

Storing Garden Produce without Refrigeration or Preservation

By Diane Whitten, Nutrition Resource Educator

Some of your garden produce doesn't need refrigeration or to be frozen to extend the shelf-life. Although canning and dehydrating are an option, sometimes the easiest thing to do is leave the produce whole and store it in outdoor pits, cellars or basements during the cool autumn and cold winter months.

In *Storing Vegetables and Fruits at Home*, Virginia Hillers, Extension Food Specialist, Washington State University, explains how temperature and humidity effect long-term storage of garden produce, and lists the requirements of each. *Storing Vegetables and Fruits at Home* illustrates how to create in-garden storage, and outdoor mounds and pits where some produce, such as kale, leeks, and root crops store well. Directions for building a basement storage area are detailed in this valuable fact sheet.

Learn how to store produce they way everyone did before the advent of electricity in <http://ccesaratoga.org/resources/storing-vegetables-and-fruits-at-home-indoor-outdoor-cold-storage>