

URBAN FARMER

LOVE THE EARTH

How to: Store product post-harvest

One wonderful thing about having your own garden is you get to choose exactly how many kinds of plants you want, and the number of each plant, to grow in your garden to ensure you never run out of your favorite vegetable all summer long. However, sometimes too many vegetables can be ready for harvest at once, or you don't store them correctly, and they end up going bad. Here are some excellent tips to ensure you are storing your vegetables correctly so you get the most use out of them as possible.



[Vegetable seeds available at ufseeds.com](http://ufseeds.com)

Storage conditions:

Since different vegetables require different types of storage, it's important to research the vegetable you plan on storing for the long-term. There are three main combinations for long term storage when it comes to temperature and environment. They are: cool and dry (50 to 60 degrees Fahrenheit and 60 percent relative humidity), cold and dry (32 to 40 degrees Fahrenheit and 65 percent relative humidity) and cold and moist (32 to 40 degrees Fahrenheit and 95 percent relative humidity). Basements can typically be a good cool and dry environment for storing vegetables, but you must take note to allow some ventilation. Harvested vegetables aren't considered dead, and they still need to breath. Home refrigerators are considered cold and dry and are a great storage place for the vegetables requiring that environment. Cold and moist is the hardest environment to provide, and vegetables requiring this environment that aren't stored correctly

may see a 25 percent decrease in their shelf life.

Common vegetable storage requirements:

Not all vegetables are covered here, but many popular ones are. Take note and try to store your vegetables in the following ways to see if it increases shelf life.

Asparagus: Cold and moist. Try to accomplish them by placing the stalks with the stems facing down in a glass of water set in the refrigerator.

Cucumbers: Store in 55 degrees in perforated bags. Do not store near apples or tomatoes.

Onions: Store in cold and dry conditions, such as a basement.

Peppers: Store in 55 degrees in perforated



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bags. If stored in the refrigerator, they will not last as long.

Winter squash: Cool and dry conditions, such as a refrigerator.

Summer squash: Store in a cool spot in the kitchen (55 degrees) in perforated plastic bags. Do not store in the refrigerator for more than four days.

Tomatoes: Store in a cool spot in the kitchen in perforated plastic bags. Tomatoes will lose their color, firmness and flavor if stored in the refrigerator.

Longer storage:

For keeping your vegetables even longer than storing them in the correct conditions, consider canning or creating jellies, salsas and jams out of your produce.

At Urban Farmer, we have everything you need for your garden at ufseeds.com!



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