



Storing Fall Favorites: Winter Squash, Apples, and Potatoes

If stored properly, a large majority of crops that we harvest in the Fall can be kept for months so that we can enjoy local fruits & vegetable into the winter months. While summer crops like tomatoes seem to steadily trickle into our kitchens for 2-3 months during the Summer growing season, squash is typically harvested all at once in the late Fall, which can be a bit overwhelming. In case any of you are drowning in squash, apples, potatoes, or other root vegetables we have put together some tips so that you can enjoy them in a few months without any going to waste!

Squash: Unless you grew the squash yourself it has likely already been cured for 7-10 days. The most important tip for storing squash is to make sure that it is blemish and bruise free. Rot can transfer from one squash to another and spoil the whole lot if you're not careful. Next, give your squash a rinse and let dry completely! After this, some people wrap each squash in a thin towel or paper towel to keep them dry and from touching other veggies or hard surfaces in storage. Finally, place in a cool, dark place like a drawer or kitchen cabinet where the temperature will not fluctuate often. Check every few weeks and cull if necessary. They should keep until January!

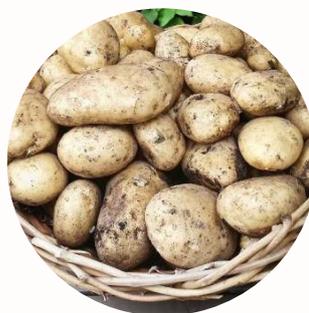
Apples: Apples are exceptionally shelf-stable, making it easy to store for longer than just a week or two. They keep best in cold, humid environments, so the best place to store them is the crisper drawer in your fridge. They will keep for at least a month in or out of a plastic bag. However, if you choose to store them in a bag, make sure it has some holes so that they can breathe!

Potatoes: Place them in paper bag, cardboard box, or bowl (not in a plastic bag) and keep them in the coolest part of the kitchen or a dry part of your basement (pretty hard to come by here in NM). Refrigerator temperature is a bit too cool for potatoes and tends to increase their sweetness. Be sure to keep them dry when they're in the dark or else they'll begin to sprout! A moist, dark environment is exactly what they need to start sprouting (it kind of mimics being buried in soil). The sprouts draw nutrients out of the potato, making it less vitamin rich by the time you eat them, so make sure to keep them dry!

This week's Share items & local farms

Russet Potatoes
Jester Squash
Green Kale
Button Mushrooms

Tomatoes
Avocados
Basil
Bonus Item



[Vida Verde](#)
[Ironwood Farms](#)
[Virgin Farms](#)
[White Mountain Farms](#)
[North Valley Organics](#)