

Hardy crops make for fresh produce

Obtaining quality, fresh produce might be a challenge during Wyoming winters depending on where you live and how long roads are closed.

Fresh vegetables with a short shelf life are at the forefront for many Wyoming garden plans; however, don't rule out vegetables that can be harvested fresh, properly stored (without canning), and then consumed several months after harvest.

Vegetables that store well

Some vegetables can be stored for up to six months. We won't cover the process for storing vegetables here, but if you are curious, check out this great article from a previous issue of Barnyards and Backyards, bit.ly/storing-veggies. There are other articles as well under the storing and preserving food section at the B&B website, www.barnyardsandbackyards.com.

Vegetables that can develop a hard skin or outer layer to retain moisture store well without the need for dehydration, canning, freezing, or other types of preservation. The hard skin or outer layer can also help protect the vegetable from diseases and potential damage that may occur from rough handling.

Vegetables that can be stored for long periods of time include onions, cabbage, potatoes, carrots, winter squash, turnips, parsnips, rutabaga, and beets. Specific varieties and suggested length of storage are outlined in

more detail on page 6.

Consider variety options

Some consider potatoes, carrots, onions, and squash less glamorous vegetables in the garden, but these types of vegetables are not necessarily drab. There are many options!

Vegetables that can be stored for long periods of time can include a wide variety of colors, textures, shapes, and taste that decrease redundancy in the vegetables displayed during winter dinners. Carrots can be red, purple, yellow, white, and even black. Depending on the variety, the texture of the carrot and the taste is much different than the traditional orange carrot seen in a grocery store. This is true for many of the other vegetables listed above.

Keep in mind some varieties listed will store even longer in the right conditions than the number of suggested months, but the taste and quality will decrease the longer in storage. Proper storage conditions are important to maintain the eating quality of most vegetables.

Although varieties might look a little different than the standard color of a vegetable, they can be grown in a similar fashion. Many of the plants listed can be grown in a traditional garden or containers for gardeners with limited space. Vertical gardening should not be ruled out for growing most of the winter squash varieties listed.

Handle with care

Proper care of plants during the growing season and following the

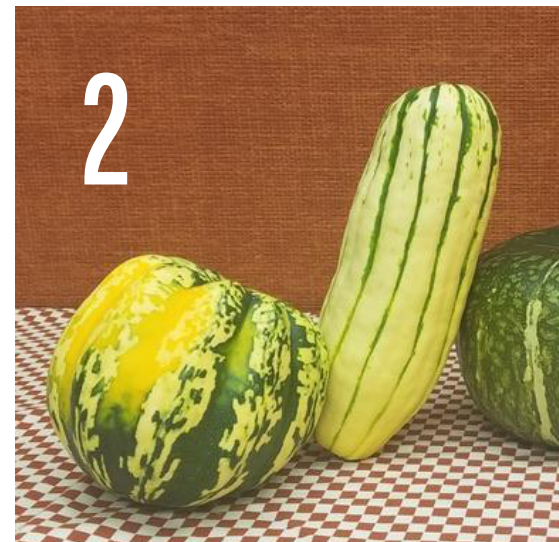
steps outlined in the storage article suggested above is critical for long-term storage of vegetables. Produce stressed during the growing season and rough handling after harvest can lead to decreased storage duration even if the proper steps are followed.

For more information about how to grow vegetables in Wyoming and proper care, please visit the Barnyards and Backyards website, www.uwyo.edu/barnbackyard, or explore the video series "From the Ground Up" at bit.ly/grow-vegetables-youtube.

For **Brian Sebade**, "V" is for vegetables. He is a coordinator of this magazine and can be reached at (307) 721-2571 or at bsebade@uwyo.edu.

Picture 1. Potatoes are a great example of a hardy storage crop that can be grown in containers or pots.

Picture 2. Many winter squash varieties can be grown in the home garden and saved for many months. Each squash pictured has a different flavor, slightly different texture, and shape. From left, varieties are Celebration, Delicata, Buttercup, and Red Kuri.



during long winters



Picture 3. Winter squash are quite productive given the right growing conditions and environment. A relatively small garden space can supply a family with a large amount of squash. Pictured is approximately 60 to 65 pounds of squash grown in a 6-by-14-foot garden space.

Picture 4. Carrots come in a wide variety of shapes, sizes, and colors. Pictured, a purple variety (purple dragon) and a yellow variety (Yellowstone).



Vegetables that store well

Numbers in parenthesis are suggested days to maturity.

Beets (expected storage life is 2-4 months)

Detroit Dark Red (58), Chiogga (60), Golden beet (55), Early Wonder (50), Cylindra (55), Ruby Queen (58), Harrier Hybrid(50)

Cabbage (expected storage life is 3-5 months)

Long season varieties do best.

Long-term storage:

Bartolo (115), Green Mariner (120), and Integro (90)

Medium-term storage:

Ruby Perfection (85) and Kaitlin (95)

Carrots (expected storage life is 4-6 months)

Purple: Purple Dragon (75), Purple haze (70), and Cosmic Purple (74)

Orange: Nantes varieties (70), Danvers varieties (70), Chantenary Red Core (75), Oxheart (80-90)

White: Lunar White (75), Snow Man (70)

Yellow: Amarillo (75), Yellowstone (70)

Red: Atomic Red (75), Red Samurai (75)

Black: Black Nebula (75)

Parsnips (expected storage life is 2-4 months)

Hollow crown (110), Harris Model (110), Gladiator (110), and Warrior (120)

Onions (expected storage life is 3-4 months)

Sweet Spanish (115), Candy (85), Walla Walla (115), Red Zeppelin (90), Redwing (118), Columbia (95)

Rutabagas (expected storage life is 4 months)

Magres (90) and Joan (100)

Potatoes (expected storage life is 4-6 months)

Potatoes can be found in a wide range of shapes and colors. There are seven main categories of potato tuber types.

Varieties are listed in parentheses. Tuber groups are: Long Russet (Goldrush), Round white/long white (Superior, Kennebec, and Onaway), round red skin (Red Pontiac and Red Norland), yellow (Yukon Gold and Yellow Finn), round red skin yellow flesh (Red Gold), purple (Purple Majesty, All Blue, and Adirondack Blue), and fingerlings (Banana, LaRatte, and Rose Finn Apple).

Winter squash (expected storage life is 2-6 months depending on the variety)

2-3 months

Early Acorn (75), Table Queen (80), Spaghetti (100), Delicata varieties (105), Celebration (80),

3-4 months

Red Kuri (92), Candy Roaster (100), Connecticut Field pumpkin (100), Boston Marrow (105), Galeux D'Eysines (95-100), Gold Nugget (85), and Buttercup (95)

4-6 months

Waltham Butternut (105), Blue Hubbard (110), Jarrahdale (100)

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