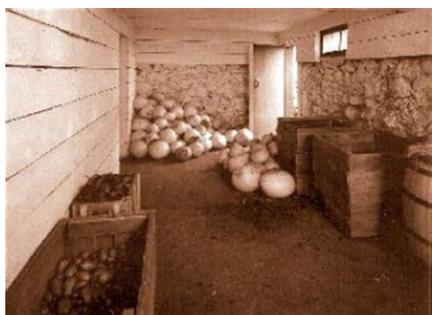




## Root Cellars and Cold Rooms



Root cellars have been around a long time. 40,000 years according to [thegrownetwork.com](http://thegrownetwork.com) where Native Australians discovered that burying yams preserved them. Europeans took back the concept in the 1600's and developed the root cellar.



[Dustyoldthing.com](http://Dustyoldthing.com) adds that in North America, root cellaring turned out to be a very helpful (life saving) way of making it through the long harsh winter.

But this is old, obsolete technology that's no longer needed, right? Not at all! Sustainable local storage is a core component of a *food hub* in a *local living economy*\*

In fact, root cellars, and the classic 'cold room' roughed-in under the concrete porch, are still quite common in Canada. Over the last 4 or 5 generations (i.e. the age of refrigeration, 'cheap' energy, and industrial agriculture) the vast majority of us have lost touch with the practice of storing produce.



\* The term is variously credited to Arne Naess, Jane Jacobs.



## The **AMAZING** Benefits

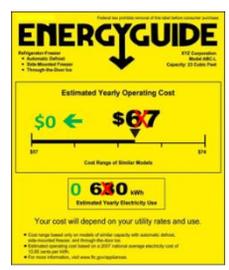
Root cellaring has cool inherent benefits regardless of where your food is grown:

### Sustainable

- A root cellar mimics and harnesses nature
- Works even when grid is down
- No moving parts to break

### Save Money Energy efficient!

- No electricity required for cooling
- Negligible operating costs
- Enables buying produce in bulk at a much lower price
- Could eliminate a freezer or 2<sup>nd</sup> fridge



### Reduces risk of food supply chain disruptions

- Risks are growing: severe weather, pandemic, geopolitical, financial and others
- Grocery stores only have a few days of food on hand

Combined with local, regeneratively grown produce really **AMPS UP** the benefits!!

### Save the Environment, Fight Climate Change

- Regenerative farming has been identified as a primary way to capture /sequester CO<sub>2</sub>
- Rebuilds healthy topsoil (being lost at an alarming rate)
- Local produce has little to no packaging waste
- Drastically reduced food miles



Image from [Beginningfarmers.org](http://Beginningfarmers.org)



The farming crew at Zocalo Organics

### Support local producers

- Encourages new people to get into food production – an urgent crisis rarely discussed
- Keeps \$\$ in our local economy



Image from [ingredientsnetwork.com](http://ingredientsnetwork.com)

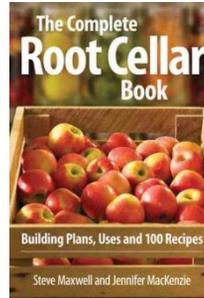
### Eat Healthier

- Local, organic has much higher nutritional value due to healthy growing practices and far fewer food miles



## References:

The Complete Root Cellar Book,  
*Steve Maxwell, Jennifer MacKenzie*



Kiss the Ground – excellent documentary!

<https://kissthegroundmovie.com/>

<https://kisstheground.com/>

Selected Regenerative Agriculture resources:

[www.regenerativeagriculturedefinition.com](http://www.regenerativeagriculturedefinition.com)

<https://regenerationinternational.org/why-regenerative-agriculture/>

Selected resource on local living economy and food hubs:

<https://community-wealth.org/content/business-alliance-local-living-economies>