Preserving the Bounty

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Topics we will explore

• Why Preserve
• Following the ‘rules’
• Staying Organized
• Water Bath Canning
• Pressure Canning
• Freezing
• Dehydrating
• Storing
What’s all the Fuss?

• FUN!
• Cuts down on waste
• Supports local food supply
• Decreases landfill waste
• Cuts down on food miles
• Saves $!
Safety First!

- Can’t live without your grandma’s favorite recipe?
  1. Freeze instead of can
  2. OR find a recipe suitable for canning that is close to Grammy’s!
There's nothing in this house to eat!

Old School

New School
Canning

Water Bath Canner

Pressure Canner
Canning

Pros
• Finished product doesn’t require electricity & take up valuable freezer space
• Easier to give as a gift
• Will last approximately 1 year if your jar is kept in a dark & cool environment.

Cons
• Time consuming
• Hot!
• Difficult to do with kids around.
• More risks involved in comparison to dehydrating & freezing
• Lower nutrient value in comparison to dehydrating & freezing.
So what can I do in what?

**Water Bath Canner**
- Tomatoes (whole, crushed, salsa etc)
- Jellies, jams, preserves
- Pie fillings
- Pickled vegetables (not just dill pickles! Think green beans, zucchini etc)
- Fruit butters
- Chutney
- Condiments/Syrups/Sauces
- Relishes

**Pressure Canner**
- Soups (vegetable, meat, chowders)
- Stocks
- Beans
- Salsa
- Sauces (with or without meat)
- Animal Products (meat & seafood)
Removing Skins from Tomatoes

Two Simple Ways

1. Freezing Method
2. Blanching Method
Labeling & Storing

- Keep some in your pantry, but majority should be kept in a cool, dark place like a basement.
- Store with rings off.
- Rings & unbroken jars can be reused, but not lids.
- Label, date & give a batch number.
Refrigerator Pickles
Freezing
Freezing
Freezing

Pros
• Very few safety risks associated with freezing
• Higher nutrient value in comparison to other preservation methods
• Lasts a long time especially in a deep freezer

Cons
• Uses electricity & back up plan needed in the event of power outage
• Often the freezer attached to your kitchen refrigerator is not enough
• Easy to forget about what is in the deep freezer
• Textural changes
Freezing
Freezing
Freezing
Freezing
Freezing
Freezing
Dehydrating

Pros
• More nutritional value than canning
• Finished product does not take up freezer/refrigerator space
• A great way to ‘put up’ hot peppers!
• Makes a great gift

Cons
• Less nutritional value than freezing
• Requires a dehydrator to safely preserve most foods. (Can be done in an oven, but more difficult & not as safe)
Dehydrating
Dehydrating
Dehydrating
Dehydrating
Dehydrating
Dehydrating
Dehydrating
Dehydrating
Questions???