

Guide to Preserving Massachusetts-Grown Fruits and Vegetables 2025

This publication was supported by the Specialty Crop Block Grant Program at the U.S. Department of Agriculture through grant AM22SCBPMA1163. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the USDA.

We would also like to thank the Massachusetts Department of Agricultural Resources for facilitating this grant project and continuing to support Coastal Foodshed's mission and impact.

Coastal Foodshed is a local food hub committed to supporting local farmers and increasing the volume of Massachusetts grown fruits and vegetables that are sold and consumed in the Southcoast of Massachusetts.

Through this project, it was Coastal Foodshed's goal to help the community reconnect with the seasonality of our local food system. In today's world, global supply chains make it possible to buy blueberries in December, strawberries in February, or corn in March at most grocery stores. While convenient, this year-round availability often leaves customers wondering why certain crops aren't found at the farmers market in every season. This guide aims to teach customers how to preserve different crops, extending seasonality when crops are abundant, enjoying local flavor all year long.

This publication highlights 50 food preservation methods and features 30 different specialty crops grown right here in Massachusetts. This guide provides readers with simple canning, freezing, and drying techniques to build a pantry that celebrates Massachusetts' delicious varieties of fruits and vegetables.

This project was managed by Coastal Foodshed's SNAP Access Manager, Maisy McVicar and implemented by our Learn to Love Local Chefs Rhonda Fazio and Miriam Riding. All farm and food enthusiasts, this team worked together to bring readers this collection of simple preservation techniques. We are deeply thankful and grateful for their hard work and the energy they poured into this project.

We'd also like to thank Medium Studios for designing much of the material found in this guide.

Lastly, much of the information in this booklet was informed by research-based guidance from the National Center for Home Food Preservation, University of Georgia. Website: <https://nchfp.uga.edu>. We gratefully acknowledge the National Center for Home Food Preservation as an indispensable resource throughout the course of this grant and recommend readers visit their website to learn more.

We hope you find this guide a useful tool in your kitchen and encourage you to purchase local food whenever possible.

For more information about Coastal Foodshed, please visit our website at coastalfoodshed.org, or follow us on social media at [@coastalfoodshed](https://www.instagram.com/coastalfoodshed).

You CAN do it!

Canning 101

How Canning Preserves Food

The high percentage of water in most fresh foods make them very perishable. They spoil or lose their quality for several reasons:

- growth of undesirable microorganisms (bacteria, molds, and yeasts)
- activity of food enzymes
- reactions with oxygen
- moisture loss

Microorganisms live and multiply quickly on the surfaces of fresh food and on the inside of the bruised, insect-damaged, and diseased food. Oxygen and enzymes are present throughout fresh food tissues.

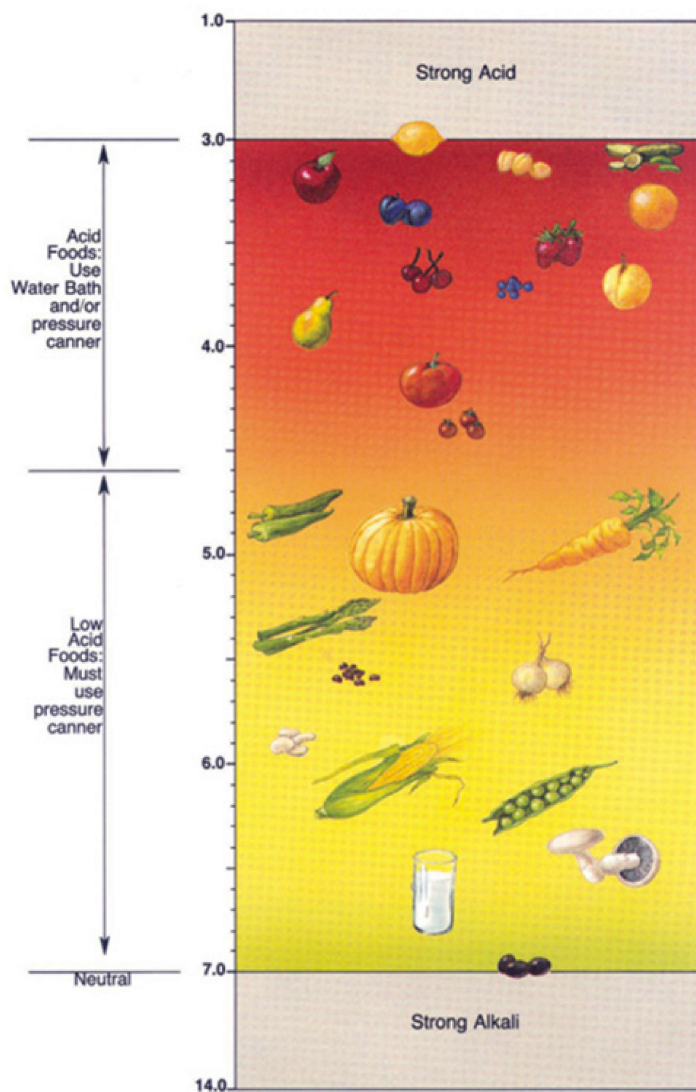
Proper canning practices include:

- carefully selecting and washing fresh food
- peeling some fresh foods
- hot packing many foods
- adding acids (lemon juice or vinegar) to some foods
- using acceptable jars and self-sealing lids
- processing jars in a boiling water canner or pressure canner for the correct period of time

Collectively, these practices remove oxygen, destroy enzymes, prevent the growth of undesirable microorganisms, and help form a high vacuum in jars. Good vacuums form tight seals which keep liquid in and air and microorganisms out.

Food Acidity & Processing Methods

Before you begin the process of canning, you have to understand the acid/alkaline level of the food you would like to preserve in a jar. This is the most important place to begin.



pH, or the potential of hydrogen, is the measurement of the acidity or alkalinity of a solution, commonly measured on a scale of 0 to 14.

pH 7 is considered neutral, with lower pH values being acidic and higher values being alkaline.

The higher the acidic value of food, the safer it is to use the water bath method to preserve food. The lower the acid value of food the less safe it is to use the water bath method, requiring the pressure canning method.

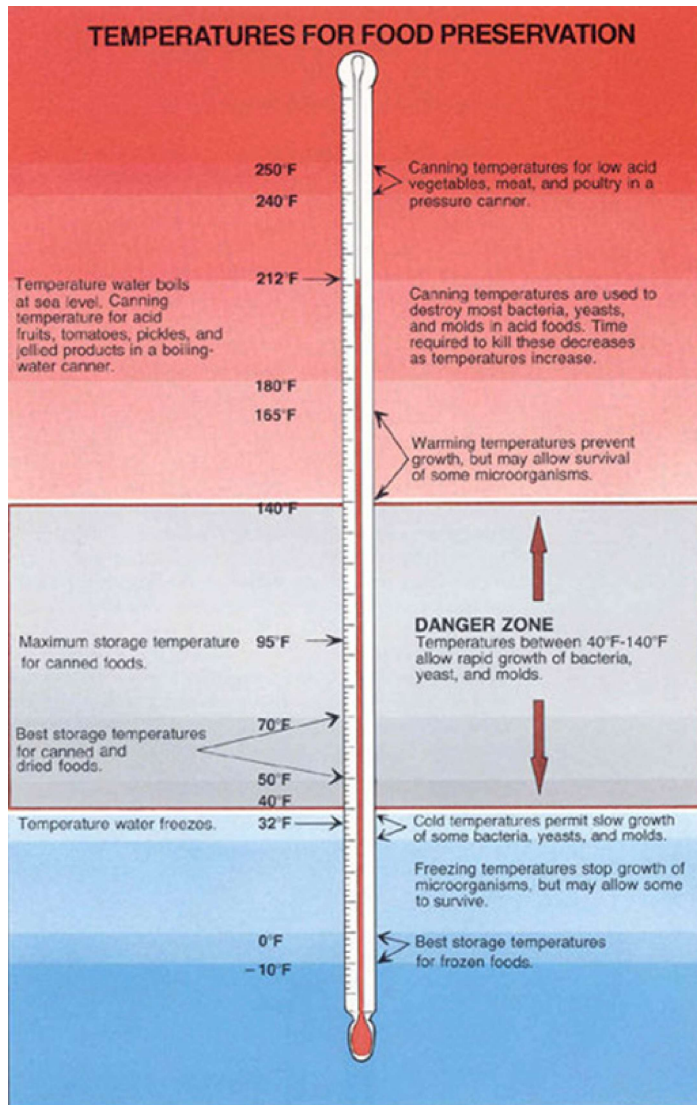
Whether food should be processed in a pressure canner or boiling water canner (aka water bath) to control botulinum bacteria depends on the acidity of the food.

Acidity may be natural, as in most fruits, or added, as in pickled food. Low acid canned foods are not acidic enough to prevent the growth of these bacteria; whereas acidic foods contain enough acid to block their growth or destroy them more rapidly when heated. The acidity level in foods can be increased by adding lemon juice, citric acid, or vinegar.

Low acid foods have pH values higher than 4.5. They include red meats, seafood, poultry, milk, and all fresh vegetables except for most tomatoes.

Temperature

Temperatures at which water boils at different elevations.



Altitude (in feet)	Temperature at which water boils
10,000	194 °F
8,000	197 °F
6,000	201 °F
4,000	204 °F
2,000	208 °F
0 (Sea Level)	212 °F

The holding temperature for Water Bath Canning for high acid foods is 180-212 °F Fahrenheit.

Ensuring Safe Canned Foods

Growth of the bacterium *Clostridium botulinum* in canned food may cause botulism—a deadly form of food poisoning. These bacteria exist either as spores or as vegetative cells. The spores, which are comparable to plant seeds, can survive harmlessly in soil and water for many years.

When ideal conditions exist for growth, the spores produce vegetative cells which multiply rapidly and may produce a deadly toxin within 3 to 4 days of growth in an environment consisting of:

- A moist, low acid food
- A temperature between 40 °F and 120 °F
- Less than 2 percent oxygen

Botulinum spores are on most fresh food surfaces. Because they grow only in the absence of air, they are harmless on fresh foods.

Most bacteria, yeasts, and molds are difficult to remove from food surfaces. Washing fresh food reduces their numbers only slightly. Peeling root crops, underground stem crops, and tomatoes reduces their numbers greatly. Blanching also helps, but the vital controls are the method of canning and making sure the recommended research-based processing times are used.

Properly sterilized canned food will be free of spoilage if lids seal and jars are stored below 95 °F. Storing jars at 50 °F to 70 °F enhances retention of quality.

USING BOILING WATER CANNERS

Most boiling water canners are made of aluminum or porcelain-covered steel; at least one stainless steel model is also available. Boiling water canners have fitted lids and removable racks that are either perforated or shaped wire racks. The canner must be deep enough so that at least one inch of briskly boiling water will be over the tops of jars during processing.



Some boiling water canners do not have completely flat bottoms; these will not work well on smooth top ranges. The canner bottom should also be fairly flat for use on electric burners. Either a flat or ridged bottom may be used on a gas burner.

To ensure uniform processing of all jars with an electric range, the canner should be no more than 4 inches wider in diameter than the element on which it is heated. (When centered on the burner or element, the canner should not extend over the edge of the burner or element by more than 2 inches on any side.)

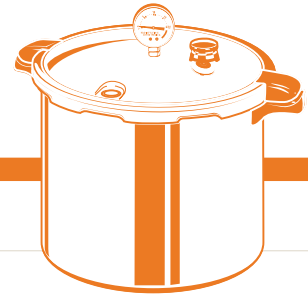
Follow these steps for successful boiling water canning:
(Read through all the instructions before beginning.)

1. Before you start preparing your food, place canner rack in the bottom of a boiling point water canner. Fill the canner half full with clean warm water for a canner load of pint jars. For other sizes and numbers of jars, you will need to adjust the amount of water so it will be 1 to 2 inches over the top of the filled jars.
2. Center the canner over the burner and preheat the water to 140 degrees F. for raw-packed foods and to 180 degrees F. for hot-packed foods. You can begin preparing food for your jars while this water is preheating.
3. Load filled jars, fitted with lids and ring bands, into the canner one at a time, using a jar lifter. When moving jars with a jar lifter, make sure the jar lifter is securely positioned below the neck of the jar (below the ring band of the lid). Keep the jar upright at all times. Tilting the jar could cause food to spill into the sealing area of the lid.

If you have a shaped wire rack that has handles to hold it on the canner sides, above the water in the canner, you can load jars onto the rack in the raised position and then use the handles to lower the rack with jars into the water.

4. Add more boiling water, if needed, so the water level is at least one inch above the jar tops. Pour the water around the jars and not directly onto them. For process times over 30 minutes, the water level should be 2 inches above the jars.
5. Turn the heat setting to its highest position, cover the canner with its lid and heat until the water boils vigorously.
6. Set a timer (after the water is boiling) for the total minutes required for processing the food.
7. Keep the canner covered for the process time. The heat setting may be lowered as low as a gentle but complete boil is maintained for the entire process time.
8. Add more boiling water during the process, if needed, to keep the water level above the jar tops. Pour the water around the jars and not directly onto them.
9. If the water stops boiling at any time during the process, turn the heat on its highest setting, bring the water back to a vigorous boil, and begin the timing of the process over, from the beginning (using the total original process time).
10. When the jars have been processed in boiling water for the recommended time, turn off the heat and remove the canner lid. Wait 5 minutes before removing jars to allow the canner contents to settle. This waiting period is not required for safety of the food when using USDA or University of Georgia processing times, however.
11. Using a jar lifter, remove the jars one at a time, being careful not to tilt the jars. Carefully place them directly onto a towel or cake cooling rack, leaving at least one inch of space between the jars during cooling. Avoid placing the jars on a cold surface or in a cold draft.
12. Let the jars sit undisturbed while they cool, from 12 to 24 hours. Do not tighten ring bands on the lids or push down on the center of the flat metal lid until the jar is completely cooled.
13. Remove ring bands from sealed jars. Put any unsealed jars in the refrigerator and use first.
14. Wash jars and lids to remove all residues.
15. Label jars and store in a cool, dry place out of direct light.

USING PRESSURE CANNERS



The pressure canner is used to process foods under pressure, at temperatures higher than boiling. The temperature most often used is 240° F (10 or 11 pounds pressure, depending on the type of canner).

A pressure canner is the only safe method for processing low-acid foods such as vegetables, meat, poultry, and fish. The pressure canner can supply enough heat to destroy spores of bacteria that cause botulism and other types of spoilage.

Follow these steps for successful pressure canning:
(Read through all instructions before beginning.)

1. Before preparing food, make sure the pressure canner is working properly. Clean lid gaskets and other parts according to manufacturer's directions; ensure all vent pipes are clear and contain no trapped material or mineral deposits.
2. Center the canner over the burner, making sure the burner and range are level.
3. Put the rack and 2-3 inches of hot water into the canner.
 - a. Longer processes require more water, so always follow processes for specific foods carefully.
 - b. For hot-packed foods, you can bring the water inside the canner to 180° F (not quite boiling) ahead of time, but be careful not to boil the water or heat it long enough for the depth to decrease.
 - c. For raw packed foods, the water inside the canner should only be brought to 140° F.
4. Place filled jars, fitted with lids and ring bands, on the jar rack in the canner, using a jar lifter. Leave space between the jars so the steam can flow around each one during processing. When moving jars with a jar lifter, make sure the jar lifter is securely positioned below the neck of the jar (below the ring band of the lid). Keep the jar upright at all times. Tilting the jar could cause food to spill into the sealing area of the lid.
5. Fasten canner lid securely. Leave the weight off the vent pipe or open the petcock.
6. Turn the heat setting to its highest position. Heat until the water boils and steam flows freely in a funnel-shape from the open vent pipe or petcock. While maintaining the high heat setting, let the steam flow (exhaust) continuously for 10 minutes.
7. After this venting, or exhausting, of the canner, place the counterweight or weighted gauge on the vent pipe, or close the petcock, depending on the type of canner you are using. The canner will pressurize during the next 3 to 10 minutes.

8. Start timing the process when the pressure reading on the dial gauge indicates that the recommended pressure has been reached, or, for canners without dial gauges, when the weighted gauge begins to jiggle or rock as the manufacturer describes.
9. Regulate the heat under the canner to maintain a steady pressure at, or slightly above, the correct gauge pressure. One type of weighted gauge should jiggle a certain number of times per minute, while another type should rock slowly throughout the process, so be sure to check the manufacturer's directions.
 - a. Loss of pressure at any time can result in underprocessing, or unsafe food.
 - b. Quick and large pressure variations during processing may cause unnecessary liquid losses from jars.
 - c. **IMPORTANT:** If at any time the pressure goes below the recommended amount, bring the canner back to pressure and begin the timing process over from the beginning.
10. When the timed process is completed, turn off the heat, remove the canner from the heat if possible, and let the canner cool down naturally. (Lift the canner to move it; do not slide it. It is also okay to leave the canner in place after you have turned off the burner. It is better to do so than to let jars inside the canner tilt or tip over.)
 - a. While the canner is cooling, it is also de-pressurizing. Do not force cool the canner. Forced cooling may result in food spoilage, loss of liquid, or warping of the canner lid.
11. After the canner is completely depressurized, remove the weight from the vent pipe or open the petcock. Wait 10 minutes; then unfasten the lid and remove it carefully. Lift the lid with the underside away from you so that the steam coming out of the canner does not burn your face.
12. Using a jar lifter, remove the jars one at a time, be careful not to tilt the jars. Carefully place them directly onto a towel or cake cooling rack, leaving at least one inch of space between the jars during cooling. Avoid placing the jars on a cold surface or in a cold draft.
13. Let the jars sit undisturbed while they cool from 12 to 24 hours. Do not tighten ring bands on the lids or push down on the center of the flat metal lid until the jar is completely cooled.
14. Remove ring bands from sealed jars. Ring bands can be washed and dried and put away for using another time. Put any unsealed jars in the refrigerator and use first.
15. Wash jars and lids to remove all residues.
16. Label jars and store in a cool, dry place out of direct light.
17. Dry the canner, lid, and gasket. Take off removable petcocks and safety valves; wash and dry thoroughly. Follow the maintenance and storage instructions that come from your canner manufacturer.

FREEZING AS A METHOD OF PRESERVATION

Freezing is one of the easiest, most convenient, and least time-consuming methods of preserving foods. Freezing does not sterilize foods; the extreme cold simply impedes the growth of microorganisms and slows down the chemical changes that affect quality or cause food to spoil.

HOW FREEZING AFFECTS FOOD

When fruits and vegetables are frozen, their enzymes are slowed down, but not destroyed. If not inactivated, these enzymes can cause color and flavor changes as well as loss of nutrients.

In vegetables, these enzymes can be inactivated by the process of blanching. Blanching is the exposure of the vegetable to boiling water or steam for a brief period of time. The vegetable must then be rapidly cooled in ice water to prevent from cooking. Blanching also helps to destroy microorganisms on the surface of the vegetables. Note: follow recommended times for blanching each vegetable as overblanching results in a cooked product with a loss of flavor, color, and nutrients; while underblanching actually stimulates enzyme activity and is worse than no blanching at all.

In fruit, these enzymes cause browning and loss of vitamin C. Typically fruits aren't blanched because it alters their texture. Instead, enzymes in frozen fruits are controlled by chemical compounds, most commonly ascorbic acid.

CONTAINERS FOR FREEZING

Foods for your freezer must have proper packaging materials to protect their flavor, color, moisture content and nutritive value from the dry climate of the freezer. The selection of containers depends on the type of food to be frozen and personal preference.

In general, packaging materials must have certain characteristics:

- Moisture-vapor resistant
- Durable and leakproof
- Not become brittle and crack at low temperature
- Resistant to oil, grease, or water
- Protect foods from absorption of off-flavors or odors
- Easy to seal
- Easy to mark
- Capacity under one-half gallon

Rigid Containers

Rigid containers made of plastic or glass are suitable for all packs and are especially good for liquid packs. Straight sides on rigid containers make the food much easier to get out. If using glass, be sure to choose wide mouth jars made for freezing or canning. These jars have been tempered to withstand extremes in temperatures. Regular glass jars will break easily at freezer temperatures. Make sure you leave headspace in jars to allow for expansion of foods during freezing.

Flexible Bags or Wrappings

Flexible freezer bags and moisture-vapor resistant wrapping materials such as plastic freezer wrap, freezer paper and heavy-weight aluminum foil are suitable for dry packed products with little or no liquid. Bags and wraps work well for foods with irregular shapes. Make sure you press the bag or wrapping to remove as much air as possible before closing.

FREEZING TIPS

- Cool all foods and syrup before packaging. This speeds up freezing and helps retain the natural color, flavor, and texture of the food.
- Pack foods in quantities that will be used for a single meal.
- Label each package, including the name of the product, any added ingredients, packaging date, the number of servings or amount, and the form of the food, such as whole, sliced, etc.
- Leave a little space between packages so air can circulate freely. Then, once the food is frozen, store the packages closer together.

Headspace to Allow Between Packed Food and Closure

TYPE OF PACK	CONTAINER WITH WIDE TOP OPENING		CONTAINER WITH NARROW TOP OPENING	
	PINT	QUART	PINT	QUART
DRY PACK	½ inch	½ inch	½ inch	½ inch
LIQUID PACK	½ inch	1 inch	¾ inch	1 ½ inches

DRYING AS A METHOD OF PRESERVATION

Drying fruits & vegetables is one of the oldest and most effective methods of food preservation, offering a simple, safe, and accessible way to extend the shelf life of seasonal produce. Drying can serve as an alternative to canning and freezing or complement these methods.

Why Dry Fruits & Vegetables?:

Drying removes moisture from produce, inhibiting the growth of bacteria, yeasts, and molds that cause spoilage. The result is a lightweight, compact product that does not require refrigeration, making it ideal for storage, camping, and emergency preparedness. Dried fruit & vegetables can be rehydrated for soups, stews, and other dishes, providing a convenient and nutritious option year-round.

Methods of Drying

There are several methods to dry fruit & vegetables, each with its own advantages:

Food Dehydrators: These appliances provide controlled heat and air circulation, efficiently drying foods at approximately 140°F. They are designed to dry foods quickly and evenly.

Oven Drying: Using a conventional oven set to a low temperature can be an alternative, though it may be less energy-efficient and harder to maintain consistent temperatures.

Sun Drying: While sun drying is traditional, it requires specific conditions—such as low humidity and high temperatures—and is generally not recommended for fruit & vegetables due to safety concerns.

Preparing Fruits & Vegetables for Drying

Proper preparation is crucial for successful drying:

Selection: Choose fresh, high-quality vegetables at peak ripeness.

Cleaning: Wash thoroughly to remove dirt and contaminants.

Blanching: Some vegetables require blanching—briefly boiling or steaming—to inactivate enzymes that can cause spoilage and to preserve color and texture.

Slicing: Cut fruit & vegetables into uniform pieces to ensure even drying.

Drying Process

Place prepared fruit & vegetables in a single layer on drying trays, ensuring pieces do not overlap. Drying times vary depending on the type, size of pieces, and drying method used. They are adequately dried when they are brittle or leathery, with moisture content reduced to about 10%.

Storing Dried Fruits & Vegetables

Once dried, cool fruits & vegetables to room temperature before packaging to prevent condensation. Store in airtight containers in a cool, dark, and dry place to maintain quality. Properly dried and stored they can last for several months to a year.

Rehydrating Dried Fruits & Vegetables

To use dried fruits & vegetables, rehydrate by soaking them in water for 1 to 2 hours or until they return to their original texture. Using the soaking water in cooking can help retain nutrients.

COASTAL FOODSHED



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MAKING JAMS AND JELLIES

EXTRACTING JUICE FOR JELLY

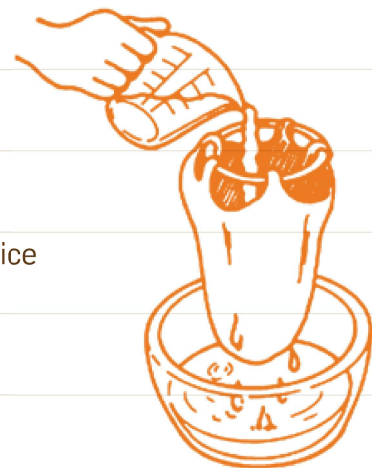
Preparing the Fruit

- Unless using added pectin, use $\frac{1}{4}$ slightly under-ripe fruit and $\frac{3}{4}$ just ripe fruit. If you're adding pectin, you can use all ripe fruit.
- Prepare fruit in small batches, enough for one recipe.
- Sort the fruit, discarding all damaged portions.
- Wash fruits, but do not remove skins or cores, since the pectin is more concentrated there. Cut into small pieces.
- Wash berries carefully to prevent loss of juice. Drain, remove caps and stems.

Extracting the Juice

- Place fruit into a flat-bottomed saucepan and add cold water. For apples and other hard fruits, add up to 1 cup per pound of fruit. For berries and grapes, use only enough water to prevent scorching. Crush soft fruits to start the flow of juice.
- Bring to a boil on high heat. Stir to prevent scorching.
- Reduce heat.
- Grapes and berries need 10 minutes or less to cook until soft. Apples and other hard fruits may need 20 to 25 minutes, depending on the firmness of the fruit. Do not overcook; excess boiling will destroy the pectin, flavor and color.
- Pour everything into a damp jelly bag and suspend the bag to drain the juice. The clearest jelly comes from juice that has dripped through a jelly bag without pressing or squeezing.
- If a fruit press is used to extract the juice, the juice should be restrained through a jelly bag.

NOTE: Juicy berries may be crushed and the juice extracted without heating.



THIS MONTH'S FEATURED CROP

APPLES



IN SEASON:
SEPT-FEB



STORAGE:



Store in a crisper drawer of your refrigerator

NOTE: store in a bag or container if keeping near other produce.

Apples produce ethylene gas, which can cause other fruits and vegetables to ripen before they are supposed to.

SHELF LIFE:

1 week out of the fridge,
2-6 months in the fridge
depending on the apple variety



METHODS OF PRESERVATION:

FREEZING: Peel, core, and slice apples into twelfths or sixteenths depending on the size of the apple. As you are cutting them, place slices in a water bath with lemon juice to prevent browning. Once you've cut all of the apples, drain the slices and spread them out in a single layer on a baking sheet. Freeze for 1-3 hours, then remove from tray and store in a freezer-safe plastic bag or container. Lasts up to 1 year in the freezer.

DRYING: Peel, core, and slice apples into ¼ inch slices, storing in lemon juice water bath as you prep them. Place in a single layer on cooling racks on top of baking sheets and put in the oven at 150°F with the oven door cracked about 2-inches so moisture can escape. Oven dry apples for 2-3 hours, checking them after 1 hour. Alternatively, dry apple slices in a dehydrator at 145°F for about 1 hour, then reduce temperature to 135°F to finish drying them. When they are done, the apple slices should feel leathery and show no signs of moisture.

NOTE: the flavor of fruit intensifies when you dehydrate it!

WATERBATH CANNING: Relish, Chutneys, Slices, Applesauce, Pie Filling, Juice, Jelly and Butter



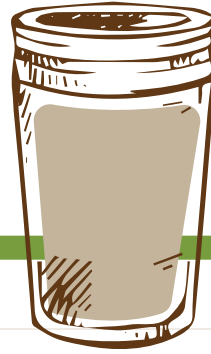
RECIPE IDEAS:



Cinnamon Apple Cake, Savory Apple Cheddar Bread Pudding, Apple Salsa

APPLE BUTTER

WATERBATH CANNING



INGREDIENTS:

- 8 pounds apples**
- 2 cups cider**
- 2 cups vinegar**
- 2 ¼ cups white sugar**
- 2 ¼ cups brown sugar**
- 2 tbsp ground cinnamon**
- 1 tbsp ground cloves**



YIELD: About 9 or 10 half-pint jars

INSTRUCTIONS:

- 1.** Wash, remove stems, quarter and core fruit.
- 2.** Cook slowly in cider and vinegar until soft.
- 3.** Press fruit through a colander, food mill, or strainer.
- 4.** Cook fruit pulp with sugar and spices, stirring frequently.
- 5.** Check for doneness:
 - a.** To test for doneness, remove a spoonful and hold it away from steam for 2 minutes. It is done if the butter remains mounded on the spoon.
 - b.** Another way to determine when the butter is cooked adequately is to spoon a small quantity onto a plate. When the rim of the liquid does not separate around the edge of the butter, it is ready for processing.
- 6.** Meanwhile, sterilize canning jars.
- 7.** Pour hot butter into hot half-pint or pint jars, leaving ¼ inch headspace.
- 8.** Wipe jar rims and adjust lids.
- 9.** Process in Boiling Water Bath for 5 minutes.

THIS MONTH'S FEATURED CROP

APPLES



WATERBATH CANNING - APPLESAUCE

1. Wash, peel, core and slice apples.
2. Place slices in an 8-10 quart pot. Add 1/2 cup water.
3. Heat quickly and cook until tender, stirring occasionally to prevent burning. Approximately 5-20 minutes depending on maturity and variety.
4. Press through a sieve or food mill, if a smoother texture is desired. Otherwise omit this step.
5. If desired, add 1/8 cup sugar per quart of sauce. Taste and add more, if preferred.
6. Reheat sauce to boiling. Pack into hot jars, leaving 1/2 inch head space.
7. Remove air bubbles. Wipe jar rims. Adjust lids.
8. Process in a Boiling Water Bath.
 - a. Pints: 15 minutes
 - b. Quarts: 20 minutes

Note: Select apples that are sweet, juicy, and crisp. For a tart flavor, add 1 to 2 pounds of tart apples to every 3 pounds of sweeter fruit.

COASTAL FOODSHED



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THIS MONTH'S FEATURED CROP

ASPARAGUS



IN SEASON:
MAY-JUNE



SHELF LIFE:

Short term storage lasts 3-5 days;
Long term storage lasts up to 10 days.



STORAGE:

For short term storage, wrap the spears in a damp cloth or paper towel and store in the crisper drawer of your fridge. For longer storage, trim the ends of the spears, stand them upright in a jar with water covering the ends, cover with a plastic bag, and place in the fridge.

METHODS OF PRESERVATION:

FREEZING: Freezing: Select young, tender spears. Wash thoroughly and sort into sizes. Trim stalks by removing scales with a sharp knife. Cut into even lengths to fit containers. Water blanch small spears for 2 minutes, medium spears for 3 minutes, and large spears for 4 minutes. Cool promptly, drain and package, leaving no headspace. Seal and freeze. Lasts up to 1 year.

DRYING: Wash asparagus and cut off the tough ends. Cut stalks into 1-2 inch pieces. Separate pieces into three types of spears: tender tips, remaining stalk, and ends you removed. Blanch cut pieces, placing them into ice water after to stop the cooking process. Dry them, then lay them out by type in single layers on your dehydrator trays. Dehydrate at 125° F: 6-8 hours for tips, 8-12 hours for stalks, 10-14 hours for tough ends. Remove single trays as they finish. Store in glass jars away from direct light or heat. Lasts up to 2 years.

WATERBATH CANNING: Pickle asparagus and process in Boiling Water Bath for 10 minutes. Lasts up to 18 months.

PRESSURE CANNING: When pressure canned, asparagus can last up to 1 year.

RECIPE IDEAS:

- Asparagus Quiche
- Grilled Asparagus Salad with Lemon & Feta
- Cream of Asparagus Soup

ASPARAGUS

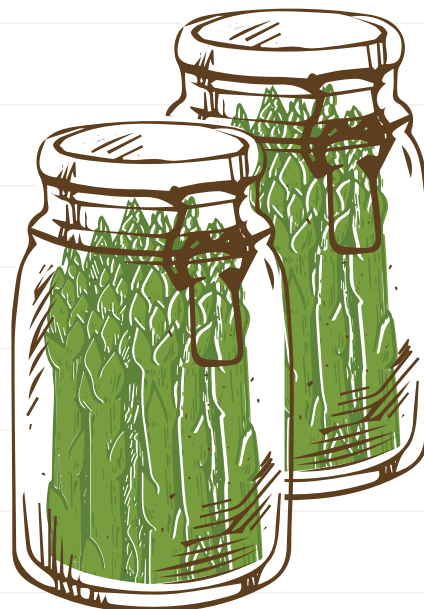
PRESSURE CANNING

INSTRUCTIONS:

1. Use tender, tight-tipped spears, 4 to 6 inches long. Wash thoroughly, trim off scales and tough ends.
2. Wash again. Cut into 1-inch pieces or leave whole.
3. Hot Pack or Raw Pack:
 - a. Hot Pack
 - i. Bring a pot of water to boil. Add asparagus.
 - ii. Boil 2-3 minutes, depending on size of stalk.
 - iii. Pack hot into hot jars, leaving 1-inch headspace.
 - b. Raw Pack
 - i. Pack asparagus tightly into hot jars, leaving 1-inch headspace.
4. Add ½ teaspoon salt to pints; 1 teaspoon to quarts, if desired.
5. Fill jar to 1 inch from top with boiling hot cooking liquid or water.
6. Remove air bubbles. Wipe jar rims. Adjust lids.
7. Process in a **Dial Gauge Pressure Canner** at **11** pounds pressure **OR** in a **Weighted Gauge Pressure Canner** at **10** pounds pressure.
 - a. Pints: 30 minutes
 - b. Quarts: 40 minutes

DID YOU KNOW?

There are over 300 varieties of asparagus? From purple to white to the familiar green... each variety has its own unique taste!



THIS MONTH'S FEATURED CROP

BEETS



IN SEASON:
JULY-MAY



SHELF LIFE:

2 months in the fridge; firmness will be the indicator of how fresh they remain.



STORAGE:

Store in a bag in the crisper drawer or coldest part of your refrigerator. Leave them unwashed as excess moisture can make beets go bad more quickly.



METHODS OF PRESERVATION:

FREEZING: Wash and sort according to size (to ensure even cooking) and cook in boiling water until tender; 25 mins for small beets, 45 mins for large beets. Cool promptly in cold water. Peel, remove stem and root, and cut into slices or cubes. Package, leaving ½ inch headspace. Seal and freeze. Lasts for up to 10-12 months without losing flavor.

WATERBATH CANNING: Pickled Beets last up to 1 year.

DRYING: Cook as usual. Cool; peel. Cut into shoestring strips 1/8 inch thick. Dehydrate for 10-12 hours. Lasts 2-6 months depending on storage. Airtight containers will keep mold and moisture away. Can last up to one year when stored in a vacuum-sealed bag.

PRESSURE CANNING: Process in Dial Gauge Pressure Canner at 11 pounds pressure or in a Weighted Gauge Pressure Canner at 10 pounds pressure; 30 minutes for pints and 35 minutes for quarts. Lasts 12-18 months.

RECIPE IDEAS:

Beet Pickled Eggs • Borscht • Beet & Winter Citrus Salad

PICKLED BEETS

WATERBATH CANNING

INGREDIENTS:

- 7 pounds of 2 to 2 ½ inch diameter beets
- 4 cups vinegar (5%)
- 1 ½ teaspoons canning salt
- 2 cups sugar
- 2 cups water
- 2 cinnamon sticks
- 12 whole cloves

YIELD:

about 8 pint jars



INSTRUCTIONS:

1. Wash beets thoroughly, sort for size, and cover similar sizes with boiling water.
2. Cook until tender (about 25-30 minutes). Carefully drain and discard liquid.
3. Cool beets. Trim off roots and stems; slip off skins.
4. Slice beets into ¼ inch slices.
5. Combine vinegar, salt, sugar, and fresh water. Put spices in a cheesecloth bag and add to vinegar mixture. Bring to a boil.
6. Meanwhile, sterilize canning jars.
7. Add beets. Simmer for 5 minutes.
8. Remove spice bag. Fill jars with beets, leaving ½ inch headspace.
9. Add hot vinegar solution, allowing ½ inch headspace.
10. Remove air bubbles. Wipe jar rims and adjust lids.
11. Process in Boiling Water Bath for 30 minutes.

FUN You can save the beet skins
FACT: to make natural food dye!

THIS MONTH'S FEATURED CROP

BEETS



PRESSURE CANNING:

1. Cut off beet tops, leaving an inch of stem and root to reduce color loss. Scrub well. Transfer to a large pot.
2. Cover with water and bring to a boil until skins slip off easily; approximately 15-25 minutes depending on size.
3. Cool, remove skins and trim off root and stems.
4. Cut medium or large beets into 1/2 inch cubes or slices. Leave baby beets whole.
5. Pack into hot jars, leaving 1 inch headspace.
6. Add 1/2 teaspoon salt to pints; 1 teaspoon salt to quarts, if desired.
7. Fill jar to 1 inch from the top with boiling water.
8. Remove air bubbles. Wipe jar rims. Adjust lids and process.
9. Process in a Dial Gauge Pressure Canner at 11 pounds pressure OR in a Weighted Gauge Pressure Canner at 10 pounds of pressure.
 - a. Pints: 30 minutes
 - b. Quarts: 35 minutes

Note: Beets with a diameter of 1-2 inches are preferred for whole packs. Beets larger than 3 inches in diameter are often fibrous.

COASTAL FOODSHED



**LEARN TO
LOVE LOCAL**

THIS MONTH'S FEATURED CROP

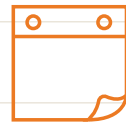
BLUEBERRY



IN SEASON:
JUN-AUG



SHELF LIFE:
5-10 days



METHODS OF PRESERVATION:



FREEZING: 10-12 months for best flavor, but still safe to eat long after that.

Tip: If freezing, do not wash blueberries. Washing results in a tougher skinned blueberry once frozen.

WATERBATH CANNING: Blueberry Jam lasts up to 1 year after being canned

STORAGE:



Store unwashed in a breathable container with air holes, front and center in fridge.

RECIPE IDEAS:



Blueberry
Cobbler

Savory
Blueberry
Balsamic Sauce

Thumbprint
Cookies

BLUEBERRY JAM

WATERBATH CANNING



INGREDIENTS:

2.5 pints ripe blueberries

1 tbsp lemon juice

5.5 cups sugar

$\frac{3}{4}$ cup water

1 box (1.75 oz) powdered pectin



YIELD: About 5 half-pint jars

INSTRUCTIONS:

1. Sterilize canning jars:
 - a. Put them right side up on the rack in a boiling-water canner.
 - b. Fill the canner and jars with hot (not boiling) water to 1 inch above the tops of the jars.
 - c. Boil 10 minutes.
 - d. Remove and drain hot sterilized jars one at a time.
Save the hot water for processing filled jars.
2. Wash blueberries before crushing.
3. Combine blueberries, lemon juice, and water in a saucepan.
4. Stir in the pectin and bring mixture to a full, rolling boil over high heat, stirring frequently.
5. Add the sugar and return to a full rolling boil.
6. Boil hard for 1 minute, stirring constantly.
7. Remove from heat, quickly skim off foam, and fill sterile jars leaving $\frac{1}{4}$ inch headspace.
8. Wipe rims of jars with a dampened clean cloth; adjust two-piece metal canning lids.
9. Process in a Boiling Water Canner.



THIS MONTH'S FEATURED CROP

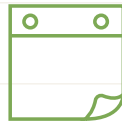
CABBAGE



SEASONALITY:
JUNE-FEBRUARY



SHELF-LIFE:
2-3 WEEKS



STORAGE:



For whole cabbage, store it unwrapped in the fridge's crisper drawer. For cut cabbage, wrap it tightly in plastic or store in an airtight container to use within 5-7 days

METHODS OF PRESERVATION:

FREEZING: To freeze cabbage, blanch chopped pieces in boiling water for 2-3 minutes, cool in ice water, then dry and store in freezer-safe bags. Lasts up to 12 months.

FERMENTING: To ferment cabbage, shred it, mix with salt, and pack it tightly in a jar, ensuring it's submerged in its own liquid. Let it ferment at room temperature for 1-4 weeks, then refrigerate for long-term storage. Fermented cabbage, like sauerkraut, can last up to 6 months in the refrigerator if stored in an airtight container. Its flavor may continue to develop over time.

PRESSURE CANNING: To pressure can cabbage, blanch shredded cabbage for 2 minutes, then pack it into jars, leaving 1 inch of headspace. Add boiling water, seal the jars, and process in a pressure canner at 10 pounds of pressure for 25 minutes. Properly canned cabbage can last up to 1 year.

RECIPE IDEAS:

Sauerkraut
Cabbage Pancakes
Stuffed Cabbage



CABBAGE

CHOW-CHOW



INGREDIENTS:

- 1 ½ cups canning salt
- 2 ½ quarts water
- 2 tbsp celery seed
- 4 tbsp mustard seed
- 1 quart distilled vinegar (5%)
- 4 cups sugar
- 4 teaspoons turmeric
- 1 pint of each of the following:
 - chopped cabbage
 - sliced cucumbers
 - chopped sweet peppers
 - sliced onions
 - chopped green tomatoes
 - fresh lima beans
 - cut green beans
 - sliced carrots

YEILD:

ABOUT 4 PINT JARS



Chow chow is not just a delicious, pickled relish, but also a reflection of agricultural practices, seasonal eating, and community traditions. Making chow chow is often a communal activity that varies region to region, reflecting the ingredients available and culinary traditions of the area.

INSTRUCTIONS:

WATERBATH CANNING

1. Soak cucumbers, peppers, cabbage, onions, and tomatoes in salt water (1 ½ cups salt to 2 quarts water) overnight in refrigerator.
2. Cook lima beans, green beans, and carrots until tender.
3. Drain both mixtures well.
4. Mix all vegetables with remaining ingredients and boil for 10 minutes.
5. Pack hot into hot pint jars, leaving ½-inch headspace.
6. Remove air bubbles. Wipe jar rims. Adjust lids.
7. Process for 10 minutes in a Boiling Water Bath.

THIS MONTH'S FEATURED CROP

CARROT



SEASONALITY

Year-Round

SHELF-LIFE

1-2 months

STORAGE

Store unpeeled carrots in a perforated plastic bag or wrapped in a damp paper towel in the crisper drawer. If peeled or cut, submerge them in water in a sealed container, changing the water every few days.

CARROT

METHODS OF PRESERVATION

FREEZING:

To freeze carrots, wash, peel, and cut them into your desired size (slices, sticks, or whole if small). Blanch in boiling water for 2-3 minutes, then immediately transfer to ice water to stop cooking. Drain well, spread in a single layer on a baking sheet to pre-freeze, then transfer to an airtight container or freezer bag. Store for up to 12 months.

DRYING:

To dry carrots, wash, peel, and slice them into thin rounds or shred them. Blanch slices in boiling water for 2 minutes, then drain and pat dry (shredded carrots don't need blanching). Spread in a single layer on a dehydrator tray and dry at 125°F (52°C) for 6-12 hours until brittle. If using an oven, set it to the lowest temperature and prop the door open slightly. Store dried carrots in an airtight container in a cool, dark place for up to 1 year.

PRESSURE CANNING:

1. Select small carrots, preferably 1 - 1 1/4 in diameter. Large carrots are often too fibrous. Wash, peel and re-wash carrots. Slice or dice.
2. **Hot Pack:**
 - a. Cover carrots with water and bring to a boil. Simmer 5 minutes.
 - b. Pack hot into hot jars, leaving 1-inch headspace.
- OR Raw Pack:**
 - a. Fill jar tightly with raw carrots, leaving 1-inch headspace.
3. Add 1/2 teaspoon salt to pints; 1 teaspoon to quarts, if desired.
4. Fill jar to 1 inch from the top with boiling water.
5. Remove air bubbles. Wipe jar rims. Adjust lids and process.
6. Process in a Dial Gauge Pressure Canner at 11 pounds pressure OR in a Weighted Gauge Pressure Canner at 10 pounds pressure.
 - a. Pints: 25 minutes
 - b. Quarts: 30 minutes

COASTAL FOODSHED



LEARN TO
LOVE LOCAL

THIS MONTH'S FEATURED CROP

CAULIFLOWER



SEASONALITY:
SEPT. -NOV.

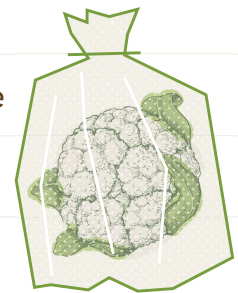


SHELF-LIFE:
5-7 DAYS



STORAGE:

Store cauliflower whole and unwashed in a perforated plastic bag or wrap it loosely in a damp paper towel, placing it in the vegetable crisper drawer of your refrigerator. This method helps maintain its freshness by allowing air circulation while minimizing moisture buildup. If you've already cut the cauliflower, store the florets in an airtight container with a damp paper towel to keep them crisp.



METHODS OF PRESERVATION:

FREEZING: To freeze cauliflower, blanch florets in boiling water for 3-5 minutes, then plunge them into ice water to stop cooking. Drain and freeze in airtight bags or containers. This method retains flavor and texture. Lasts up to 12 months.

DRYING: To dry cauliflower, wash and cut it into florets, blanch for 3-5 minutes, then drain. Use a dehydrator at 125°F (52°C) for 8-12 hours or an oven at the lowest setting for 4-6 hours until completely dry, then store in airtight containers. Use rehydrated in soups, stew, or sauces. Lasts up to 6 months.

FERMENTING: To ferment cauliflower, submerge florets in a saltwater brine and let them ferment at room temperature for a week or two. Lasts up to 6 months in the refrigerator if stored in an airtight container. Its flavor may continue to develop over time.

PRESSURE CANNING: To pressure can cauliflower, first wash and cut it into florets, then blanch them in boiling water for 3 minutes. Pack the hot florets into sterilized jars, leaving 1-inch headspace, and cover with boiling water or broth. Seal the jars and process them in a pressure canner at 10-15 psi for 25-30 minutes, depending on your altitude.

RECIPE IDEAS:

Cauliflower Gnocchi • Cauliflower Fritters • Cauliflower Kimchi

CAULIFLOWER

FALL GARDEN RELISH



INGREDIENTS:

- 3 cups chopped cauliflower (about 1 medium head)
- 1 quart chopped cabbage (about 1 small head)
- 2 cups chopped green tomatoes (about 4 medium)
- 2 cups chopped onions
- 2 cups chopped sweet green peppers (about 4 medium)
- 1 cup chopped sweet red peppers (about 2 medium)
- 3 $\frac{3}{4}$ cups vinegar (5%)
- 3 tbsp canning salt
- 2 $\frac{3}{4}$ cups sugar
- 3 teaspoons celery seed
- 3 teaspoons dry mustard
- 1 $\frac{1}{2}$ teaspoons turmeric

YEILD:

ABOUT 4 PINT JARS

INSTRUCTIONS:

WATERBATH CANNING

1. Combine chopped vegetables; sprinkle with the 3 tablespoons of salt. Let stand 4-6 hours in a cool place. Drain well.
2. Combine vinegar, sugar and spices; simmer for 10 minutes.
3. Add vegetables; simmer for 10 minutes.
4. Bring to a boil.
5. Pack boiling hot relish into hot jars, leaving $\frac{1}{2}$ -inch headspace.
6. Remove air bubbles. Wipe jar rims. Adjust lids. Process 10 minutes in a Boiling Water Bath.

THIS MONTH'S FEATURED CROP

CORN



SEASONALITY:
JULY-SEPTEMBER

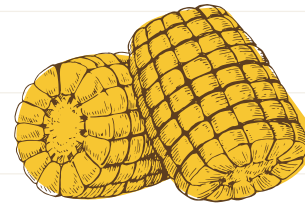


SHELF-LIFE:
5-7 DAYS



STORAGE:

Store with husks on in a produce bag in the refrigerator



METHODS OF PRESERVATION:

FREEZING: Husk and blanch the corn, then cool it in ice water. Dry the cobs thoroughly, flash freeze them on a baking sheet, then store them in freezer bags. Alternatively, cut the kernels off the cob after blanching and cooling, then freeze kernels instead of the whole cobs. Lasts up to one year.

DRYING: To dry corn, start by removing the husks and silk. Blanch the corn cobs briefly in boiling water, then cool them in ice water. Cut the kernels off the cob and spread them in a single layer on a dehydrator tray or baking sheet. Dry the kernels in a food dehydrator at 125°F or an oven set at a low temperature for 6-12 hours until they are completely dry and brittle. Store the dried corn in airtight containers. Lasts up to one year.

PRESSURE CANNING: Remove corn husks and silk; wash and blanch; cut corn from cob at about three-fourths the depth of kernel; Hot Pack or Raw Pack in jars. Process in Dial Gauge Pressure Canner at 11 pounds pressure or in Weighted Gauge Pressure Canner at 10 pounds pressure; Pints for 55 minutes, Quarts for 85 minutes.

WATERBATH CANNING: Corn Relish (see back) lasts up to 1 year after being canned.



RECIPE IDEAS:

• Corn Salsa • Corn Pudding • Corn Fritters

CORN

CORN RELISH

INGREDIENTS:

- 10 cups whole kernel corn (about 16-20 medium-sized ears)**
- 2 ½ cups sweet red pepper, diced**
- 2 ½ cups green pepper, diced**
- 2 ½ cups chopped celery**
- 1 ¼ cups chopped onions**
- 1 ¾ cups sugar**
- 5 cups vinegar (5%)**
- 2 ½ tablespoons canning salt**
- 2 ½ teaspoons celery seed**
- 2 ½ tablespoons dry mustard**
- 1 ¼ teaspoons turmeric**



YIELD:

ABOUT 9 PINT JARS

INSTRUCTIONS:

- 1.** Remove husks and silks.
- 2.** Blanch: cook ears of corn in boiling water for 5 minutes; remove and plunge into cold water.
- 3.** Drain; cut corn from cob. Do not scrape cob.
- 4.** Combine peppers, celery, onions, sugar, vinegar, salt, and celery seed in pot.
- 5.** Cover pot until mixture starts to boil, then boil uncovered for 5 minutes, stirring occasionally.
- 6.** Mix dry mustard and turmeric and blend with a small amount of liquid from boiling mixture.
- 7.** Add to boiling mixture along with corn.
- 8.** Return to boiling and cook for 5 minutes, stirring occasionally.
- 9.** This relish may be thickened when the corn is added by adding ¼ cup flour blended with ¼ cup water. Frequent stirring will be necessary to prevent sticking and scorching.
- 10.** Pack loosely while boiling hot into hot pint jars, filling to ½ inch from top. Remove air bubbles.
- 11.** Wipe jar rims. Adjust lids.
- 12.** Process for 15 minutes in a Boiling Water Bath.

THIS MONTH'S FEATURED CROP

CRANBERRIES



IN SEASON:
OCT-JAN



STORAGE:

Store in a plastic bag or in an airtight container in the crisper drawer of your fridge



SHELF LIFE:
3-4 weeks in the refrigerator



METHODS OF PRESERVATION:

FREEZING: Wash and sort cranberries, then lay them out on a towel and let them air dry for 15 minutes. Spread the cranberries in a single layer on a baking sheet and freeze uncovered for 2-8 hours. Transfer frozen cranberries to freezer bags or containers. They will last up to 1 year in the freezer.

NOTE: You can also freeze cranberries as is, but the above method will make sure individual cranberries remain loose instead of clumping together.

DRYING: Prep the cranberries: wash them, place them in a large bowl and pour boiling water over them to blanch the berries. Let them soak in the hot water for 10 minutes, then drain them. Toss in your favorite sweetener (maple syrup, simple syrup, etc.) and lay out on a baking sheet or dehydrator tray leaving about ½ inch space in between the berries. Place in oven at 225 F for 3-4 hours or in a dehydrator at 115 F for 8-10 hours.

WATERBATH CANNING: Cranberry Sauce or Relish

RECIPE IDEAS:

Cranberry Orange Cake, Cranberry Brie Puff Pastry Tarts, Cranberry Gingerbread

CRANBERRY SAUCE

WATERBATH CANNING



INGREDIENTS:

4 cups cranberries

2 cups sugar

1 cup water

YIELD:

About 2 pint jars

INSTRUCTIONS:

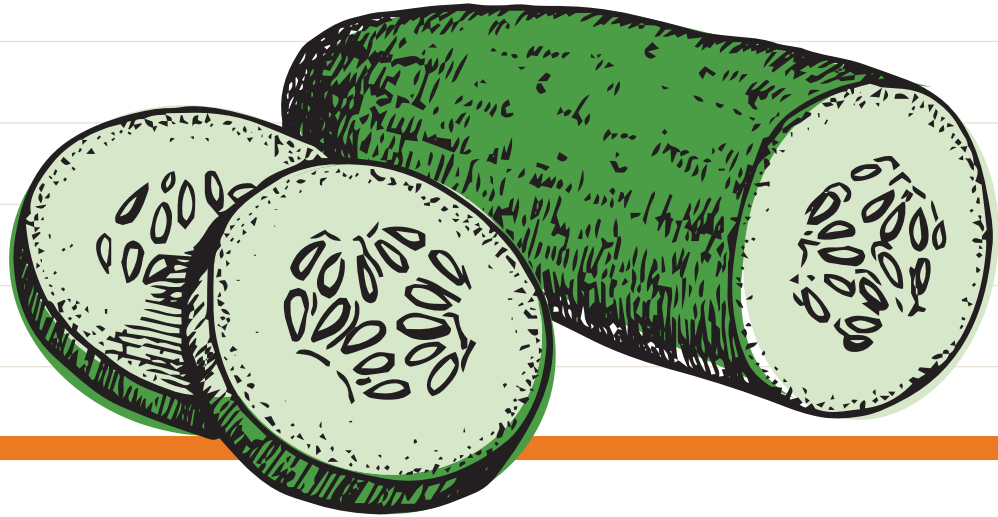
1. Wash cranberries and cook them in water until soft.
2. Press through a fine sieve.
3. Add sugar and boil for 3 minutes.
4. Stir to reduce foam. Skim excess foam with slotted spoon.
5. Meanwhile, sterilize canning jars.
6. Pour boiling hot cranberry sauce into hot jars, leaving $\frac{1}{2}$ inch headspace.
7. Wipe jar rims and adjust lids.
8. Process in Boiling Water Bath for 15 minutes.

Variation 1: To make crushed cranberry sauce, cook berries until soft and then mash with a potato masher or back of a cooking spoon until desired consistency. Follow steps 3-7.

Variation 2: To make whole cranberry sauce, cook berries until soft. Do not sieve or mash berries before adding sugar. Follow steps 3-7.

THIS MONTH'S FEATURED CROP

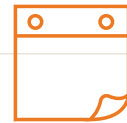
CUCUMBER



IN SEASON:
JUN-AUG



SHELF LIFE:
1-2 WEEKS
REFIGERATED



STORAGE:

Wash them, dry thoroughly, wrap in plastic bag, store in front of fridge



METHODS OF PRESERVATION:

Pickle - store in fridge, lasts 4-6 weeks
or Pressure Can Pickles



RECIPE IDEAS:



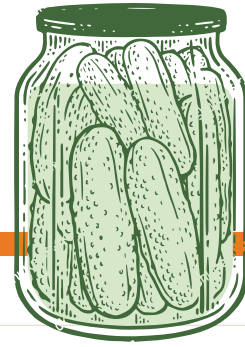
Potato
Salad

Fried
Pickles

Tzatziki

QUICKLES

REFRIGERATOR PICKLES



INGREDIENTS:

- 3 1/2 pounds of pickling cucumbers, about 4 inches long or small cucumbers**
- 1 cup vinegar**
- 1 cup water**
- 3 tbsp honey or maple syrup to taste.**
- 2 tsp salt**
- 1 tsp peppercorns**
- 3-4 cloves of garlic, thinly sliced**
- 1 small to medium onion, sliced or diced**
- Fresh dill**
- Red pepper flakes are optional**

INSTRUCTIONS:

- 1.** To prepare the brine, combine vinegar, water, honey/maple syrup, salt and peppercorns in a sauce pan and bring to a boil, stirring occasionally. In the meantime prep all the vegetables and pack the jars.
- 2.** Wash cucumbers. Slice 1/8th of an inch off each end. Use the ends in a salad.
- 3.** Slice the cucumbers length wise in half, then again the same way, in half, and then again if they are thick enough. You should end up with eight spears. Or, slice them a 1/8 to 1/4 inch thick. Set aside in a bowl.
- 4.** Fill each jar equally with onion, garlic, and dill.
- 5.** Pack spears or slices in jars. Pour hot liquid to the top of the jar shoulder leaving one inch of head space.
- 6.** Let cool to room temperature. Cover with plastic lids tightly and store in the fridge upside down overnight.
- 7.** The quickles will be ready the next day. Keep in the fridge for 4 weeks.

NOTE: These pickles are best when eaten within a week of making for ultimate crispness.

TIPS

Cucumbers can be replaced with other seasonal vegetables in this recipe. Always use vinegar with 5% acidity. White vinegar is best.



THIS MONTH'S FEATURED CROP

EGGPLANT



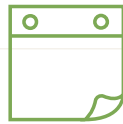
SEASONALITY:
AUGUST-OCTOBER



STORAGE:

Store eggplant at room temperature for up to 2 days, or refrigerate in a perforated bag in the crisper for longer, though it may develop spots due to cold sensitivity.

SHELF-LIFE:
4-5 DAYS



METHODS OF PRESERVATION:

FREEZING: See back. Lasts up to 8 months.

DRYING: To dry eggplant, slice it thinly and optionally blanch for 2-3 minutes. Use a dehydrator at 125°F for 8-12 hours, or an oven at 140-150°F for 6-8 hours until fully dry. Store in an airtight container in a cool, dry place. Lasts up to one year.

PRESSURE CANNING: To pressure can eggplant, peel and slice it into cubes or rounds, then blanch in boiling water for 2 minutes. Pack the hot eggplant into sterilized jars, covering it with boiling water, leaving 1 inch of headspace. Process in a pressure canner at 10-15 PSI for 30 minutes.

NOTE: PSI stands for "pounds per square inch," which is a unit of pressure. In pressure canning, it refers to the amount of pressure the canner builds up to safely preserve food at high temperatures, killing bacteria like botulism. The specific PSI needed varies based on your altitude.



RECIPE IDEAS:

Eggplant Lasagna • Eggplant Fries • Caponata

EGGPLANT

FREEZING, FOUR METHODS

1 BLANCHING & BREADING

- a. Peel and slice eggplant into 1/4-inch rounds.
- b. Blanch in boiling water with lemon juice for 4 minutes, then cool in ice water.
- c. Pat dry, flash freeze, or bread before freezing in bags.
- d. Use frozen rounds directly in recipes without thawing.

2 ROASTING AND PUREEING EGGPLANT

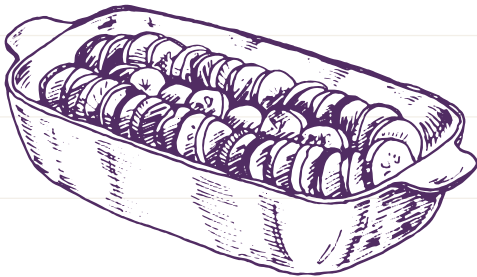
- a. Roast halved eggplant at 400°F for 35-45 minutes until soft.
- b. Scoop the insides, puree, and freeze in containers.
- c. Thaw and use in dips or sauces.

3 CUBING AND ROASTING EGGPLANT

- a. Cube and toss eggplant with olive oil, garlic, and salt.
- b. Roast at 375°F for 45 minutes until creamy.
- c. Flash freeze, then store in freezer bags. Use frozen cubes in soups or stir-fries.

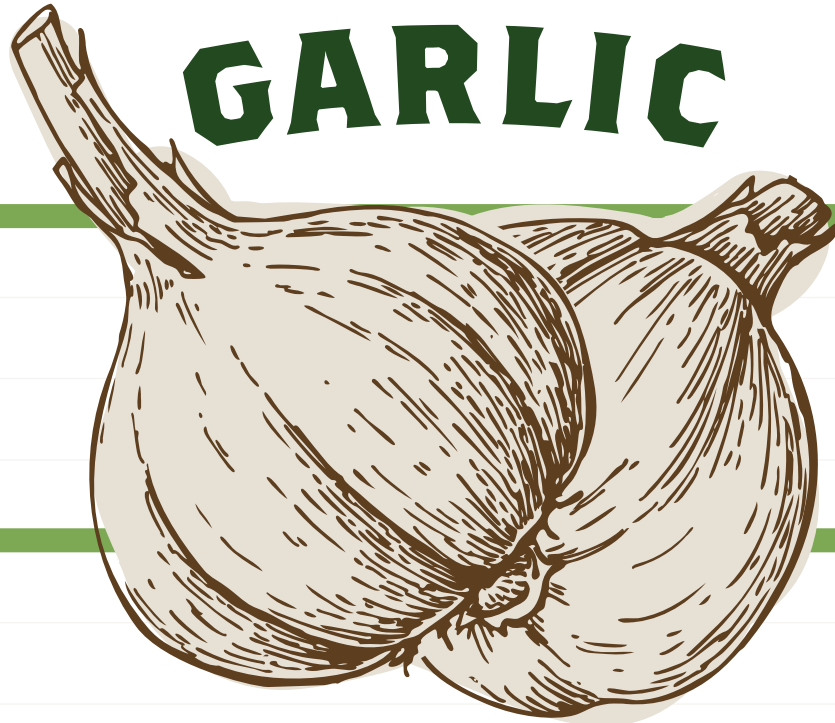
4 FREEZING EGGPLANT DISHES

- a. Prepare casseroles, like eggplant parmesan, for freezing. Follow regular cooking instructions, adding time if starting from frozen.



THIS MONTH'S FEATURED CROP

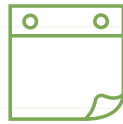
GARLIC



SEASONALITY:
JULY-FEBRUARY

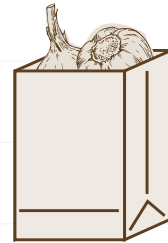


SHELF-LIFE:
3-6 months whole,
1-2 weeks peeled,
1-2 days minced.



STORAGE:

Store whole garlic bulbs in a cool, dark, and dry place with good airflow, such as in a mesh or paper bag, to keep them fresh for 3–6 months. Peeled cloves and/or minced garlic can be refrigerated in an airtight container. Avoid storing whole bulbs in the refrigerator to prevent sprouting.



METHODS OF PRESERVATION:

FREEZING: For whole garlic cloves, peel and freeze in a single layer on a baking sheet before transferring them to a freezer-safe bag. For minced or pureed garlic, blend with a bit of oil and freeze in ice cube trays. For roasted garlic, roast whole heads of garlic in the oven until soft. Squeeze the roasted garlic from the skins and freeze it in small portions. Lasts 6-12 months.

DRYING: Slice garlic thinly or mince it and dehydrate it in a food dehydrator or oven at a low temperature. Store the dried garlic in airtight jars. Alternatively, blend dried garlic into a powder. Store in a cool, dark, and dry place. Lasts 2-3 years when stored properly.

PICKLING: See back for recipe. Lasts 3-6 months in the refrigerator or up to 1 year when canned using the **water bath method**.



RECIPE IDEAS: Tourn • Garlic & White Bean Dip • Pesto

GARLIC

PICKLED



INGREDIENTS:

- Garlic heads broken apart and cloves peeled
- Distilled vinegar

YEILD:

ABOUT 4 PINT JARS



Wondering if this method yields garlic with a pickled, vinegary taste? It doesn't! The natural oils of the garlic prevent the vinegar from being absorbed into the cloves.

INSTRUCTIONS:

- 1.** Break apart your heads of garlic and peel the cloves. Place the peeled cloves in a large mixing bowl and fill with water. Use your fingertips to scrub any dirt off of the cloves. Once the cloves are cleaned, transfer them to a large strainer and rinse well.
- 2.** Depending on when your garlic was harvested, you might have very few brown spots on the cloves. Use a small paring knife to trim the spots and then transfer the cleaned and trimmed cloves back to the strainer. Rinse again.
- 3.** Bring the vinegar to a boil in a large pot. Place the clean garlic cloves into sterilized half pint jars. Once the vinegar has boiled, pour it over the garlic and screw the lids on tight.
- 4.** Let the jars come to room temperature on the counter overnight and then store in the refrigerator. This will keep in the refrigerator for 3-6 months.

OPTIONAL: Process in a Boiling Water Bath for 10-15 minutes. Remove jars, undisturbed for 12-24 hours. Check seals.

NOTE: If your garlic turns blue, it is still safe to eat. This can happen when enzymes and amino acids present in garlic react with the sulfur compounds responsible for garlic's pungent smell.

THIS MONTH'S FEATURED CROP

GRAPES

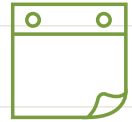


IN SEASON:
AUG-SEPT



SHELF LIFE:

On Counter: 2-3 days
In Fridge: 5-10 days



METHODS OF
PRESERVATION:



FREEZING: Remove grapes from stems, rinse well. Lay on top of towel to dry completely. Transfer to a freezer bag. Lasts up to 1 year in the freezer.

DRYING: Thoroughly wash and dry grapes. If using grapes with seeds, cut in half and remove seeds. Place on trays cut side up, dry in dehydrator for 24-48 hours at 135 F. Check on them every 6-8 hours. Note: as the grapes dry, they will release water and juices. It is necessary to shuffle them every 8 hours to prevent sticking on the trays. Check and rotate every couple of hours. Store in a sealed container in the refrigerator for 3-4 weeks.

WATERBATH CANNING: Grape Jelly lasts up to 2 years when properly canned.

STORAGE:

Grapes are best kept in a ventilated plastic bag or container. Alternatively, grapes can be stored in an airtight container in the fridge as long as they are free of moisture first. They tend to absorb odors, so avoid storing them near foods like onions.

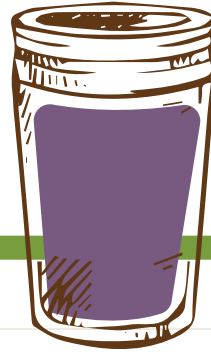
RECIPE IDEAS:



Pickled Grapes
Chicken Salad with Grapes
Grape Jelly Meatballs

GRAPE JELLY

WATERBATH CANNING



INGREDIENTS:

- 5 cups grape juice (about 3 ½ pounds grapes and 1 cup water)**
- 2 package of powdered pectin**
- 7 cups sugar**

YIELD: About 8 or 9 half-pint jars



INSTRUCTIONS:

To prepare juice

1. Sort, wash, and remove stems from fully ripe grapes.
2. Crush grapes, add water, cover and bring to a boil over high heat.
3. Reduce heat and simmer for 10 minutes.
4. Extract juice. To prevent formation of tartrate crystals in the jelly, let juice stand in a cool place overnight, then strain through two thicknesses of damp cheesecloth to remove crystals that have formed.

To make jelly

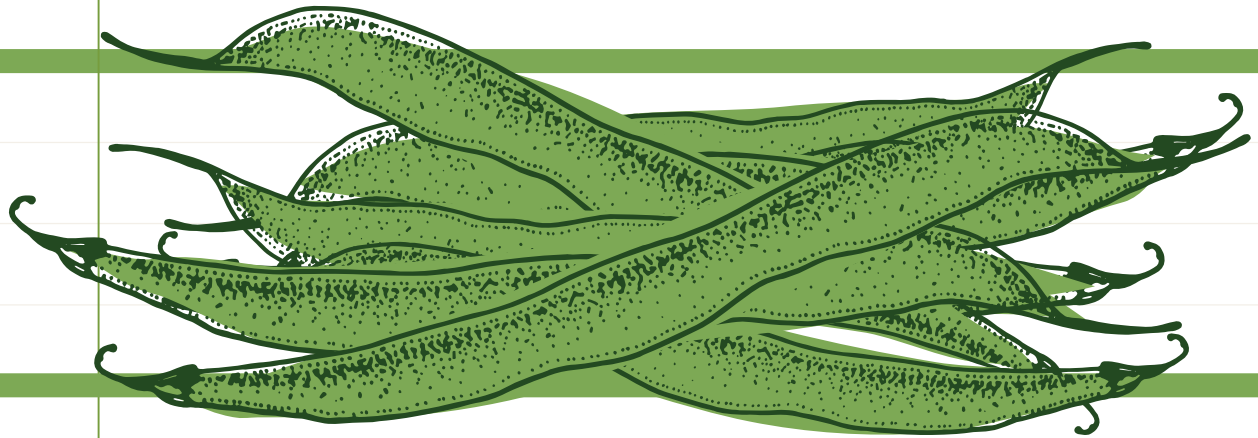
1. Measure juice into a kettle. Add pectin and stir well.
2. Place on high heat and, stirring constantly, bring quickly to a full rolling boil that cannot be stirred down.
3. Add sugar, continue stirring, and heat again to a full rolling boil.
4. Boil hard for 1 minute. Remove from heat; skim off foam quickly.
5. Pour hot jelly immediately into hot, sterile jars, leaving ¼ inch headspace. Wipe rims of jars with a dampened clean paper towel; adjust lids.
6. Process in Boiling Water Canner for 5 minutes.

NOTES:

Loading the jars can bring down the rolling boil of a pot. Always be sure the process time begins 1 minute after the point of a rolling boil once the jars are in place.

THIS MONTH'S FEATURED CROP

GREEN BEANS



SEASONALITY:

AUGUST-SEPTEMBER



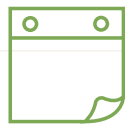
STORAGE:

Store green beans unwashed in refrigerator in a perforated plastic bag or loosely wrapped in a paper towel in the crisper drawer.



SHELF-LIFE:

5-7 DAYS



METHODS OF PRESERVATION:

FREEZING: To freeze green beans, blanch them in boiling water for 2-3 minutes, cool them in ice water, dry thoroughly, and then freeze in a single layer before transferring to airtight bags. Lasts up to a year.

DRYING: To dry green beans, slice them into thin pieces, blanch them in boiling water for 2-3 minutes, and then spread them in a single layer on a dehydrator tray or baking sheet. Dry them in a dehydrator at 125°F (52°C) for 8-12 hours or in an oven at its lowest setting until they are crisp and brittle.

PRESSURE CANNING: Wash beans and trim ends. Hot Pack or Raw Pack in jars. Process in a Dial Gauge Pressure Canner at 11 pounds pressure or in a Weighted Gauge Pressure Canner at 10 pounds pressure; Pints for 20 minutes, Quarts for 25 minutes. Lasts up to one year.

WATERBATH CANNING: When canned in a water bath, Pickled Green Beans or Three Bean Salad (see back) lasts up to one year.



RECIPE IDEAS:

Green Bean Casserole
Green Bean Coconut Curry
Tempura Green Beans



GREEN BEANS

PICKLED THREE BEAN SALAD

INGREDIENTS:

- 1 ½ cups cut and blanched green or yellow beans**
- 1 ½ cups canned, drained, red kidney beans**
- 1 cup canned, drained, garbanzo beans**
- ½ cup peeled and thinly sliced onion**
- ½ cup trimmed and thinly sliced celery**
- ½ cup sliced green peppers**
- ½ cup white vinegar (5%)**
- ¼ cup bottled lemon juice**
- ¾ cup sugar**
- 1 ¼ cups water**
- ¼ cup oil**
- ½ teaspoon canning salt**



YIELD:

About 5 to 6 half-pint jars

INSTRUCTIONS:

- 1.** Wash and remove ends of fresh beans. Cut or snap into 1 or 2-inch pieces. Blanch 3 minutes in boiling water and cool immediately.
- 2.** Rinse kidney beans and garbanzo beans with tap water and drain again.
- 3.** Combine vinegar, lemon juice, sugar and water in a saucepan. Bring to a boil. Remove from heat. Add oil and salt. Mix well.
- 4.** Add beans, onions, celery and green pepper to pickling solution and bring to a simmer.
- 5.** Remove from heat, marinate 12 to 24 hours in refrigerator, then heat entire mixture to a boil.
- 6.** Fill hot jars with solids to ½ inch from top.
- 7.** Add hot liquid, leaving ½-inch headspace.
- 8.** Remove air bubbles. Wipe jar rims.
- 9.** Process half-pints or pints for 15 minutes in a Boiling Water Bath.

THIS MONTH'S FEATURED CROP

HERBS



IN SEASON:

There are many varieties of herbs, each growing in abundance during different times throughout spring, summer, and fall. These herbs can be perennials, plants that survive multiple years or growing seasons, annuals, where once you harvest them they don't return so you need to plant them every year, or the less common biennials, herbs that have a two-year life cycle.

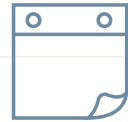
Perennial Herbs: Mint, Chives, Thyme, Oregano, Sage, Rosemary, Lemon Balm

Annual Herbs: Basil, Cilantro, Dill

Biennial Herbs: Parsley, Watercress

SHELF LIFE:

2-3 weeks, depending on the herb



RECIPE IDEAS:

Tabbouleh, Chimichurri, Green Goddess Dressing

STORAGE:

Wash the herbs by filling a bowl or salad spinner with cold water. Move the herbs gently around in the water to loosen any debris. Drain the water, dry the herbs, set them on a layer of paper towels, and pat gently with more paper towels to blot away any excess moisture.

Store tender herbs by snipping off the bases of the stems and removing any discolored or wilted leaves. Transfer them to a large jar with an inch of water in the bottom. Seal the jar with the lid (if it fits) or cover the top of the jar with an overturned plastic bag sealed with a rubber band. Store in the refrigerator.

TENDER HERBS: Parsley, Cilantro, Dill, Mint, Lemon Balm, Parsley, Watercress

Store hardy herbs by arranging them lengthwise in a single layer on a slightly damp paper towel, rolling them up like a jelly roll, then transferring the bundle to a plastic zipper-lock bag or wrapping it in plastic wrap. Store in the refrigerator.

HARDY HERBS: Rosemary, Thyme, Sage, Chives, Oregano

Store basil by snipping off the bases of the stems and placing the bunch in a vase or jar with an inch or two of water at the bottom, just like a bouquet of flowers. Store at room temperature in a light area, but out of direct sunlight. Do not refrigerate.

HERBS

METHODS OF PRESERVATION

Each method has its own advantages and is suitable for different types of herbs. For instance, delicate herbs like basil are best frozen, while hardy herbs like rosemary and thyme can be dried. Choose the method that best fits the type of herb you want to preserve and your intended use.

FREEZING

Whole Leaves: Wash, dry, and spread the herbs on a baking sheet. Freeze them, then transfer to a freezer bag.

Chopped Herbs: Chop the herbs and place them in ice cube trays. Fill the trays with water or olive oil and freeze. Once frozen, transfer the cubes to a freezer bag.

DRYING

Air Drying: Tie the stems together and hang them upside down in a well-ventilated, dry area away from direct sunlight. Once dried, crumble the leaves and store them in airtight containers.

Oven Drying: Place the herbs on a baking sheet and dry them in an oven at the lowest temperature setting for 2-4 hours. Check regularly to prevent burning.

Dehydrator: Use a food dehydrator according to the manufacturer's instructions.

HERB OIL & VINEGARS

Infused Oils: Place clean, dry herbs in a sterilized bottle and cover with olive oil. Seal and store in the refrigerator. Use within a month.

Herb Butter: Mix chopped herbs with softened butter. Roll into a log using plastic wrap and freeze. Slice off portions as needed.

Infused Vinegars: Place clean, dry herbs in a sterilized bottle and cover with vinegar (such as white wine vinegar or apple cider vinegar). Seal and store in a cool, dark place for a few weeks. Strain and re-bottle the vinegar.

PESTO AND HERB PASTES

Pesto: Blend herbs like basil with garlic, nuts, cheese, and olive oil. Freeze the pesto in small portions.

Herb Pastes: Blend herbs with a little oil and freeze in ice cube trays.

SALTING & SUGARING

Layering With Salt: Layer fresh herbs with coarse salt in a jar. The salt draws out moisture and preserves the herbs. Use the salted herbs and the infused salt in cooking.

Candied Herbs: Dip herbs in egg white, coat with sugar, and dry on a baking sheet. This method is often used for mint.

THIS MONTH'S FEATURED CROP

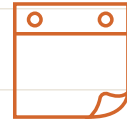
KALE



IN SEASON:
MAY-JAN



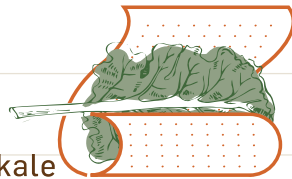
SHELF LIFE:
In Fridge: 7-10 days



STORAGE:

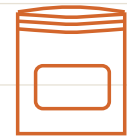
Wrap a bunch of kale in a layer of paper towels, and store in a plastic bag in the refrigerator crisper drawer.

Alternatively, stem, slice, or tear the leaves, rinse them, dry them well in a salad spinner or with kitchen towels, and store the leaves, wrapped in a paper towel in a plastic bag, for up to 5 days.



METHODS OF PRESERVATION:

Freezing
Drying
Pressure Can



RECIPE IDEAS:



Massaged Kale Salad
Kale Chips, Kale Pesto

FUN FACT: There are over 150 known kale varieties!

The most common local varieties you will find are Green Curly Kale, Lacinato/Tuscan/Dinosaur Kale, and Russian/Flat Leaf Kale.

KALE

METHODS OF PRESERVATION

FREEZING

1. De-stem kale and tear it into small pieces
2. Blanch kale: plunge small batches of kale into boiling water
NOTE: Blanching vegetables cleanses the surface of dirt and organisms, brightens the color and helps slow the loss of vitamins. It also wilts or softens the vegetables making them easier to pack. Careful not to overblanch your vegetables as it will cause loss of flavor, color, vitamins and minerals. **The recommended blanching time for kale and other greens is 2 minutes.**
3. Place the kale in an ice bath (a large bowl of ice water) to stop the cooking process. Let it chill for ten seconds before draining.
4. Drain and dry the kale, squeezing out as much moisture as possible.
5. Line a baking sheet with a kitchen towel and spread the kale onto the sheet. Freeze for anywhere from 3 hours to overnight.
6. Remove from the freezer and place the now-frozen blanched kale in an airtight container or freezer bag, removing as much air as possible.
7. Label, date, and store for up to 6 months in the freezer.

TIP: For 1 cup portions, try freezing the blanched kale in muffin tins overnight, then storing in a plastic freezer bag.

DRYING

1. Wash the kale leaves thoroughly and dry them.
2. De-stem the kale (remove the tough central rib) from each leaf.
3. Stack leaves on top of each other, roll them into a jelly roll shape, and chop the leaves into fine slivers no more than 1/8th of an inch wide to make fine ribbons.
4. Put your chopped leaves on your dehydrator trays. Dry on medium heat until crisp and crumbly.
5. Kale dries fast – usually in 6 to 8 hours if the weather isn't too humid. If there is any limpness at all, dry it a little longer before storage to prevent mold from forming.
6. Once fully dry, allow it to cool at room temperature. Store in glass jars with tight-fitting lids. You can leave it whole or crumble it as you put it into jars.
7. Dried kale lasts for up to two weeks, unless vacuumed sealed which extends their shelf life to up to 6 months.

TIP: Grind the dried kale into a fine powder to use in smoothies or other recipes for an extra nutritional boost!

THIS MONTH'S FEATURED CROP

LEEKS



SEASONALITY:
SEPT – FEB



SHELF-LIFE:
1-2 weeks

STORAGE:

To store leeks, wrap them unwashed in a slightly damp paper towel, place them in a perforated bag or reusable produce bag, and keep them in the refrigerator's crisper drawer.



METHODS OF PRESERVATION:

FREEZING: Clean, slice, blanch for 1-2 minutes, then freeze in an airtight container or bag. Lasts 6-12 months.

DRYING: Slice leeks thinly, dry in a food dehydrator or low-temperature oven, and store in an airtight container. Store in a cool, dark, and dry place. Lasts 6-12 months when stored properly.

PICKLING: See back for recipe. Lasts 3-6 months in the refrigerator.



RECIPE IDEAS:

- Leek & Bacon Jam • Potato Leek Soup
- Leek & Mushroom Risotto



LEEKS

PICKLED

♥ Add pickled leeks to salads, sandwiches, toast, charcuterie boards, even pizza!

INGREDIENTS:

- 4lbs leeks (around 6-8 leeks)
- 2 cups vinegar
- 2 cups water
- 4 tsp salt
- 1 tbsp granulated sugar
- 2 tsp peppercorns
- 3-4 cloves garlic

YEILD:

About 4 Pint Jars



INSTRUCTIONS:

- 1.** Slice the white and light green parts of the leeks into circles and wash. Pat dry.
- 2.** In a saucepan, combine the vinegar, water, salt, sugar, garlic cloves, and peppercorns. Heat over medium heat, stirring occasionally, until the salt and sugar dissolve. Remove from heat.
- 3.** Fill pint jars with leeks. Pour the vinegar mixture over the leeks until it just barely covers them. Seal the jar tightly.
- 4.** Let the jar cool to room temperature, then put the jar in the refrigerator. You can now eat the pickles whenever, but they will have a stronger flavor if you let them sit in the fridge for a day or two.

NOTE: Feel free to add other seasonings, such as fresh herbs like dill, thyme, or rosemary, whole caraway or mustard seeds, or red pepper flakes!

MIXED BERRY SYRUP

METHOD OF PRESERVATION

WATERBATH CANNING

Yield: about 2 half-pint jars

Ingredients:

- 1 1/4 cups prepared blackberry, blueberry, raspberry, or strawberry juice
- 1 1/2 cups sugar
- 1/4 cup corn syrup
- 1 tablespoon lemon juice

Prepare Juice:

1. Select table-ripe berries. Do not use underripe berries.
2. Wash, cap, and remove stems.
3. Crush berries and heat to a boil.
4. Turn heat down and simmer 1-2 minutes. Do not overcook; excess boiling will destroy the pectin, flavor, and color.
5. Pour everything into a damp jelly bag and suspend the bag to drain the juice. The clearest jelly comes from juice that has dripped through a jelly bag without pressing or squeezing.

Note: Juicy berries may be crushed and the juice extracted without heating.

Make Syrup:

1. Sterilize canning jars.
2. Combine ingredients in a sauce pan. Bring to a rolling boil and boil for one minute.
3. Remove from heat and skim off foam.
4. Pour into hot half-pint jars, leaving 1/4 inch head space.
5. Wipe jar rims and adjust lids.
6. Process for 10 minutes in a **Boiling Water Bath**.

COASTAL FOODSHED



**LEARN TO
LOVE LOCAL**

THIS MONTH'S FEATURED CROP

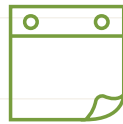
MUSHROOMS



IN SEASON:
YEAR-ROUND



SHELF LIFE:
5-10 days in the fridge
(note: some varieties
last longer than others)



STORAGE:

Store in a paper bag in the main compartment of your refrigerator. Do not store mushrooms in the crisper drawer because it is too moist of an environment. Avoid placing mushrooms near foods with strong odors or flavors because they absorb them like a sponge.

METHODS OF PRESERVATION:

FREEZING: Mushrooms need to be cooked before freezing. They are best when frozen fresh, so don't wait until their quality starts deteriorating before freezing. After cooking, let cool completely, then freeze in a Ziploc bag or other freezer-safe container.

PRESSURE CANNING: Process for 45 minutes in Dial Gauge Pressure Canner at 11 pounds pressure or in a Weighted Gauge Pressure Canner at 10 pounds pressure.

WATERBATH CANNING: Marinated Mushrooms last 12-18 months.

DRYING: Scrub thoroughly. Discard any tough, woody stalks. Cut tender stalks into short sections and slice caps. Arrange on dehydrator tray or sheet pan making sure they are not overlapping to ensure good air flow. Dry for 8-10 hours at 110 °F. Transfer cooled dried mushrooms to glass jars and cover tightly with lids. Store away from direct light or heat. To use dehydrated mushrooms, pour boiling water over them in a heat-proof bowl. Soak them for 20-30 minutes. Drain the liquid, but save the richly flavored soaking liquid for soup stocks and sauces. Use the rehydrated mushrooms as you would fresh mushrooms.

RECIPE IDEAS:

Ramen with Mushrooms & Greens • Mushroom Risotto • Mushroom Gravy

MARINATED WHOLE MUSHROOMS

WATERBATH CANNING



INGREDIENTS:

- 7 pounds small whole mushrooms**
- ½ cup bottled lemon juice**
- 2 cups olive or salad oil**
- 2 ½ cups white vinegar (5%)**
- 1 tablespoon oregano leaves**
- 1 tablespoon dried basil leaves**
- 1 tablespoon canning salt**
- ½ cup finely diced chopping onions**
- ¼ cup pimiento peppers (or any pepper of your choosing)**
- 2 cloves garlic, cut in quarters**
- 25 black peppercorns**

YIELD:

about 9 half-pint jars

INSTRUCTIONS:

- 1.** Select very fresh mushrooms with caps less than 1 ¼ inches in diameter.
- 2.** Wash. Cut stems, leaving ¼ inch attached to the cap.
- 3.** Transfer mushrooms to saucepan and add lemon juice and water to cover. Bring to a boil.
- 4.** Simmer for 5 minutes, then drain mushrooms.
- 5.** Mix olive oil, vinegar, oregano, basil, and salt in a saucepan.
- 6.** Stir in onions and pimiento. Heat to boiling.
- 7.** Place ¼ garlic clove and 2 or 3 peppercorns in each half-pint jar. Fill jars with mushrooms and hot, well-mixed oil/vinegar solution, leaving ¼ inch headspace.
- 8.** Remove air bubbles. Wipe jar rims. Adjust lids.
- 9.** Process half-pints for 20 minutes in a Boiling Water Bath.

THIS MONTH'S FEATURED CROP

ONIONS



IN SEASON:
AUG-FEB

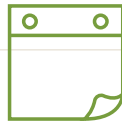


STORAGE:

Store in a cool, dry, well-ventilated place away from light



SHELF LIFE:
Several months



METHODS OF PRESERVATION:

FREEZING: While freezing onions is not recommended due to their high water content, they freeze well as onion rings. Wash, peel, and slice onions. Separate into rings. Water blanch for 10-15 seconds. Cool promptly, drain, and coat with flour. Dip in milk. Coat with a mixture of equal parts cornmeal and pancake mix. Arrange in a single layer on a tray. Freeze. Pack into containers using plastic wrap to separate the layers. Seal and freeze. To prepare, fry frozen rings in 375 °F oil until golden brown.

PICKLING: Prep onions and place in a jar. Follow recipe for Quickles, substituting cucumbers for onions.

DRYING: DIY Onion Powder lasts up to 1 year in a well-sealed container.

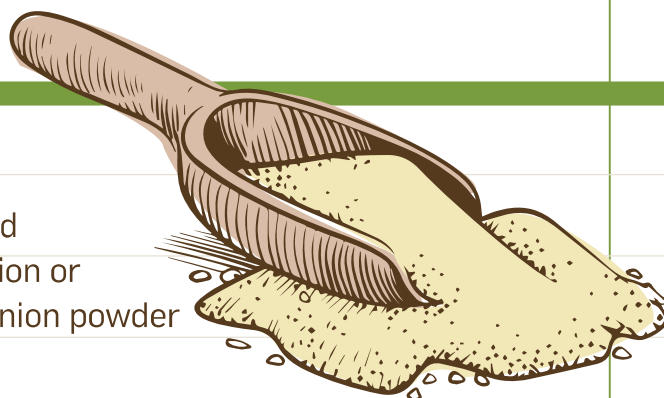
PRESSURE CANNING: Onions processed in a Pressure Canner last 6-7 months.

RECIPE IDEAS:

French Onion Soup • Caramelized Onion Tart • Onion Chutney

DIY ONION POWDER

DRYING



INGREDIENTS: YIELD:

1 Small Onion

$\frac{1}{4}$ cup dried
minced onion or
1 $\frac{1}{2}$ tbsp onion powder

INSTRUCTIONS:

TO DEHYDRATE:

1. Wash and peel onions.
2. Slice into rings or chop into small dices.
3. Dry at 125 F for 10-18 hours until they are crisp when cooled.

TO CONDITION:

1. Place dried onions into a jar large enough to allow movement. Do not add moisture absorbers or any other desiccant.
2. Shake once a day for 5-7 days. Look for signs of sticking, clumping, or moisture buildup.
 - a. If you have clumping or sticking to the side of the jar, if it is removed with a gentle shake, it is fine.
 - b. If it takes significant shaking to remove it, or if it doesn't unclump at all, place back into the dehydrator to dry more.
 - c. If you see mold of any kind, throw away onions, sanitize jar, and start the process from the beginning.

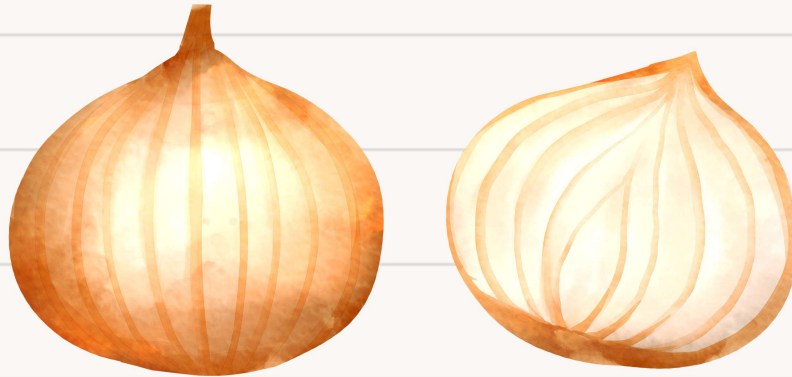
TO POWDER:

1. Place dehydrated and conditioned onion pieces into a blender or coffee grinder.
2. Pulse.
3. Process until finely ground.
4. Place onto cookie sheets in warmed (but off) oven to dry.
5. Store in airtight container.

NOTE: You can blanch onions for a few minutes beforehand to reduce the smell, or caramelize them completely before drying for a different flavor.

THIS MONTH'S FEATURED CROP

ONIONS



PICKLED ONIONS - WATERBATH CANNING

Ingredients:

- 4 pounds of onions, thinly sliced
- 1 cup vinegar
- 1 cup water
- 3 tbsp honey or maple syrup, to taste
- 2 tsp kosher salt
- 1 tsp peppercorns

Instructions:

1. To prepare the brine, combine vinegar, water, honey/maple syrup, salt and peppercorns in a sauce pan and bring to a boil, stirring occasionally.
2. In the meantime, peel and thinly slice onions and pack in jars, leaving 1/2-inch headspace.
3. Pour boiling brine over onions, leaving 1/2-inch headspace.
4. Remove air bubbles. Wipe jar rims. Adjust lids.
5. Process **10 minutes** in a **Boiling Water Bath**.

Use these pickled onions on street tacos! Sauté your choice of protein with garlic, onion, cumin, and chili powder. Serve in a warm tortilla with pickled onions, fresh cilantro and cotija cheese!

COASTAL FOODSHED



**LEARN TO
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THIS MONTH'S FEATURED CROP

PEACHES



SEASONALITY:
JULY-SEPTEMBER

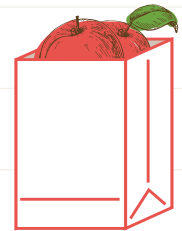


SHELF-LIFE:
5-7 DAYS



STORAGE:

Store unripe peaches at room temperature or in a paper bag to ripen, then refrigerate ripe peaches



METHODS OF PRESERVATION:

FREEZING: To freeze peaches, blanch them in boiling water for 30 seconds, transfer to ice water, peel and slice, then place in airtight freezer bags or containers with minimal air, optionally adding sugar or syrup, and freeze. Lasts up to a year.

DRYING: To dry peaches, slice them thinly, arrange on dehydrator trays in a single layer, and dry at 135°F (57°C) for 8-12 hours or until leathery; alternatively, use an oven at its lowest setting, checking frequently. Store in an airtight container in a cool, dark place.

WATERBATH CANNING: Peach Butter, Pie Filling, Jam, Jelly, or Marmalade (see back) last up to 1 year after being canned.



RECIPE IDEAS:

• Peach Cobbler • Peach Salsa • Peach Pound Cake

PEACHES

PEACH MARMALADE

INGREDIENTS:

3 pounds peaches

3 oranges

1 ½ pints water

6 ¾ cups sugar

YIELD:

ABOUT 7 HALF-PINT JARS



INSTRUCTIONS:

1. Wash, peel, and slice peaches into very thin strips or pieces.
2. Peel oranges and thinly slice peel. Separate seeds and membrane from orange pulp. Cut pulp into pieces.
3. Sterilize canning jars.
4. Boil sugar and water until dissolved and then add the fruit.
5. Cook rapidly, stirring frequently until jelling point is reached. The finished product shows the fruit appearing in small pieces throughout the mixture, and is smooth in consistency.
6. Pour hot marmalade into hot jars, leaving ¼ inch headspace.
7. Wipe jar rims and adjust lids.
8. Process for 5 minutes in a Boiling Water Bath.

FUN FACT:

Did you know a peach tree can produce fruit for up to 12 years, but its most productive years are typically between the ages of 4 and 8?



THIS MONTH'S FEATURED CROP

PEPPERS



SEASONALITY:
JULY-OCTOBER

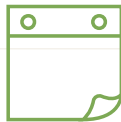


STORAGE:



Store peppers in the crisper drawer of your refrigerator. For mild peppers, place them in a breathable bag to allow airflow. For hot peppers, wrap them in a paper towel and store in a sealed container.

SHELF-LIFE:
1-2 WEEKS



METHODS OF PRESERVATION:

FREEZING: To freeze peppers, wash and dry them, then slice or leave whole. Lay them in a single layer on a baking sheet to freeze for 1-2 hours, then transfer to an airtight bag or container. Lasts up to 6 months.

DRYING: To dry peppers, wash and pat them dry, then either hang them in a well-ventilated area or use a dehydrator at 125-135°F. Slice larger peppers in half to speed up drying. Once completely dried, store them in an airtight container in a cool, dark place. Lasts up to two years.

PRESSURE CANNING: To pressure can peppers, wash and cut them, then pack them into sterilized jars, leaving 1 inch of headspace. Fill with boiling water or brine, add salt if desired, and seal the jars. Process in a pressure canner at 10-15 pounds of pressure for 35-40 minutes, then cool and store the sealed jars.

WATERBATH CANNING: Pepper Relish, Pepper Jam, and Hot Sauce (see back) all last up to one year.

RECIPE IDEAS:

Pepper Jam
Roasted Red Pepper Soup
Enchiladas



PEPPERS

EASY HOT SAUCE!



INGREDIENTS:

8 cups (64oz) canned, diced tomatoes, undrained
1.5 cups seeded, chopped peppers
4 cups distilled white vinegar (5%)
2 tsp canning salt
2 tbsp whole mixed pickling spices

YEILD:

ABOUT 7-8 HALF-PINT JARS



CAUTION: Wear plastic or rubber gloves and do not touch your face while handling or cutting hot peppers. If you do not wear gloves, wash hands thoroughly with soap and water before touching your face or eyes.

INSTRUCTIONS:

HOT PACK

1. Place mixed pickling spices in a spice bag and tie the ends firmly.
2. Mix all ingredients in a Dutch oven or large saucepot. Bring to a boil, stirring occasionally.
3. Simmer another 20 minutes, until tomatoes are soft.
4. Press mixture through a food mill or fine mesh strainer.
5. Return the liquid to the stockpot, heat to boiling and boil for another 15 minutes.
6. Fill hot sauce into clean, hot half-pint jars, leaving $\frac{1}{4}$ inch headspace.
7. Remove air bubbles and adjust headspace if needed.
8. Wipe rims of jars with a dampened clean paper towel. Adjust lids.
9. Process in a Boiling Water Bath for 10 minutes.

THIS MONTH'S FEATURED CROP

PEPPERS



WATERBATH CANNING - Sweet Pepper Relish

yield: about 6 pint jars

10 cups ground bell peppers (approx. 16 peppers or 6-8 pounds)
1 1/2 cups ground onion (3 medium yellow onions, about 1 1/2 pounds)
2 1/2 cups white distilled or cider vinegar (5%)
2 cups sugar
4 teaspoons canning salt
4 teaspoons mustard seed

1. Wash peppers well; trim to remove stems and seeds.
2. Peel, core, and wash onions.
3. Cut peppers and onions into large pieces. Coarsely grind peppers and onions separately from each other.
4. Measure about 5 cups of peppers with their juice and 1 1/2 cups onions with their juice.
5. Combine the measured peppers and onions with the remaining ingredients in a large stockpot. Bring the mixture to a boil over high heat while stirring.
6. Reduce heat and cook at a low boil for 30 minutes, stirring often to prevent scorching.
7. Fill the hot relish into clean hot jars, leaving 1/2-inch headspace.
8. Remove air bubbles. Wipe jar rims. Adjust lids.
9. Process in a Boiling Water Bath for 10 minutes.

COASTAL FOODSHED



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THIS MONTH'S FEATURED CROP

PLUMS



SEASONALITY

June-September

SHELF-LIFE

Unripe plums (at room temp): 2-3 days to ripen.

Ripe plums (fridge): 3-5 days.

Cut plums (fridge): 2-3 days in an airtight container.

STORAGE

Store unripe plums at room temperature, out of direct sunlight, until they soften slightly and give to gentle pressure. Once ripe, transfer them to the refrigerator, where they will keep for 3 to 5 days. Cut plums should be stored in an airtight container in the fridge and eaten within 2 to 3 days.

PLUMS

METHODS OF PRESERVATION

FREEZING:

To freeze plums, wash and dry them, cut them in half to remove the pits, then slice if desired; lay the pieces in a single layer on a baking sheet and freeze until solid, then transfer to a sealed freezer bag or container, where they will keep for up to 12 months.

DRYING:

To dry plums, wash and pit them, then slice or halve them and place them on a dehydrator tray or baking sheet lined with parchment. Dry at 135°F in a dehydrator (or 175°F in the oven) for 8–12 hours, or until they are leathery but still pliable. Once cooled, store dried plums in an airtight container in a cool, dark place, where they will last up to 6 months, or up to a year if stored in the refrigerator or freezer.

WATERBATH CANNING - JAM

Yield: about 8 half-pint jars

Ingredients:

- 2 quarts chopped plums (about 4 pounds)
- 6 cups sugar
- 1 1/2 cups water
- 1/4 cup lemon juice

Instructions:

1. Sterilize canning jars.
2. Combine all ingredients. Bring slowly to a boil, stirring occasionally until sugar dissolves.
3. Cook rapidly almost to jelling point, about 20 minutes. As mixture thickens, stir frequently to prevent sticking.
4. Pour hot jam into hot jars, leaving 1/4 inch headspace.
5. Wipe jar rims and adjust lids.
6. Process in a **Boiling Water Bath** for 5 minutes.

COASTAL FOODSHED



LEARN TO
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PLUMS

PRESERVES VS. CONSERVES

and how they differ from jam and jelly



Preserves and conserves are both fruit spreads, but they differ in texture and ingredients.

Preserves are made with whole or large pieces of fruit suspended in a thick syrup, offering a chunkier consistency.

Conserve, on the other hand, are similar but often include a mix of fruits, along with added nuts or dried fruits, giving them a more complex flavor and texture.

This sets them apart from jam, which uses crushed fruit for a smoother, spoonable consistency, and jelly, which is made from fruit juice and is clear and firm.

Each method highlights different qualities of the fruit and offers varying degrees of sweetness and texture.

COASTAL FOODSHED



**LEARN TO
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PLUMS

METHOD OF PRESERVATION

WATERBATH CANNING

Plum Preserves

Yield: about 5 half-pint jars

Ingredients:

- 5 cups pitted plums (about 2 1/2 pounds)
- 4 cups sugar
- 1 cup water

1. Sterilize canning jars.
2. Combine all ingredients. Bring slowly to a boil, stirring until sugar dissolves.
3. Cook rapidly almost to the jelling point, about 15 minutes, stirring frequently to prevent sticking.
4. Pour hot preserves into hot jars, leaving 1/4 inch headspace.
5. Wipe jar lids and adjust lids.
6. Process in a **Boiling Water Bath** for 5 minutes.

Plum Conserve

Yield: about 10 half-pint jars

Ingredients:

- 2 1/2 quarts chopped, pitted plums (about 4 pounds)
- 3/4 cup orange peel
- 2 cups seedless raisins
- 1 3/4 cups chopped orange pulp (about 2 large oranges)
- 6 cups sugar
- 2 cups broken pecan or other nuts

1. Sterilize canning jars.
2. Combine plums, orange pulp and peel, raisins, and sugar. Slowly bring to a boil, stirring occasionally until sugar dissolves.
3. Cook rapidly almost to the jelling point, about 15 minutes, stirring frequently to prevent sticking.
4. Add nuts during the last 5 minutes of cooking.
5. Pour hot conserve into hot jars, leaving 1/4 inch headspace.
6. Wipe jar lids and adjust lids.
7. Process in a **Boiling Water Bath** for 5 minutes.

THIS MONTH'S FEATURED CROP

POTATO



SEASONALITY

Jul-Mar

SHELF-LIFE

2-3 months

STORAGE

Store raw potatoes in a cool (45-50°F), dark, dry, and well-ventilated place, such as a pantry or cellar, using a mesh bag or basket. Avoid refrigeration, plastic bags, and storing near onions to prevent sprouting and spoilage. Check regularly for soft or moldy potatoes and remove them to extend freshness.

POTATO

METHODS OF PRESERVATION

FREEZING:

To freeze potatoes, wash, peel (if desired), and cut them into cubes, slices, or fries. Blanch in boiling water (3-5 minutes for cubes, 2-3 minutes for fries), then cool in an ice bath and pat dry. Flash freeze on a baking sheet, then transfer to airtight freezer bags for up to 12 months.

DRYING:

To dry potatoes, wash, peel, and slice them thinly or shred them. Blanch in boiling water for 3-5 minutes, then drain and pat dry. Arrange in a single layer on a dehydrator tray at 125-135°F (for 8-12 hours until crisp, then store in an airtight container).

PRESSURE CANNING:

1. Select small to medium-size mature potatoes of ideal quality for eating. Tubers stored below 45°F may discolor when canned. For packing whole, choose potatoes 1 to 2 inches in diameter.
 2. Hot Pack:
 - a. Wash and peel potatoes. If desired, cut into 1/2-inch cubes.
 - b. Pack in a solution of 1 teaspoon ascorbic acid and 1 gallon of water, to prevent darkening. Drain.
 - c. Place potatoes in a saucepot of hot water, bring to a boil and boil whole potatoes for 20 minutes; cubes for 2 minutes. Drain.
 - d. Pack hot potatoes in hot jars, leaving 1-inch headspace.
 3. Add 1/2 teaspoon salt to pints, 1 teaspoon to quarts, if desired.
 4. Fill jars 1 inch from the top with fresh boiling water.
 5. Remove air bubbles. Wipe jar rims. Adjust lids and process.
 6. Process in a Dial Gauge Pressure Canner at 11 pounds pressure OR in a Weighted Gauge Pressure Canner at 10 pounds pressure.
 - a. Pints: 35 minutes
 - b. Quarts: 40 minutes
-

THIS MONTH'S FEATURED CROP

RADISHES



IN SEASON:

DEC-JUNE



SHELF LIFE:

Fresh radishes last 1-2 weeks in the fridge; Winter storage radishes can last for months in the fridge.



STORAGE:

Store in a plastic bag in the crisper drawer of your fridge. Fresh spring radishes can be stored at room temperature on the counter for 2-3 days.



METHODS OF PRESERVATION:

FREEZING: Wash, slice, and blanch radishes in hot water quickly. Blanching slows down the enzymes that cause the radishes to ripen, which will ensure their freshness and flavor after freezing. Place radishes in a moisture-resistant and airtight freezer container or bag. Lasts up to 6 months in the freezer.

DRYING: Wash radishes thoroughly. Remove the stem and root from the radish, then slice into $\frac{1}{4}$ inch coins. Arrange radish coins on a dehydrator tray or sheet pan making sure they have enough space in between each to allow for good air flow. Dehydrate at 125°F for 3-6 hours. Let cool then store in an airtight container in a cool, dark place. Lasts up to a year.

WATERBATH CANNING: Pickled radishes last up to a year once canned.



RECIPE IDEAS:

- Tacos with Pickled Radish
- Roasted Radishes
- Lentil Salad with Feta & Radishes

PICKLED RADISH

WATERBATH CANNING



INGREDIENTS:

2 pounds radishes, tops and roots removed and sliced 1/8 inch thick

1 ½ cups water

2 teaspoons canning salt

1 ¼ cups white vinegar

¼ cup red wine vinegar

¾ cup sugar

2 teaspoons peppercorns

1 tablespoon mustard seeds

1 teaspoon dried red pepper flakes

YIELD:

approx. 6 half-pint jars

INSTRUCTIONS:

1. Sterilize canning jars:
 - a. Put them right side up on the rack in a boiling-water canner.
 - b. Fill the canner and jars with hot (not boiling) water to 1 inch above the tops of the jars.
 - c. Boil 10 minutes.
 - d. Remove and drain hot sterilized jars one at a time. Save the hot water for processing filled jars.
2. Meanwhile, in a medium saucepan combine water, salt, white vinegar, sugar, red wine vinegar, peppercorns, mustard seeds, and red pepper flakes.
3. On medium high heat, bring to a boil stirring until sugar and salt are dissolved.
4. Pack radishes into hot, sterilized half-pint jars, leaving ½ inch headspace.
5. Ladle hot vinegar mixture into jars being sure to keep the ½ inch headspace. Evenly distribute the peppercorns, seeds, and flakes among each jar.
6. Wipe rims of jars with a dampened clean cloth; adjust two-piece metal canning lids.
7. Process in a boiling water bath for 10 minutes.

NOTE: Pickled radishes can last up to 6 months in a refrigerated canning jar without processing in a waterbath.

THIS MONTH'S FEATURED CROP

RASPBERRY



SEASONALITY

Summer-bearing varieties:

Late June through July

Fall-bearing (everbearing) varieties:

Late August through early October

SHELF-LIFE

3-4 days

STORAGE

To store raspberries, keep them unwashed until you're ready to eat to prevent moisture from causing mold. Store them dry in the refrigerator, ideally in their original vented container or in a shallow container lined with paper towels to absorb any excess moisture. Check them daily and remove any soft or moldy berries to keep the rest fresh.

RASPBERRY

METHODS OF PRESERVATION

FREEZING:

To freeze raspberries, first gently rinse and dry them thoroughly, then spread them out in a single layer on a baking sheet to prevent clumping. Once they are completely frozen, transfer the raspberries to a freezer-safe bag or container, seal tightly, and store in the freezer for up to a year.

DRYING:

To dry raspberries, start by rinsing them gently and patting them dry. Then, spread the berries in a single layer on a dehydrator tray or a baking sheet if using an oven. Dry them at a low temperature (around 135°F in a dehydrator or the lowest oven setting) for several hours until they are completely dry and leathery but still slightly pliable. Let them cool, then store the dried raspberries in an airtight container in a cool, dark place. Lasts 6-12 months.

WATERBATH CANNING - JAM

Ingredients:

- 9 cups crushed berries
- 6 cups sugar

Instructions:

1. Sterilize canning jars.
2. Combine berries and sugar. Bring slowly to a boil, stirring occasionally until sugar dissolves.
3. Cook rapidly to, or almost to, jelling point, depending upon whether a firm or soft jam is desired. As mixture thickens, stir frequently to prevent sticking.
4. Pour hot jam into hot jars, leaving 1/4 inch headspace.
5. Wipe jar rims and adjust lids.
6. Process in a **Boiling Water Bath** for 5 minutes.

Note: If seedless jam is preferred, crushed berries may be heated until soft and pressed through a sieve or food mill; then add sugar and proceed as above.

COASTAL FOODSHED



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THIS MONTH'S FEATURED CROP

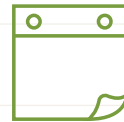
RHUBARB



IN SEASON:
MAY-JULY



SHELF LIFE:
5-8 days in the fridge



STORAGE:

For short term storage, you can keep rhubarb on the counter for a few days so long as it is a cool, dry climate with good air circulation. For long term storage, trim excess leaves and wrap the rhubarb in loose, breathable plastic. You can make a few holes in a plastic bag to allow air to circulate and let ethylene gas, which accelerates the ripening process, escape. Store in the refrigerator, ideally in the crisper drawer.

METHODS OF PRESERVATION:

DRYING: Wash stalks thoroughly and cut the rhubarb into $\frac{1}{4}$ inch thick pieces. Arrange in a single layer on cooling racks on top of baking sheets and put in the oven at the lowest possible setting (at least below 200°F) with the oven door cracked 2 inches so moisture can escape. Dehydrate for at least 8 hours or until rhubarb is crisp to the touch. Alternatively, dry rhubarb in a dehydrator at 130°F for 18-24 hours. Store in an airtight container with an oxygen absorber if possible. Keep out of direct sunlight to prevent it from degrading in the light. Lasts up to a year without the color fading.

WATERBATH CANNING: Remove leaves, wash stalks, and cut into $\frac{1}{2}$ to 1 inch pieces. In a large saucepan add $\frac{1}{2}$ cup sugar for each quart of rhubarb. Let stand until juice appears. Heat gently to boiling. Immediately pack rhubarb mixture in hot jars, leaving $\frac{1}{2}$ -inch headspace. Remove air bubbles. Wipe jar rims. Adjust lids. Process in Boiling Water Bath for 15 minutes. Lasts about 18 months.

FREEZING: See back for instructions. When frozen, rhubarb can last up to 1 year.

RECIPE IDEAS:

- Rhubarb Soda
- Pork Chops with Rhubarb-Cherry Sauce
- Strawberry Rhubarb Crumble

RHUBARB

FREEZING



INSTRUCTIONS:

PREPARATION:

Choose firm, tender, well-colored stalks with good flavor and few fibers. Wash, trim and cut into lengths to fit the package. Heating rhubarb in boiling water for 1 minute and cooling promptly in cold water helps retain color and flavor.

DRY PACK:

Pack either raw or preheated rhubarb tightly into containers without sugar. Leave headspace. Seal and freeze.

SYRUP PACK:

Pack either raw or preheated rhubarb tightly into containers, cover with cold 40 percent syrup. Leave headspace. Seal and freeze.

A 40% syrup is recommended for most fruits. Lighter syrups are desirable for mild-flavored fruits to prevent masking of flavors; whereas heavier syrup may be needed for very sour fruits. To make the syrup, dissolve sugar in lukewarm water, mixing until the solution is clear. Chill before using.

Syrups for Use in Freezing Fruits

TYPE OF SYRUP	PERCENT SYRUP	CUPS OF SUGAR	CUPS OF WATER	YIELD OF SYRUP IN CUPS
Very Light	10%	½	4	4 ½ cups
Light	20%	1	4	4 ¾ cups
Medium	30%	1 ¾	4	5 cups
Heavy	40%	2 ¾	4	5 1/3 cups
Very Heavy	50%	4	4	6 cups

YUM!

Growing up in New England, folks have fond memories of dipping the stalks of rhubarb into a bowl of sugar and chewing on the ends. It was a sweet and tart treat enjoyed by many throughout the generations.



THIS MONTH'S FEATURED CROP

RHUBARB

WATERBATH CANNING - Rhubarb Juice Concentrate

Ingredients:

12 cups sliced rhubarb

4 cups water

Grated zest and juice of 1 lemon

Grated zest and juice of 1 orange

1 1/2 cups sugar

Instructions:

In large pot, combine rhubarb, water, lemon & orange zests and bring to a boil.

Stir constantly over medium high heat. Reduce heat, cover and boil gently until rhubarb is soft, about 10 minutes. Remove from heat and stir in lemon juice and orange juice.

Pour into dampened jelly bag or strainer lined with several layers of cheesecloth set over a deep bowl. Let drip for at least 2 hours, undisturbed. In clean, large pot combine rhubarb juice and sugar. Heat to 190° F. Stir to dissolve sugar, but do not boil. Remove from heat and skim off foam. Ladle into hot jars, leave ¼-inch headspace, clean rim, place lids and screw bands.

Place jars in prepared canner, with jars completely under water. Bring to a boil, reduce heat to maintain gentle boil and process for 20 minutes.

Turn off heat and remove canner lid. Allow jars to sit in canner for 5 minutes before removing.

Set jars on rack or towel out of drafts and allow to cool. Remove screw band, label and store.

COASTAL FOODSHED



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THIS MONTH'S FEATURED CROP

SPINACH



SEASONALITY

Apr-Jun & Sep-Nov

SHELF-LIFE

5-7 days

STORAGE

Store unwashed spinach in a breathable container lined with dry paper towels in the refrigerator's crisper drawer to keep it fresh.

SPINACH

METHODS OF PRESERVATION

FREEZING:

This is the best method for preserving spinach. Blanch spinach in boiling water for 1-2 minutes, then cool it in ice water, drain thoroughly, and freeze in airtight bags or containers. This method preserves nutrients and flavor for up to 12 months.

DRYING:

Wash and dry spinach, then dehydrate in a food dehydrator or oven at low heat until crisp. Store in an airtight container for soups, powders, or snacks.

PRESSURE CANNING:

Greens may be canned; however freezing results in a better product. Wash thoroughly in several changes of water. Blanch 1 pound of greens at a time, until well wilted (about 3-5 minutes). Pack hot greens loosely into hot jars, leaving 1 inch space. Add ¼ teaspoon salt to pints; ½ teaspoon to quarts. Fill jars to 1 inch from top with boiling water. Remove air bubbles. Wipe jar rims. Adjust lids and process in a Dial Gauge Pressure Canner at 11 pounds pressure OR in a Weighted Gauge Pressure Canner at 10 pounds pressure. Pints, 70 minutes; Quarts, 90 minutes.

COASTAL FOODSHED



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THIS MONTH'S FEATURED CROP

STRAWBERRIES



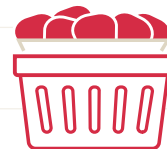
IN SEASON:
MAY-JUNE

SHELF LIFE:
5-7 DAYS



STORAGE:

Store unwashed in a breathable container lined with a paper towel in the refrigerator to keep them fresh. Do not wash them until ready to eat as moisture can lead to mold growth.



METHODS OF PRESERVATION:

FREEZING: Wash, hull, and dry the strawberries, then freeze them in a single layer on a baking sheet. Once frozen, transfer to a freezer-safe bag or container.

Frozen strawberries can last up to a year.

DRYING: Wash, hull, and slice strawberries in 1/8-1/4 inch slices. Arrange slices on baking sheet or dehydrator tray. Dry 8-12 hours at 135° F in oven or dehydrator. Let strawberries cool to room temperature, then store in an airtight container in a cool, dark place.

Dried strawberries last for several months.

WATERBATH CANNING: Strawberry Jam (see back) lasts up to 1 year after being canned.



RECIPE IDEAS:

- Strawberry Vinaigrette
- Strawberry Cheesecake
- Strawberry Hand Pies

STRAWBERRIES

STRAWBERRY JAM

INGREDIENTS:

- 6 cups crushed strawberries
- 1 tbsp lemon juice
- 1 package powdered pectin
- 5 cups sugar

YIELD:

About 6 half-pint jars



INSTRUCTIONS:

1. Combine strawberries, lemon juice, and pectin in a large saucepot.
2. Bring to a boil, stirring frequently.
3. Add sugar, stirring until dissolved.
4. Once sugar is dissolved, boil for 1 minute, stirring constantly.
5. Remove from heat. Skim foam if necessary.
6. Ladle hot jam into hot jars, leaving $\frac{1}{4}$ inch headspace.
7. Wipe jar rims and adjust lids.
8. Process for 10 minutes in a Boiling Water Bath.

NOTE: Leave jars undisturbed for 24 hours after Water Bath. After 24 hours, remove bands and wipe away any moisture around the lid. Label and date.

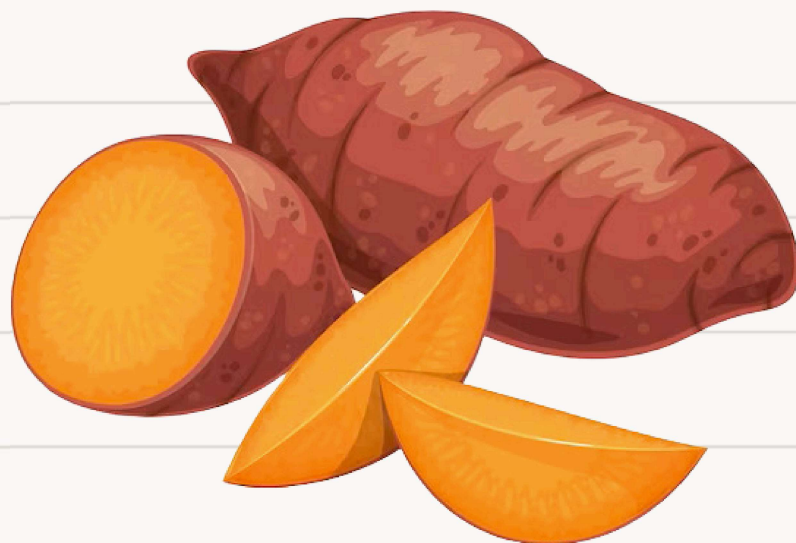
FUN FACT:



Did you know there was a Strawberry Express train that traveled from the Southcoast in Dighton, MA to Boston? It ran on schedule for 50 years, carrying the day's freshly picked strawberries. Now, strawberries are on the town seal and flag of Dighton!

THIS MONTH'S FEATURED CROP

SWEET POTATO



SEASONALITY

Oct-Feb

SHELF-LIFE

2-3 months

STORAGE

Store in a cool, dry, well-ventilated area. Use a basket or paper bag to allow for airflow and prevent moisture buildup, reducing the risk of mold.

SWEET POTATO

METHODS OF PRESERVATION

FREEZING:

To freeze sweet potatoes, first wash and cook them, as raw sweet potatoes don't freeze well. You can blanch cubes or slices (boil for 2-3 minutes, then ice bath), roast whole (375°F for 1-1.5 hours, then cool and peel), or mash them before freezing. Once cooled, pack them in airtight containers or freezer bags, removing excess air to prevent freezer burn. Store for up to 12 months, and thaw in the fridge before use.

DRYING:

To dehydrate sweet potatoes, wash, peel (optional), and slice them into ¼-inch thick rounds or strips. Blanch in boiling water for 2-3 minutes, then drain and pat dry. Arrange slices in a single layer on a dehydrator tray and dry at 125-135°F (52-57°C) for 8-12 hours, flipping halfway through. They're ready when crisp and brittle. Store in an airtight container in a cool, dark place for up to a year.

PRESSURE CANNING:

1. Choose small to medium-sized potatoes. They should be mature, but not too fibrous.
2. Hot Pack:
 - a. Wash and peel potatoes. If desired, cut into 1/2-inch cubes.
 - b. Pack in a solution of 1 teaspoon ascorbic acid and 1 gallon of water, to prevent darkening. Drain.
 - c. Place potatoes in a saucepot of hot water, bring to a boil and boil whole potatoes for 20 minutes; cubes for 2 minutes. Drain.
 - d. Pack hot potatoes in hot jars, leaving 1-inch headspace.
3. Add 1/2 teaspoon salt to pints, 1 teaspoon to quarts, if desired.
4. Fill jars 1 inch from the top with fresh boiling water.
5. Remove air bubbles. Wipe jar rims. Adjust lids and process.
6. Process in a Dial Gauge Pressure Canner at 11 pounds pressure OR in a Weighted Gauge Pressure Canner at 10 pounds pressure.
 - a. Pints: 35 minutes
 - b. Quarts: 40 minutes

COASTAL FOODSHED



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THIS MONTH'S FEATURED CROP

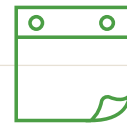
TOMATO



IN SEASON:
JULY-SEPT



SHELF LIFE:



On Counter: about a week

In Fridge: up to 5 days

**METHODS OF
PRESERVATION:**



FREEZING: Blanch and peel tomatoes, storing as whole, stewed, or sauce in jars or Ziploc. Lasts up to 6 months in freezer.

DRYING: Remove center stem and core, quarter, place on trays cut side up, dry in dehydrator for 8-12 hours at 140 F. Or dry in oven for 10-15 hours at 200 F on a slotted tray for better circulation. Times may vary depending on size of tomato. Check and rotate every couple of hours. Store in air-tight freezer bags and use within 6-9 months.

WATERBATH CANNING: Tomato sauce, jam, relish or salsa lasts up to 1 year after being canned

STORAGE:



On Counter: place them stem-side down in a single layer
Check for ripeness: press it very lightly, it should give slightly to the touch without being soft.

In Fridge: Once ripe, store in fridge away from other produce that might be affected and spoiled by their ripening gas, such as lettuce and dark leafy greens.

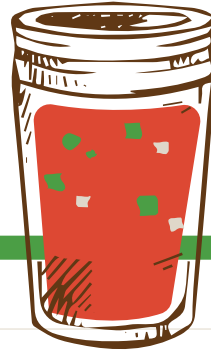
RECIPE IDEAS:



Shakshuka
Lasagna
Tomato Soup

TOMATO SALSA

WATERBATH CANNING



INGREDIENTS:

5 pounds tomatoes (approx. 8 cups chopped)

2 pounds peppers, hot or sweet (approx. 5 cups, diced)

NOTE: adjust amount of peppers used depending on spice level of peppers and personal preference

1 pound onions (approx. 4 cups, diced)

1 cup 5% white vinegar

3 tsp salt

½ teaspoon pepper



YIELD: About 6-8 half-pint jars

INSTRUCTIONS:

1. Peel, wash, and dice onions.
2. Wash and chop peppers.
3. Wash tomatoes and dip in boiling water for 30 to 60 seconds or until skins split. Dip in cold water, slip off skins, and remove cores.
4. Coarsely chop tomatoes and combine them with chopped peppers, onions, and remaining ingredients in a large saucepan.
5. Heat to boiling; then reduce heat and simmer for 10 minutes.
6. Fill salsa into hot jars, leaving ½ inch headspace. Remove air bubbles and adjust headspace if needed.
7. Wipe rims of jars with a dampened clean cloth. Adjust lids.
8. Process in Boiling Water Bath for 15 minutes.

NOTES:

Process times vary between recipes. Always double check your process time before canning.

Tomatoes are a nearly neutral acid food, whereas onions and peppers are low acid.

When you are working with low acid food and a nearly neutral acid food, you have to use exact measurements. Don't change the recipe. You also have to add acid. The acid ingredients help preserve the salsa. When canning with vinegar, be sure to use 5% white vinegar. Do not reduce the amount of vinegar, as canning without adequate acidification can be unsafe.

THIS MONTH'S FEATURED CROP

TOMATO



ACIDIFY TOMATOES & TOMATO PRODUCTS

Tomatoes have pH values that fall close to 4.6, so it's important to add acid to can them safely.

Select only disease-free, preferably vine-ripened, firm fruit for canning. (Note: green tomatoes are more acidic than ripened tomatoes, so it is safe to use a simple water bath method to preserve them.)

Whether you're preserving whole, crushed, or juiced tomatoes in a boiling water bath or pressure canner, don't forget to add acid!

TO ACIDIFY TOMATOES: Add 1 tablespoon of bottled lemon juice or $\frac{1}{4}$ teaspoon citric acid per pint of tomatoes. For quarts, use 2 tablespoons of lemon juice or $\frac{1}{2}$ teaspoon citric acid.

IMPORTANT: Do not use hand squeezed lemon juice!

This acid can be added directly to each jar before filling it with the product. If this makes the product taste too acidic, you can add a little sugar to offset the taste.

If needed, 2 tbsp of vinegar per pint or 4 tbsp of vinegar per quart can be used instead of lemon juice or citric acid; however, the vinegar can cause undesirable flavor changes, so it's not recommended.

TOMATO

CANNING CRUSHED TOMATOES

HOT PACK

1. Wash tomatoes and dip in boiling water for 30 to 60 seconds or until skins split.
2. Then dip in cold water, slip off skins and remove cores.
3. Trim off any bruised or discolored portions and quarter.
4. Heat about 1 pound of the quarters quickly in a large pot, crushing them with a wooden mallet or spoon as they are added to the pot. This will draw off some juice.
5. Continue heating the tomatoes, stirring to prevent burning.
6. Once the tomatoes are boiling, gradually add the remaining quartered tomatoes, stirring constantly. These remaining tomatoes do not need to be crushed. They will soften with heating and stirring.
7. Continue until all tomatoes are added. Then boil gently for 5 minutes.
8. Add bottled lemon juice or citric acid to hot jars.
 - a. Pints: 1 tbsp of lemon juice or $\frac{1}{4}$ teaspoon citric acid
 - b. Quarts: 2 tbsp of lemon juice or $\frac{1}{2}$ teaspoon citric acid
9. Add $\frac{1}{2}$ teaspoon salt to each pint jar; 1 teaspoon to each quart jar, if desired.
10. Fill jars immediately with hot tomatoes, leaving $\frac{1}{2}$ inch headspace. Remove air bubbles. Wipe jar rims. Adjust lids and process.

OPTION 1 – Process in a Boiling Water Bath: 35 minutes for pints; 45 minutes for quarts.

OPTION 2 – Process for 15 minutes in a Dial Gauge Pressure Canner at 11 pounds pressure OR in a Weighted Gauge Pressure Canner at 10 pounds pressure.