

Preserving the Harvest

the Nuts & Bolts
of eliminating
waste -



Why Preserve?

- Eliminate Summer waste
- Store up food for the winter
- Prefer a certain type of processing (ex. maybe you love canned green beans)
- Gifts



Grow Less

Grow year round -

Eat with the seasons





Start with the Right Tools



Strong Blender

Steam vs. Water bath Canning



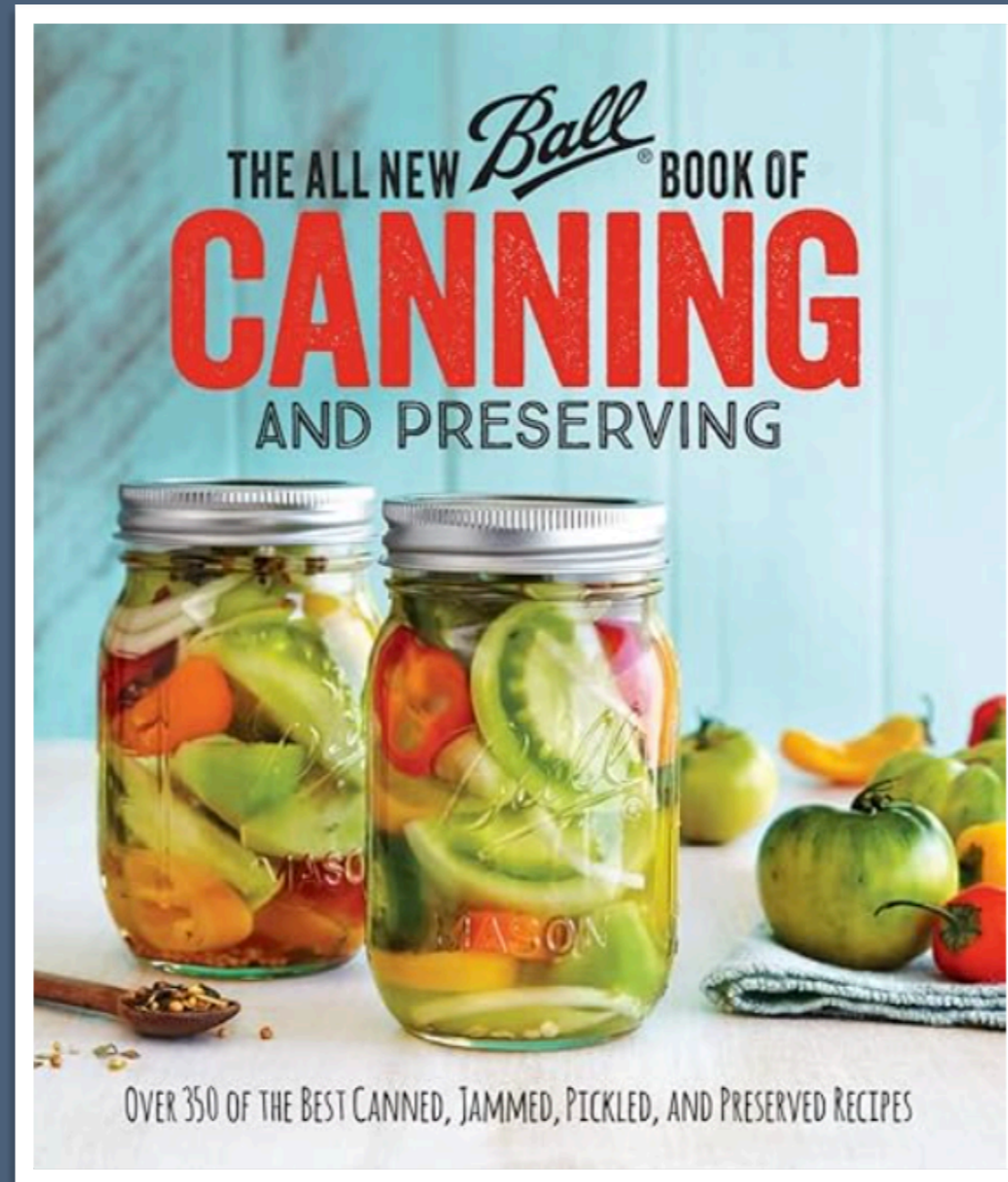
Pressure Canner



Dehydrator



Ball Preserving Book



High Acid

Steam or Water Bath Canner

- fruits
- Tomatoes
(if acidified)
- Jams & Jellies
- pickles
- relishes



Low Acid

Pressure Can

- Green beans
- Okra
- Potatoes
- Carrots
- Peppers
- Beans



Peaches

- wash peach
- place washed fruit in basket and blanch until skin cracks



Peaches Continued

- slip skins off peaches
- place in a large bowl with lemon and sugar to lessen oxidization.
- Fill Jars
- cover with light syrup
- steam for 30 min



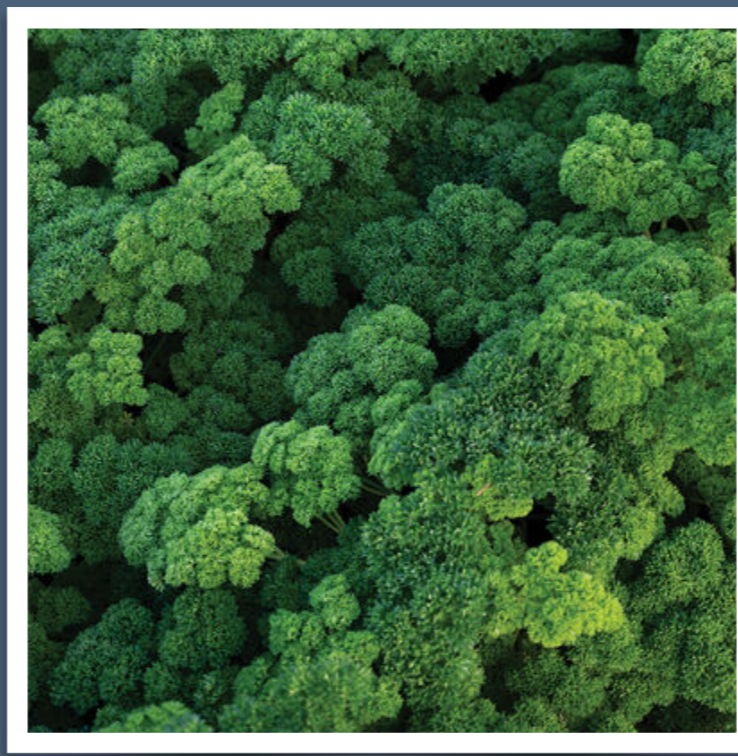
Tomatoes

- Core tomatoes
- Whiz in food processor (or chop in chopper) - skins and all!
- place in a large pot and simmer for several hours.
- Add tomato paste for a nicer consistency.
- Fill jars with tomatoes, add 1t salt & 1t lemon juice
- Steam for 30 min.



Dehydrating Herbs

- Dill
- Parsley
- Oregano
- Basil



Freezing



How To FREEZE *Strawberries*

General Canning Tips

- Sterilize jars in oven at 200deg for 10 minutes
- Heat seals but do not boil
- Don't screw caps too tight (snug and 1/4 turn back)
- Cover processed jars with a towel to keep warm



Happy Canning

