

# Preservation module

 Biceps Cultivatus



[https://wiki.lowtechlab.org/wiki/Module\\_de\\_conservation/en](https://wiki.lowtechlab.org/wiki/Module_de_conservation/en)

Dernière modification le 30/01/2020

 Difficulty Easy

 Duration 5 hour(s)

 Cost 50 EUR (€)

## Description

How to preserve fruits and vegetables without electricity.

# Summary

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# Introduction

The fridge has become the first solution to preserve food. However, this environment is specific and does not correspond to most of fruits and vegetables. It's too cold and alters smells, tastes along with maturity. This preservation module reduces the size of your fridge and helps you controlling the way food preserves itself. It permits to give taster fruits, to mature them and avoid food waste. It values fresh fruits and vegetables, preserving them without energy, in different environments, according to their characteristics. For best preservation, food needs to be cared, not piled up to avoid crush, and looked after for their maturity.



## Materials

- Wood boards
- Threaded steel rods
- Nuts
- Clay pots (2 different sizes)
- Mosquito net
- Tarp
- Sand

## Tools

- Jigsaw
- Drill

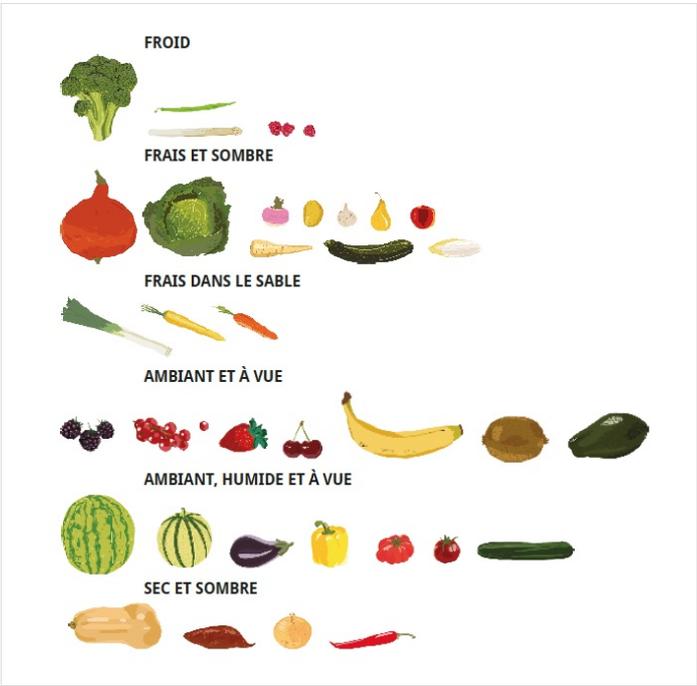


[https://www.dropbox.com/sh/o6160toa624gfv5/AAAAgMz8vmEVX5-WYWI4-Nz0a?dl=0&preview=conservationFR\\_webHD.pdf](https://www.dropbox.com/sh/o6160toa624gfv5/AAAAgMz8vmEVX5-WYWI4-Nz0a?dl=0&preview=conservationFR_webHD.pdf)

## Step 1 - Concerning ambient preservation

Fruits and vegetables are all different. That's why they need different environments, mainly based on ambient temperature, light and relative humidity.

ADVICE There are sometimes several ways to preserve fruits and vegetables. The best way to choose is to try !

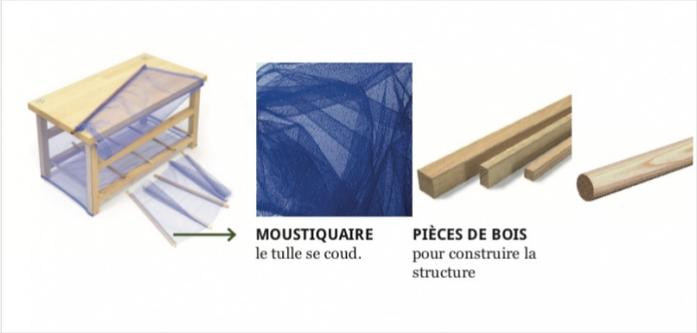


## Step 2 - Concerning ambient preservation

An aerated shelter where insects do not have access. You can keep an eye on fragile food, mainly small fruits as bananas, berries, cherries, avocados. To avoid fruits and vegetables as tomatos and peppers wilting, place them next to some water to hydrate them.

**ADVICE**

Here, fruits mature. For faster maturation, place them next to an apple or a banana as they produce ethylene.

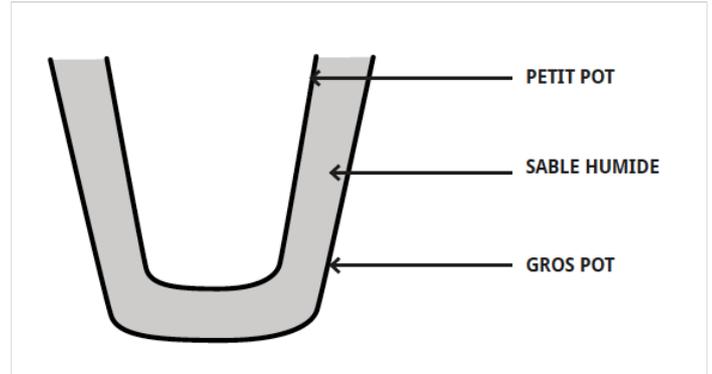


## Step 3 - To refresh vegetables

Evaporation creates fresh air. With a permeable material which lets water steam go, evaporation refreshes food. Faience is a kind of ceramics, permeable when it's not glazed. Among other things, it's used to do pots. This technique is called Zeer Pot and is composed of two ceramics pots, separated with humid sand.

### ADVICE

Garden pots are deep. We use baskets to avoid crushed fruits. The temperature, between 10°C and 15°C (50°F and 59°F), can also preserve butter, milk and cheese a few days.



## Step 4 - To preserve in sand

Some vegetables can stay buried in the garden after their growth, to be protected from outside environment. Root type of vegetables are placed in the sand, dry or humid.

### ADVICE

If you have a cat at home, it is highly recommended for your carrots that he does not have access to the sand.



# Notes and references

This preservation module is one of the solutions proposed by alternative kitchens' project called "Bicep cultivatus" (<https://www.facebook.com/pg/bicepscultivatus>). This project is developed by Audrey Bigot, Antoine Pateau, Yoann Vandendriessche and Valentin Martineau, as part of POC 21 (<http://www.poc21.cc>)