

FOOD PRESERVATION

COLD STORAGE

In garden-cover with plastic, cardboard, 2 ft. of mulch, wind protection.
Potting-Brussels Sprouts, tomatoes, peppers, Hot Peppers
Harvesting- Snap tops quickly, cool, sort small ones out
Storage-Reduce Metabolism (Cold), Reduce water loss (raise humidity), ventilation
Root cellars, Refrigerators, - Second refrigerator, no shelves
Cool garages and unheated rooms-insulate, outside window, hydrate
Green bags, Management-periodically inspect, use regularly, use up by spring

DRYING

Herbs, store in paper bags to finish drying, leave whole until use.
Berries, Meat (dry in oven with door open)

FREEZING

Corn (blanch) peas and berries (freeze in single layer, then bag)

PICKLING

Refrigerator pickles, no canning
Use whole spices (dill seed, whole peppercorns, whole mustard seed, hot pepper, garlic,
1-2 t. salt)
Fill with 1/3 vinegar, 2/3 water
Also pickle carrots, onions, cauliflower, zucchini, beans, eggs

SAUERKRAUT

Shred, mix in batches, 1 T. salt per 2 lb Cabbage. Stomp into pail or crock, cover,
ferment at 60 degrees.

JUICING

Way to preserve Chokecherries
Clean in water, grind with meat grinder (wet)
Add 1/8 to 1/4 amount of water, 2T. Tartaric Acid per gallon
Sit for 2 days only
Strain through colander, decant into containers, freeze.
Mix with other juices

References

“Root Cellaring” Mike and Nancy Bubel
“The Complete Book of Pickles and Relishes” Leonard Levinson
“Stocking Up” Edited by Carol Stoner