



preserving your garden harvest

 CANNING  FREEZING  DRYING



welcome

We are dedicated to the American farmer and believe things should be simple. The basics of gardening, harvesting and processing your own crops, supporting local farmer's markets have always been a part of our values.

We are sharing ways to preserve your abundant harvest by canning, freezing and drying. in this e-book, you'll find delicious recipes, step by step demonstrations and adorable printable labels.

We hope this becomes a simple reference for you to enjoy the year-round benefits of your garden and locally grown foods.

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canning



Canning is a method of preserving food in which the food contents are processed and sealed in an airtight container.

Canning provides a typical shelf life ranging from one to five years, although under specific circumstances a freeze-dried canned product, such as canned, dried lentils, can last as long as 30 years.

CHOOSE THE JAR THAT FITS YOUR NEEDS

Jar Size - Choose from over 6 jar sizes. Some jars have shoulders while others have straight sides that work best for freezing. Your recipe will guide you on the recommended jar sizes. Here are some suggestions to get you started.

Mouth Size - The diameter of the jar opening determines the mouth size. Choose from either regular or wide mouth sizes. All Jelly Jars have a regular mouth size.

- Regular Mouth works best with pourable foods such as jams and jellies, salsas, sauces and pie fillings or chopped fruits and vegetables.
- Wide Mouth works best with whole fruits and vegetables.

Note: When filling freezer safe jars, leave 1/2 inch headspace to allow for food expansion during freezing

jar selector

REGULAR MOUTH: IDEAL FOR...		FREEZER SAFE?
jelly jars (4 oz)	jams, jellies, mustards, ketchups, dipping sauces, flavored vinegars	★
jelly jars (8 oz)	jams, jellies, conserves and preserves	★
jelly jars (12 oz)	jams, jellies and marmalades	★
half pint (8 oz)	fruit syrups, chutneys and pizza sauce	★
pint (16 oz)	salsas, sauces, relishes and pie fillings	
quart (32 oz)	sliced fruits and vegetables, pickles, tomato-based juices and sauces	



WIDE MOUTH: IDEAL FOR...		FREEZER SAFE?
pint (16 oz)	salsas, sauces, pickles, relishes and fruit butters	★
quart (32 oz)	pickles, tomatoes and whole or halved fruits and vegetables	
half gallon (64 oz)	apple and grape juices	






1 • 2 • 3

3 STEPS TO PRESERVING INTRO TO CANNING

Ball® has put together a resource that explains the canning process simply. From prepping your gear and selecting your recipe to the actual preserving process.



CLICK HERE TO DOWNLOAD

freshpreserving.com/guides/IntroToCanning.pdf



Let's Start Preserving!

Intro to Canning



1 • 2 • 3

3 Simple Steps To Preserving

CANNING RECIPES

blueberry jam

1 1/2 qt. stemmed blueberries, crushed 7 cups sugar
1/4 cup lemon juice 2 - 3oz packages liquid pectin
1 - 1 inch stick cinnamon

1. Combine the blueberries, lemon juice, cinnamon and sugar in a Dutch oven and bring to a boil, stirring occasionally until the sugar dissolves. Boil mixture for 2 minutes, stirring frequently; remove from heat. Discard cinnamon stick. Add pectin to mixture and stir for 5 minutes. Skim off foam with a metal spoon.

2. Quickly pour hot jam into hot, sterilized jars, leaving 1/4 inch headspace. Wipe jar rims. Cover jars at once with metal lids and screw on bands.

3. Process in boiling water bath for 10 minutes.

Yields 5 half pints.



corn relish

4 cups fresh cut corn 1 cup sugar
3 med sized green peppers, chopped 2 tsp. salt
1 cup chopped onions 1 tsp. whole mustard seeds
1 cup chopped cucumber 3/4 tsp. ground tumeric
1/4 cup chopped celery 1/4 tsp. dry mustard
1 - 28 oz. can whole tomatoes, undrained and chopped 1 1/2 cups vinegar (5% acidity)

1. Combine all ingredients in a large Dutch oven; simmer over low heat for 20 minutes. Bring mixture to a boil.

2. Pack hot mixture into hot, sterilized jars, leaving 1/4 inch headspace. Remove air bubbles and wipe jar clean. Cover at once with metal lids and screw on bands.

3. Process in boiling water bath for 15 minutes.

Yields 4 pints.



dill pickles

17 to 18 lbs (3" to 5") cucumbers 1/4 cup sugar
1 1/2 cups salt 2 tbsp. whole pickling spices
2 gallons water dill heads, fresh or dried
6 cups vinegar whole mustard seeds
3/4 cup salt

1. Wash cucumbers; cover with brine made by adding 1 1/2 cups salt to 2 gallons water. Let stand overnight and drain.

2. Combine vinegar, 3/4 cup salt, sugar, 9 cups water and pickling spices, tied loosely in a cloth bag. heat to boiling.

3. Pack cucumbers into hot quart jars. Add 3 dill heads and 2 teaspoons mustard seeds to each jar. Pour boiling vinegar mixture, spice bag removed, over the cucumbers within 1/2 inch of jar tops. Place lid on jars, screw metal bands on jars. Process in boiling water bath for 20 minutes.

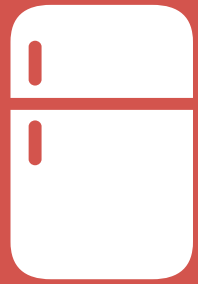
4. Remove jars from canner, retighten jar lids and allow to seal.

Yields 7 quarts.



DOWNLOADABLE CANNING LABELS

we've created these
canning labels for you to use on your jars!
click here to download.



freezing

QUICK FACTS ABOUT FREEZING VEGETABLES AND FRUITS

- Most fruits have a better texture and flavor if packed in sugar or syrup.
- The type of pack will depend on the intended use. Fruits packed in syrup are generally best for uncooked dessert use; those packed in dry sugar or unsweetened are best for most cooking purposes, because there is less liquid in the product.
- The quality of frozen vegetables depends on the quality of the fresh produce.
- Blanching and prompt cooling are essential in preparing most vegetables, except herbs and green peppers.
- Most frozen vegetables maintain high quality for 12 to 18 months



freezing fruit

FRUIT	PREPARATION	REMARKS
apples	wash, peel and core.	to prevent browning, dip slices in lemon juice, salt water or 1/2 tsp ascorbic acid solution prior to freezing.
blackberries, raspberries	select ripe berries. wash quickly, remove caps and drain	freeze on a tray or cookie sheet then scoop into a jar or freezer bag.
blueberries	select fully ripe berries. for unsweetened pack, do not wash.	freeze on a tray or cookie sheet then scoop into a jar or freezer bag.
strawberries	select fully ripe, firm, deep red berries. wash a few times, drain and remove caps	lay berries cut side down onto a cookie sheet in a single layer. Place in freezer for 6 hours, then scoop into freezer bags or containers
SYRUP: to make a simple syrup to freeze your peaches, nectarines, pears and plums in, use 8 oz. fine sugar to 1 pint of water, heat to boil while stirring to dissolve sugar. Let cool and add fruit as instructed below.		
peaches, nectarines	select firm, ripe peaches. peel: halve or slice	to prevent browning, use 1/2 tsp. ascorbic acid per 1/2 cup cold water. sprinkle over 1 quart peaches or add 2/3 cup sugar, mix and freeze.
pears	wash and drain - do not soak.	to prevent browning, use 3/4 tsp. ascorbic acid per quart of cold syrup
plums	select firm, ripe plums, sort and wash. leave whole or cut into halves or quarters, remove pits	to prevent browning, use 1 tsp. ascorbic acid per quart of syrup

freezing veggies

VEGETABLE	PREPARATION	BLANCHING
beans (green, snap + wax)	wash beans, cut off tips lengthwise 1" to 2"	3 minutes
corn (on the cob)	husk, remove silks, trim and wash	small & meduim: 7 minutes, large: 11 minutes
corn (whole kernel)	blanch, cut from cob 2/3 depth of kernels	4 minutes
corn (cream-style)	Blanch, cut tips, scrape cobs with back of knife to remove juice.	4 minutes
greens (beet, chard, collard, mustard, spinach, turnip)	wash thoroughly, remove woody stems	collards: 3 minutes, others 2 minutes
peas (black eyed and field)	shell, wash, discard hard and small	2 minutes
peas (green)	shell and wash	1 1/2 minutes
peppers (green yellow, & sweet red)	select crisp, tender. wash, cut off tops, remove seeds and membrane. dice, halve or cut into strips or rings.	blanch (optional), halves: 3 minutes, rings or strips: 2 minutes
peppers (hot)	wash, remove stems, pack leaving no headspace	not required
squash (summer)	pick young, with small seeds and tender rind. wash and cut into 1/2" slices	3 minutes
tomatoes (raw)	dip in boiling water for 30 seconds to loosen skins. core and peel. chop, quarter or leave whole. pack leaving no headspace.	stewed: remove stem end, quarter. cover and cook 10 to 20 minutes. place in cold water pack.

FREEZING SWEET CORN



Living in the Midwest, fresh picked Sweet Corn is considered our "candy" in late July and August. A farmside stand can be found about every mile with a card table set up on the lawn and a pile of fresh corn that was just picked from the field that morning.

To enjoy sweet corn all year round, here are our tips on how to freeze sweet corn.

1. Buy a bushel or approx. 5 dozen ears of corn (farmers markets will give you the best deal, typically \$3-\$4 a dozen during peak season).
2. Husk the corn.
3. Fill a large stock pot with water, heat until a rolling boil. Add a teaspoon of salt.
4. Place 10 ears (or more) in the pot, make sure they are fully submerged.
5. Boil for 3 minutes.
6. Use tongs to take out of the water and place on a large tray to cool.
7. Continue to do batches of corn until all corn is cooked.
8. Use an electric knife and shave the corn kernels off the cobb into a large bowl or tray.
9. After all the cobs have been shaved off, use a large scoop or ladle and put two heaping scoops in a freezer bag.
10. Seal and date the bag and place in the freezer.
11. To use, heat in the microwave for approx. 2 minutes or until all kernels are hot.

A bushel of corn usually lasts an entire year for a family of four.

drying

QUICK HERB DRYING TIPS:

- Harvest before flowering. Non-hardy herbs will start to decline as the weather cools, so late summer is a good time to begin drying your herbs.
- Cut in mid-morning. Let the morning dew dry from the leaves, but pick before the plants are wilting in the afternoon sun.
- Your herbs will retain more flavor if you store the leaves whole and crush them when you are ready to use them.
- Attics, pantries and warm basements are ideal locations for drying herbs. Large, rarely used cupboards are also another possibility.





how to DRY HERBS

- When to Harvest: Pick herbs just before the flowers first open or when they are in the bursting bud stage.
- Ways to Dry:
 - Tie the stalks into bundles and hanging them to dry in a well ventilated place - perfect for Rosemary, Sage, Thyme, Summer Savory and Parsley.
 - Lay them out, leaf by leaf, on screens or paper towels to air dry - perfect for Mint, Sage, Basil and Bayleaf
 - Do not dry in the oven. Essential oils will leave the herbs at temps between 85° and 110° F.



storing DRIED HERBS

- Store your herbs in air tight containers. Plastic bags that zip closed and canning jars work great for storing herbs.
- Label and date your containers so you know what they contain and when you dried them (Use our downloadable labels! - See page 5)
- If you store the whole leaves and crush them when you are ready to use them instead of chopping them up before they are dried, your herbs will retain more flavor.
- Throw away any herbs that show signs of mold.
- Keep containers of dried herbs in a cool, dry place out of sunlight.
- Try to use your dried herbs within one year. As they lose their color, they loose flavor .
- When using herbs in cooking, use 1 teaspoon of crumbled dried herbs in place of 1 tablespoon of fresh herbs.
- To freeze herbs - pick young leaves, cut off the stems and dice. Freeze in ice cube trays and drop into sauces and soups as needed.

herb bread

3/4 c. milk
2 T oil
2 T sugar
1/2 tsp salt
1 pkg. yeast
1/4 c. water

1 egg
1/4 c. chopped chives
1 tsp. dried parsley
1 tsp. dried oregano
3 to 3 1/2 c. flour

1. Heat first 4 ingredients, cool.
2. Mix yeast and water together, add in liquids, eggs and herbs to yeast mixture.
3. Stir in 2 cups of flour, then slowly add remaining flour.
4. Knead, then let dough rise until it doubles.
5. Shape it into a round loaf in a 9 inch pie pan.
6. Let rise again for about 30 minutes.
7. Bake at 400° F for 10 minutes, then at 375° F for 20 minutes.



DRYING RECIPES



garlic and herb dressing

5 cloves garlic, peeled
1/2 c. vinegar (+/- for your own taste)
1 tsp. Worcestershire sauce
1 1/2 tsp. dried rosemary
1 1/2 tsp. black pepper
1 1/2 tsp. celery seed
1 1/2 tsp. sesame seed
2 c. corn oil

1 tsp. paprika
1 tsp. dried mustard
1 tsp. seasoned salt
1 tsp. dried parsley
1 1/2 tsp. ginger
1 1/2 tsp. basil
1 T sugar

1. Combine all ingredients except oil in a blender. Turn to 'chop' setting for 30 seconds. Then turn to 'stir' setting and gradually drizzle oil into the mixture.
2. Blend for 2 minutes.
3. Chill for 2 hours.



MACHINE SHED GIFT SHOP FINDS



find these items at the machine shed gift shop to help you preserve your garden harvest!



ONE HANDED JAR LIFTER

it's as easy as grip and lift! they had canners' best interest in mind when they designed the one handed jar lifter - \$9.95



THE CANNING FUNNEL

the canning funnel was designed to keep jar rims and counters mess free. the outer collar fits securely over the top of both wide and regular mouth jars, and also keeps the lower funnel edge off the counter to avoid messes and contamination - \$8.95



CANNING RACK

this canning rack keeps jars separated, reducing the chances of breaking during processing. the rack is reversible and can hold 4 oz., 1/2 pint, pint, and quart sized jars. with two of these racks, canners can load up one with short jars, then stack another rack and set of jars on top! fits most 16 Qt. or larger stock pots - \$14.95



CHOP2POT

laid flat, chop2pot provides a durable, knife friendly cutting surface for all types of food preparation. but when the handle is squeezed, the sides of the board fold up, forming a convenient chute down which chopped food can be neatly guided - \$15.95



THIN APPLE SLICER

simply push the slicer blades down over the apple, flip the protective cover underneath and pop the apple slices the rest of the way through the blades. cuts 12 slices - \$12.95



CERAMIC KNIVES

ceramic knives are extra sharp to ease the work and ceramic helps keep the produce from turning brown.

pairing knife \$19.95 • chef knife \$49.95



THE FARMER'S WIFE CANNING & PRESERVING COOKBOOK

more than 300 blue-ribbon canning and preserving recipes culled from the farmer's wife magazine - \$15.99