

THE BEST CROPS TO GROW FOR FOOD STORAGE



The topic of food storage is a hot one. People are scrambling to find the best way to store their food for long periods of time, and they're looking everywhere for advice. One question always comes up in these conversations: what crops should we grow?

Which ones will last the longest without spoiling or going bad? In this article, we'll go over our top picks for the best crops to grow if you want some peace of mind about your family's future nutrition needs!

Storage crops are an important part of any garden. When it comes to storing them, there is a delicate balance between making sure the crop knows they're in storage and being too comfortable with their surroundings - which can lead to rot or other problems that make your hard work go down the drain!

Onions and Shallots

Northern climates favor growing onions. To get the maximum benefit of your onion crop in winter, allow the plants to mature fully before cutting them and consuming their bulbous carbohydrates. The tops will droop over when they're ripe; this is what we want!

Be sure not to bruise or damage them on harvest day by spreading them out a single layer in a dark, cool place with good airflow while curing until there's no green visible and all parts of the plant have dried up completely (about 2-3 weeks).

Garlic

Garlic is a perennial herb that can be planted in the fall and harvested as needed. When planting garlic, it's important to dig deep enough into your soil where you want to plant them so they don't grow too close together when mature; otherwise their leaves will get tangled up with one another.

Garlic should also be watered every few days if there isn't rain or overcast skies forecasted for an extended period of time because without water, plants are more susceptible to wind damage which causes cracks throughout the bulb surface--this means cloves may not keep well after harvest!

Curing allows layers within each individual clove dry out forming a protective cover around the entire bulb while storing these bulbs loosely in baskets or mesh bags prevent bruising from occurring during transportation

Carrots

You can store carrots in the ground if you don't have to worry about potential frosts.

You can also plant them before indoor frost, although cold temperatures will shorten their storage life.

Bigger carrots seem to last for the longer term; more so than smaller ones when it comes time for long-term storage use - as such you're

encouraged to layer them from largest on bottom and work up through successively smaller sizes until all are used up!

Ideal conditions involve a temperature between 32°F (0°C) and 35°F (-1 °C) along with 90% humidity; under these circumstances they'll keep about 4 or more months after being harvested which is plenty of leeway heading into wintertime

Parsnips

Parsnips are a root vegetable and should be left in the ground until the frost sets in to sweeten their flavor. Dig them up before the ground completely freezes, and remove the soil from them with your hands. Sort by size so you can start using up the smaller ones first.

Squash/Pumpkins

Ideal storage conditions for winter squash is at 50-55°F and 50-70% humidity. Most squash will keep for up to 6 months if stored properly, but some can last even longer like Butternut which lasts about 9 months or more with proper care

Store cured squashes and pumpkins in an area that is dry and relatively cool.

Dried Beans

To successfully use dried beans, you should spread them out on a single layer and allow them to dry completely before shelling. The best way to test if the bean is ready for shelling' is by hitting one with your

hammer; when done properly, this will cause the whole of the bean to shatter into tiny pieces!

When finished processing all those hard-earned beans from last summer's harvest - store 'em in jars or other containers that are dark and cool.

On average they'll have an indefinite shelf life as long as there aren't any bugs hanging around trying to munch down on their deliciousness!

Summary

Growing your own food is a great way to save money and live healthy. If you don't have enough room in your garden, try out different crops that will work for the conditions of where you are storing it. You can use local farmers markets during fall as an opportunity to test what works best around the area near home!

