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# Preserving the Bounty

THINK BIG  WE DO™



# 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!



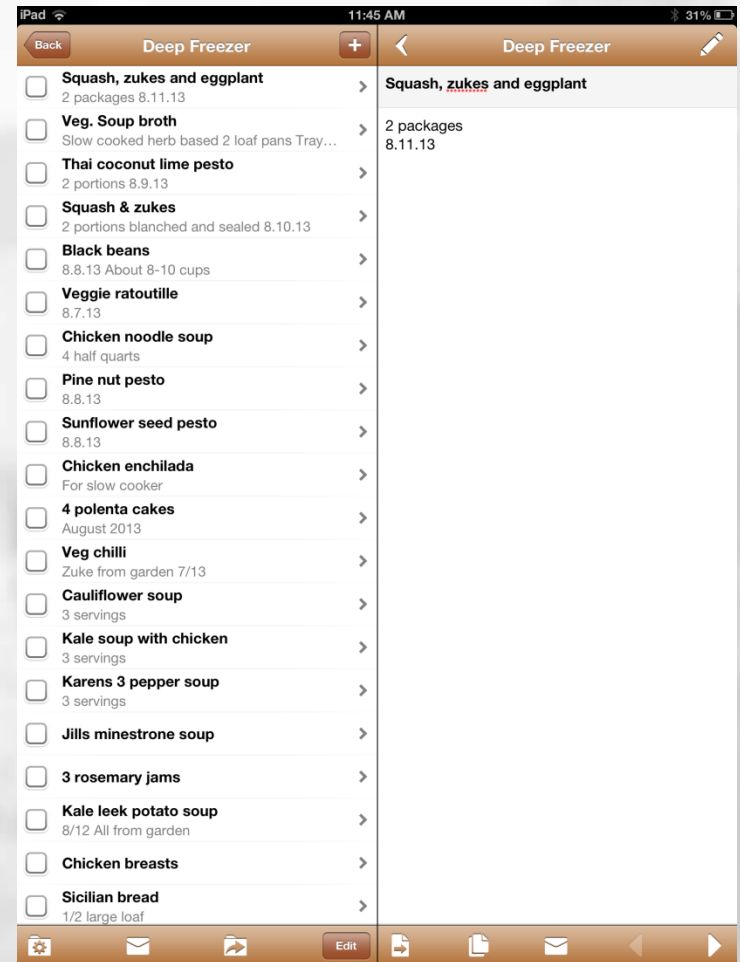


# There's nothing in this house to eat!

## 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



# 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





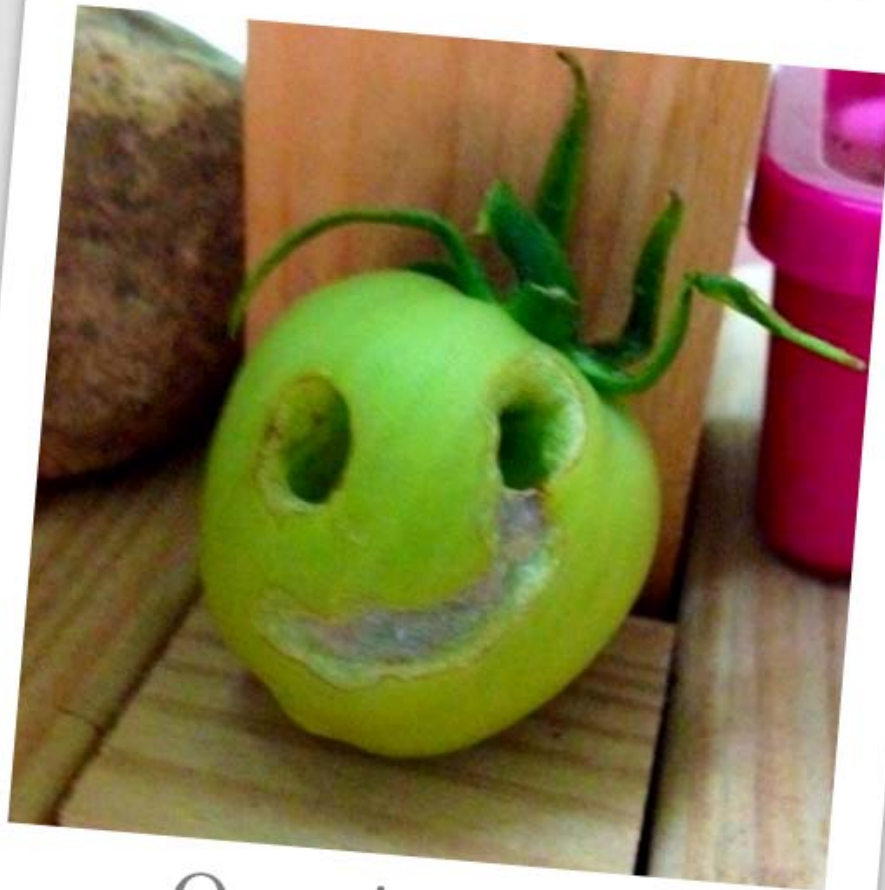
# Dehydrating





# Dehydrating





Questions???