

# Preserving Your Produce

Make fresh food last longer by freezing, pickling, or jamming your leftover produce. A little effort can go a long way!



## FREEZER PLEASERS

- 🍃 **PEEL & SEAL:** Always wash, cut, and peel produce before freezing, and use freezer bags or containers for storage.
- 🍃 **COOL DOWN:** Make sure foods cool to room temperature before placing into freezer. Almost all vegetables can be frozen if cooked into soups or stews first.
- 🍃 **SMOOTH OVER:** Frozen fruit or vegetables that are mushy after thawing are perfect for use in smoothies or cooked dishes.

# IN A PICKLE?

Don't throw away those extra veggies! Make a sweet, salty, or spicy pickling liquid and save your produce for months of munching.



## HERE'S THE DILL:

*(prime foods for pickling)*

cucumbers, radishes, carrots, okra, pearl onions, beets, cabbage, peppers, garlic, grape tomatoes

## basic pickling liquid

3 cups white or apple cider vinegar

3 cups water

¼ cup sea salt

¼ cup sugar *(for sweet pickles)*

2-4 dried hot chilies *(for spicy pickles)*

Dried herbs & spices *(mustard seed, celery seed, bay leaf, peppercorn, etc.)*

*Add all ingredients to a large pot. Heat until salt and sugar (if using) are dissolved. Once liquid has cooled to room temperature, pour over vegetables in a clean jar. Top with clean lid and store in fridge for at least two days and up to one month.*

# IN A JAM?

Use up extra-ripe or previously frozen fruit by making jam.



## DID YOU KNOW?

Pectin, which is what makes jams gel together, is an element naturally found in the skin of many fruits, and especially in citrus rinds. Use a peeler to remove a bit of lemon rind and add to your fruit as it cooks.

*Note:* Papaya, pineapple, and other exotic or tropical fruits do not contain pectin.

## basic fruit jam

1 cup fresh or frozen berries

1 small piece of different fruit *(plum, peach, etc.)*

½-¾-inch slice lemon peel

1 tbsp sugar

*Slice fruit and add to a small pot over medium heat. Cook 5 minutes. Add berries and sugar, and cook over medium-low heat 30 minutes, stirring occasionally.*

*Peel a piece of lemon rind. Remove any excess white part with knife, as anything but yellow rind can result in bitter flavor. Add slice of lemon peel to pot and cook a further 10-15 minutes or until thickened. Pour into a shallow dish, and spread along the bottom so the jam cools to room temperature. Put in clean jar or bowl and keep in fridge for about 10 days.*