



# Preserving Your Harvest

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Denise Roberts





# Freezing

- **Select top quality vegetables**
- **Wash and sort**
- **Peel, trim and cut into pieces**
- **Prepare for freezing**
  - **Blanch**
  - **Pre-freeze fruit**
- **Nuts**
- **Eggs**
- **Longevity**

# Dehydrating

- Method
  - Sunshine or air
  - Dehydrator
- Blanch vegetables before dehydrating
- Herbs
- Fruit: fruit leather, canned fruit, fresh fruit
- Meat: jerky
- Vegetables: fresh or frozen
  - Make a soup mix with dehydrated onions, garlic, carrots, celery
  - Make spices with dehydrated onion, garlic, peppers (paprika)



# Water Bath Canning

- **High Acid foods safe for water bath canning**
  - Jams, jelly, applesauce, fruit, pie filling, chutney
- **Tomatoes – Acid must be added to increase acidity and lower pH below 4.6 to prevent the growth of dangerous bacteria (botulism).**
- **Before canning check jars for chips and cracks**
- **Storage**
  - Remove rings
  - Do not stack





# Water Bath Canning

- Before using any canned item, check for signs of spoilage
  - Bulging lids
  - Leaks
  - Unusual appearance
  - Open lid to check for mold or off odor
  - **NEVER TASTE QUESTIONABLE FOOD or feed to animals**



# Pressure Canning

- **Necessary for ALL Low Acid Foods**
  - **Soup, stew, spaghetti sauce, carrots, green beans, beets, meat, potatoes, pumpkin (cubed), sweet potatoes (cubed)**
- **If a can did not seal within 24 hours, you can reprocess with a new lid for the same amount of time or place in fridge and use.**
- **The Taylor County AgriLife Extension office can check your pressure canner gauge for accuracy. This is an important for the safety of your canned foods. Call and talk with Kim**



# Fermenting

- Using a crock and brine
- Several weeks to cure at room temp
- Cabbage for sauerkraut or kimchi
- Weight down so vegetables are under liquid





# Pickling

- **Quick pickle (unfermented) are made in 1 – 2 days by adding enough acid (vinegar) to prevent bacterial growth.**
- **Use any vinegar with 5% acidity.**
- **Dill pickles, bread and butter pickles, dilled beans, onions, eggs, carrots, sweet pickles, pickled asparagus, cauliflower, beets, relish, zucchini, squash, okra**



# Resources

- **Ball cookbooks are updated yearly based on safe canning practices.**
- **Many Universities have food preservation programs with up-to-date information.**
- **National Center for Home Food Preservations**
- **University of Georgia**



# Questions and Comments