

YELLOW FARMHOUSE

EDUCATION CENTER

Seasonal Cooking Demo: Winter

January 19, 3:00-4:30 PM

This Seasonal Cooking Workshop focuses on the cold-hardy and storage vegetables that are available in the winter in the Northeast.

In the first segment, Pete Higgins, one of the farmers at [Stone Acre Farm](#) where the Yellow Farmhouse Education Center is based, talks with us about the work farmers do during the winter – repairing buildings and machinery, planning crops and ordering seeds, and growing and harvesting crops. We visit a high tunnel where cold-hardy crops like spinach and mustard greens are thriving and available to harvest, and we see the Farm’s cooler where previously harvested crops like carrots, rutabagas, butternut squash, and beets are stored. We’ve included a worksheet for use in a lesson on planning a cold-season garden. [Growing Cold Hardy Crops in the Shoulder Season worksheet](#)

In the next segment, we talk with Yellow Farmhouse Educator Matt Durham about the characteristics of cold hardy and storage crops. We learn that plants that can be grown in winter are ones that don’t need as much light to produce the parts of the plant that we have bred to eat – mainly leaves, like arugula, spinach, kale and mustard greens; some immature flowers, like broccoli and cauliflower; and some stems, like kohlrabi. In the seasons with less light – late fall, winter, and early spring – we are not able to grow plants that require more light, can’t compete with weeds, and/or need pollination to produce the plant parts that we eat. During the shoulder months, we extend the growing season by creating microclimates that are warmer and sheltered by using mulch, planting close to buildings, and covering plants to stabilize soil temperature and capture ambient heat. On farms, we use high tunnels to capture the power of the sun. Home and classroom gardeners can build cold frames to achieve the same effect. [High Tunnel Farming](#), [How to Build a Cold Frame](#)

We also discussed storage crops that grow during the summer, are harvested during the late summer and fall, are cured in a warm and dry environment to allow them to release moisture that would otherwise cause them to rot, and then stored in conditions that meet their needs, e.g. cold and dry refrigerators, cool and moist basements. Storage crops include carrots, beets, hard-skinned squash, and apples. We’ve included a workshop that asks students to identify the storage conditions of squash, carrots, onions and garlic. [Storage Crops worksheet](#)

Finally, we gather ingredients from the Stone Acres Farmstand – cold hardy and storage crops, dried herbs, and preserved ingredients like canned tomatoes and pickled onions – and discuss how we might combine them to make a warm winter soup and hearty salad. We've included a worksheet for a lesson on using cold hardy and storage crops to create a winter meal. [Creating A Winter Meal Worksheet](#)

Resources

[Growing Cold Hardy Crops in the Shoulder Season worksheet](#)

[High Tunnel Farming](#)

[How to Build a Cold Frame](#)

[Storing Crops worksheet](#)

[Creating A Winter Meal Worksheet](#)