

Preserving

Fruits and Vegetables

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- **Do I can my fruits and vegetables?**
- **Do I freeze my fruits and vegetables?**

Preserving Fruits and Vegetables

- **Let's look at the options and decide what is best for the produce I have.**

Water Bath Canning



Pressure Canning



Canning Vegetables

- **Vegetables that can be canned:**
 - **Asparagus, Beets, Black-eyed Peas, Carrots, Corn, Cucumbers, Green Beans, Peas, Potatoes, and Tomatoes.**

Canned Vegetables



Canned Vegetables



Canned Vegetables



Canned Vegetables



Freezing Vegetables

- **Vegetables that can be frozen:**
- **Asparagus, Beets, Black-eyed Peas, Broccoli, Cabbage, Carrots, Cauliflower, Corn, Cucumbers, Green Beans, Onions,**

Freezing Vegetables

- **More Vegetables that Can Be Frozen:**
- **Peas, Peppers, Potatoes, Pumpkin, Summer Squash, Tomatoes, Winter Squash, Zucchini.**

Canning Fruit

- **Fruit that can be canned:**
- **Apples, Peaches, Pears, Pineapple, Plums, and Strawberries.**

Canned Fruit



Canned Fruit



Freezing Fruit

- **Fruit that can be frozen:**
- **Apples, Bananas, Cherries, Citrus, Grapes, Peaches, Pears, Pineapple, Plums, Raspberries, Strawberries.**

Tips for Successful Canning and Freezing

- **Select good quality fruits and vegetables.**
- **Follow the instructions exactly as written.**

Tips for Successful Canning and Freezing

- **Use the correct tools and equipment.**
- **Label containers with the fruit or vegetable name and date processed.**

Tips for Successful Canning and Freezing

- **Store jars and containers according the manufacturer instructions.**

Tips for Successful Canning and Freezing

- **Follow directions for safely thawing frozen fruits and vegetables.**
- **Finally, enjoy!**

Do You Have Questions? Contact Big Country Master Gardeners

- Website: bcmgtx.org
- BCMGA YouTube
- eMail: BCMGardeners@yahoo.com
- Call the Taylor County Extension Office
at 325-672-6048

Big Country Master Gardener Association

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