cucumbers</u>	Cool and dry	10	Best kept at just over 10°C, wrapping in cling film can extend shelf life.	1-2 weeks
<u>Kale</u>	Cold and dry	0-4	Place in bag in fridge or blanch and freeze for up to 8 months.	1 week
<u>Leeks</u>	Cold and moist	0-4	If cut with roots still attached, place in shallow damp sand or on top of damp kitchen roll inside a bag and keep cool.	1-3 months
Lettuce	Cold and moist	0-4	Wrap in damp tea towel to keep longer. Romaine lettuce lasts longest but Lamb's lettuce	1 day – 1 week



<u>Onions</u> 	Cold and dry	2-4	must be eaten straight away. Keep in hot dry place for few weeks and store when skins are papery. Hang for air circulation.	3 months or more
Squash	Cool and dry	10-15	Keep in a well-ventilated area.	6-9 months
Tomatoes	Cool and dry	0-4	Tomatoes can be ripened at room temperature first, then refrigerated.	2 weeks

Longer Term Storage

These are the general guidelines for storing fresh vegetables but other techniques allow for [longer term storage](#). For broccoli, carrots, cauliflower, and courgettes they can all be blanched and then frozen. Other vegetables such as onions and squash can simply be dried naturally and left in a cool dark place until needed. Tomatoes can also be dried, but this must be done thoroughly in the sun, oven or a dehydrator before being stored in oil.

Carrots, cauliflower, courgettes, cucumbers and onions can also be preserved as jams, jellies, salsa, chutneys or pickles.



Resources:

1. <https://www.eco-marketplace.co.uk/carrots/harvest-and-store-carrots.html>
2. <https://extension.umn.edu/planting-and-growing-guides/harvesting-and-storing-home-garden-vegetables>

3. <https://www.gardenorganic.org.uk/expert-advice/garden-management/harvesting-and-storage/harvesting-and-storing-vegetables>
4. <https://plantura.garden/uk/vegetables/>
5. https://dorkylittlehomestead.ca/harvesting-storing-leeks/?srsId=AfmBOooToQN7DkHB8PhE8hNzw_O_IPGQQrmlkkGFOZ_o6jNssklTcokXx
6. <https://www.eatingwell.com/article/7917134/how-to-store-broccoli/>
7. <https://hub.suttons.co.uk/blog/vegetable-growing/harvesting-and-storing-vegetables>

