

GROWING PLACES

PRESERVING

Whether you are harvesting a garden full of vegetables from your own backyard or enjoying the bounty of produce from the local farmer's markets, you won't want to let it go to waste. Fresh foods spoil for a variety of reasons. Bacteria, molds and yeasts cause damage, and so do food enzymes and contact with air. Microorganisms live and multiply quickly on the surfaces of fresh food and inside bruised, insect-damaged and diseased food.

Canning, freezing, pickling, and drying are all great ways to save the season's harvest for use during the long winter months. Mature, slightly under-ripe produce is best for canning and pickling. Ripe produce is perfect for fresh eating, drying and freezing. Over-ripe produce is suitable for cooking (a stew, for example) and freezing. Decaying produce should be put in the compost bin!

Below is a table listing some of the vegetables and herbs in your garden and the best preservation method(s) for each:

Vegetable	Method	Vegetable	Method
Basil	Dry	Greens	Freeze
Beans	Can, Pickle, Freeze	Eggplant	Pickle, Freeze
Beets	Can, Pickle	Oregano	Dry, Freeze
Broccoli	Freeze	Parsley	Dry, Freeze
Cabbage	Pickle	Peas	Freeze
Carrots	Can, Pickle	Peppers	Can, Pickle
Cilantro	Dry, Freeze	Sum. Squash	Freeze
Cucumbers	Pickle	Tomatoes	Can, Freeze

Note: We **strongly** recommend consulting food preservation resources for up-to-date methods and safety precautions before you start! Check the resources page on www.growingplaces.org for our top picks.

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See each crop variety for storage recommendations | 24 (starting)

MORE ON PRESERVING

[National Center for Home Food Preservation \(USDA\)](#)

[Mother Earth News: The Fundamentals of Root Cellaring](#)