



Photo Courtesy of the Academy of Nutrition and Dietetics at EatRight.org

Why is food preservation important?

- Health Benefits: increase fruit and vegetable intake, freezing produce at peak nutritional value, less preservatives
- Save money: buy produce when it is in season. when it is cheap and plentiful, and preserve your own produce for less
- Stock your pantry and freezer: Always have produce on hand
- Ecofriendly: freeze leftover to prevent waste
- Buy fresh, buy local: Use fresh, local or homegrown produce
- It's easy! Follow these simple steps to make your own canned, dried, frozen or blanched produce!

Drying

1. Prep the produce by washing, removing skin(optional), stems and pits. Cut and slice evenly.
2. Arrange the racks in your oven so there will be at least three inches of space on the top and bottom of the oven.
3. Preheat the oven to the lowest temperature setting (below 175°) and line the cookie sheets with parchment paper.
4. Place the produce onto the parchment paper in a single layer, leave room between each piece.
5. Arrange the trays on the oven racks, leaving three inches between the trays and the sides of the oven.
6. Heat for one hour, and then turn the produce. Rotate trays.
7. Cook for 3 hours, checking periodically for desired dryness.



VEGGIESALES+
EAT.LOCAL.FOODS
10 E Church St
Bethlehem, PA 18018



Photo courtesy of DesignMom.com

VEGGIESALES+
EAT.LOCAL.FOODS



*A Guide to Food
Preservation*

Blanching

- Necessary step to freeze almost all produce.
- Process where produce is cooked quickly and then rapidly placed in ice water to stop the cooking process.
- Blanching kills any microorganism on the produce and prevents food poisoning.
- There are 3 ways to blanch:

Boiling Water

- Use one gallon of water per one pound of vegetables and two gallons for leafy greens.
- Place vegetables into boiling water and then cover.
- Remove vegetables from boiling water and immediately place in ice water.
- Let cool completely before packing into containers.

Steam:

- Place vegetables in a wire basket above rapidly boiling water and then cover.
- As soon as covered, start counting blanching time.
- Steaming takes about one and a half times longer than blanching.

Microwave:

- Use small quantities of vegetables and follow directions given by microwave manufacturer.

Freezing

Tips:

1. Proper temp: at or below 0°F
2. Time for fruits and vegetable storage use by date: 8-12 months
3. Cut fruits and vegetables into desired cooking or eating sizes before freezing
4. Use packaging designed for freezing
 - a. Glass jars
 - b. Plastic freezing containers
 - c. Heavyweight aluminum foil
 - d. Freezer-safe bags
5. Freeze fruits and vegetables on a cookie sheet before storing in freezer container
6. Label and date foods before placing in the freezer
7. Blanching fruits and vegetables before storing in the freezer can prevent freezer burn and food spoilage
8. Do not use plastic containers that are not designed for freezing
9. Prevent freezer burn by storing properly, use oldest foods first, and wrap food in plastic wrap, freezer bags or foil



Photo courtesy of DesignMom.com



Photo courtesy of EatRight.org

Water Bath Canning

1. Get Prepared: Read recipe. Gather all equipment and ingredients. Wash jars, lids, and bands in hot, soapy water. Rinse, dry, and keep jars warm.
2. Place rack in pot and fill the pot with water to cover the jars by 1-2 inches. Bring water to a simmer. Turn off heat, cover, set aside.
3. Get cooking! Prepare your chosen recipe as directed.
4. Using a funnel, fill jars with food and leave required space at top. Run a knife around edge of jar between food and glass to let air bubbles escape. Wipe rim of jar with a clean cloth to clear edge of any food. Place lid on jar. Screw band on jar. Repeat with remaining jars.
5. Place filled jars into pot of water on rack. Cover and bring water to rolling boil. Begin timing when water reaches full boil. When finished cooking, turn off heat and let jars sit in water for five minutes. Remove jars and allow to cool on wire rack or towel. Check to make sure jars have sealed. Label jars and store for up to one year.