

Big changes are occurring in the garden. Nights are cooler and damper, days are shorter and the spring/summer garden season is ending. You may have an abundance of figs, summer and winter squash, and pumpkins.

Not all fruits and vegetables can be preserved in all ways. Always research if the food is low-acid (Pressure Canning) or high-acid (Water Bath Canning or Steam Canning) and the recommended preserving methods for that food item. In addition, density of the food should be considered. An example of this is pumpkin butter or pumpkin preserves. Canning is **not** recommended for Pumpkin Butter or Pumpkin Preserves. Due to the density of the puree, these products must be frozen. There is a Pumpkin Butter demonstration on the UC Master Gardener Program of Sonoma County's You Tube channel (October's "Veggie Happenings" at <https://www.youtube.com/watch?v=z2k53Zt3k9Y> ).

Always use approved recipes and preservation techniques (National Center for Home Food Preservation, <https://nchfp.uga.edu/> ).

## FIGS



Figs should ripen on the tree. A fig matures and partially dries before the ripe fruit falls from the tree. When harvesting figs from the tree, be careful, due to a milky substance from the fig enzyme (Ficain) that can irritate the skin. Figs have no blossoms on their branches. The blossom is inside the fruit. Tiny flowers make the crunchy seeds.

Figs are a good source of calcium (1/2 cup of figs equals the same amount of calcium in 1/2 cup of milk) and Vitamin A.

Figs can be dried, frozen, pickled and water bath processed and made into jams, jellies, conserves and preserves.

National Center for Home Food Preservation. Making Jams and Jellies-Fig Jam  
[https://nchfp.uga.edu/how/can\\_07/fig\\_jam.html](https://nchfp.uga.edu/how/can_07/fig_jam.html)

Preserve the Harvest. Figs. Utah State University  
[https://digitalcommons.usu.edu/cgi/viewcontent.cgi?article=1197&context=extension\\_curall](https://digitalcommons.usu.edu/cgi/viewcontent.cgi?article=1197&context=extension_curall)

Preserving Fruits Figs-OSU Extension Service  
<https://extension.oregonstate.edu/sites/default/files/documents/8836/sp50648preservingfigs.pdf> ,  
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## SQUASH: Summer, Winter and Pumpkins



Summer squash varieties include zucchini, cocozelle, yellow crookneck, straightneck, white scallop, and patty pan. Pressure canning any variety of summer squash is **not** safe. Summer squashes must be blanched before freezing. Summer squashes can be made into delicious relishes and dehydrated snacks.

Winter Squashes have a denser texture and flavor with firm flesh compared to summer squash. Winter squashes have hard skins and varieties include acorn, buttercup, banana squash and pumpkin. Did you know that winter squash is technically classified as a fruit, but is treated as a vegetable for culinary purposes?

Pumpkin can be used for baking and cooking. Pumpkin is a low acid food. Canning pumpkin butter, mashed or pureed pumpkin is **NOT** recommended. The only directions for canning pumpkin and winter squash are for cubed flesh. Freezing is the easiest way to preserve pumpkin and it yields the best quality product. The seeds can be dehydrated. Pumpkin makes a good vegetable leather.

Freezing Summer Squash (Cocozelle, Crookneck, Pattypan, Straightneck, White Scallop, Zucchini). 1994. National Center for Home Food Preservation [https://nchfp.uga.edu/how/freeze/squash\\_summer.html](https://nchfp.uga.edu/how/freeze/squash_summer.html)

Kendall, P. DiPersio, and J. Sofos. Drying Vegetables. 2004. Colorado State University [https://nchfp.uga.edu/how/dry/csu\\_dry\\_vegetables.pdf](https://nchfp.uga.edu/how/dry/csu_dry_vegetables.pdf)

Let's Preserve: Squash and Pumpkins-Penn State Extension <https://extension.psu.edu/lets-preserve-squash-and-pumpkins>

Preserving Summer Squash-Clemson University <https://www.clemson.edu/extension/food/canning/canning-tips/26preserving-summer-squash.html>

Preserving Winter Squash and Pumpkin-Clemson University (HGIC 3281) <https://hgic.clemson.edu/factsheet/preserving-pumpkin-winter-squash/>

Preserving Winter Squash and Pumpkin UMN Extension <https://extension.umn.edu/preserving-winter-squash-and-pumpkins>