Preserving Your Produce

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

FREEZER PLEASERS

- **PEEL & SEAL**: Always wash, cut, and peel produce before freezing, and use freezer bags or containers for storage.

- **COOL DOWN**: Make sure foods cool to room temperature before placing into freezer. Almost all vegetables can be frozen if cooked into soups or stews first.

- **SMOOTH OVER**: Frozen fruit or vegetables that are mushy after thawing are perfect for use in smoothies or cooked dishes.
IN A PICKLE?

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

HERE’S THE DILL:
(Prime foods for pickling)
cucumbers, radishes, carrots, okra, pearl onions, beets, cabbage, peppers, garlic, grape tomatoes

basic pickling liquid
3 cups white or apple cider vinegar
3 cups water
¼ cup sea salt
¼ cup sugar (for sweet pickles)
2–4 dried hot chilies (for spicy pickles)
Dried herbs & spices (mustard seed, celery seed, bay leaf, peppercorn, etc.)

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

IN A JAM?

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

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

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

basic fruit jam
1 cup fresh or frozen berries
1 small piece of different fruit (plum, peach, etc.)
½–¼-inch slice lemon peel
1 tbsp sugar

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

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