



The Value of Cold Storage Vegetables

By Diane Whitten

This is the time of year when it's nice to know that you've got a supply of vegetables in your cold storage. That might be sweet potatoes, carrots, onions, or an array of winter squash. You can't pick fresh vegetables from your garden, and you'd rather not have to go out in the cold to shop, so you can pop down to your basement cold storage area for the produce you put there for times like these. This is also the time of year you might be looking through seed catalogs trying to decide what to plant this spring, so why not grow crops that store well with minimal preparation.

Besides the ease of storing these vegetables they are excellent sources of vitamin A and an array of phytonutrients that help to fight off disease and keep your skin, hair and nails healthy, plus they're some of the best sources of fiber. They're versatile for cooking too, you can simply bake them or cook them in casseroles or use them as the basis for delicious soups.

To get the longest storage time for your vegetables and apples you'll need the right storage conditions. Specific temperatures and humidity levels vary depending on the produce. For an excellent how-to guide check out [Storing Vegetables and Fruit at Home: Indoor and Outdoor Cold Storage](#). This fact sheet includes how-to create outdoor, in ground pit storage, and modifications to your basement to create the best conditions for long-term storage.

Enjoy Those Cold Storage Vegetables

Recipe

Indian Sweet Potato Lentil Soup

Ingredients

- 1 ½ cup red lentils
- 10 cups water
- 1 teaspoons salt
- 2 medium sweet potatoes
- 2 tablespoons vegetable oil
- 1 medium onion, minced
- 1 red bell pepper, cored and chopped
- 2 carrots, minced
- 2 tablespoons minced garlic (6 large cloves)
- 1 tablespoon finely minced or grated ginger root
- 2 tablespoons curry powder
- 1/4 teaspoon hot red pepper

Instructions

1. Bake sweet potatoes for one hour at 350 degrees.
2. Combine lentils with 10 cups of water in a large sauce pan; bring to boil over high heat. Add salt, reduce heat to low, cover and cook until very soft, about 20 minutes.
3. Heat oil in wide skillet over medium heat add onion, pepper and carrot. Cook vegetables for about 15 minutes. They should be quite soft and reduced in size. Add garlic and ginger root and cook an additional 5 minutes.
4. Scrape vegetables into pot with lentils. Add curry powder and red pepper flakes; continue cooking.
5. Add cooled potatoes that you have scooped out of the skins.
6. Using a hand-held immersion blender, or a food processor, puree the soup.
7. Serve with a squeeze of lemon juice or 1 teaspoon of apple cider vinegar and crusty bread.

Makes 10 servings.

Nutrition per serving: 220 calories, 4g fat, 0g saturated fat, 0mg cholesterol, 260mg sodium, 36g carbohydrate, 9g fiber, 14g protein, 150% DV vitamin A, 60% DV vitamin C