

Sonoma County in late fall is glorious! The seasonal changes are breathtaking. We are experiencing cooler nights, shorter days, cooler soil, and vibrant autumnal colors.

We are so lucky to be able to farm and garden year-round. The food choices are varied: including vegetables, fruits and herbs. Root vegetables are superstars. Persimmons decorate our trees throughout the county, and are a sure sign of the season. Below, we feature preserving beets, carrots, turnips, rutabagas and persimmons. We've gathered some interesting links that include harvesting, selecting, storing, and preserving procedures and recipes. Remember when canning, you must follow tested recipes for a safe product. Enjoy!

## **ROOT VEGETABLES**



Root vegetables must be processed in a pressure canner. Root vegetables cannot be safely canned in a water bath or atmospheric steam canner. Only acidified root vegetables, such as pickled beets, can be safely processed in a water bath or atmospheric steam canner.

### Carrots

- Carrots benefit from cool nights, but not freezing temperatures.
- Carrots can be dehydrated, canned (carrots cannot be safely canned in a boiling water bath or atmospheric steam canner) pickled and frozen. Danvers and Chantenay are varieties for canning. Nantes, including Scarlet Nantes, freeze well.

### Beets

- Beets can be canned, frozen or pickled. There are many varieties of beets suitable for canning- Ruby Queen, Golden, Detroit Dark Red, Red Ace and Red Cloud. Beets suitable for pickling include Albino and Chioggia. Albino and Early Wonder, in addition to others, can be frozen.
- Choose beets that are 1 to 1 1/2 inches in diameter. Beets larger than 2 1/2-3 inches in diameter can be fibrous.

### Rutabagas and Root Turnips

- Turnips and rutabagas can be frozen and pressure canned. Royal Crown, Laurentian, Purple Top White Globe and American Purple Tops varieties are recommended.

Let's Preserve: Root Vegetables - Beets, Carrots, Turnips, and Rutabagas (Penn State Extension) <https://extension.psu.edu/lets-preserve-root-vegetables-beets-carrots-turnips-and-rutabagas>



Persimmons are either astringent (Hachiya) or non-astringent (Fuyu, Jiro). Non-astringent persimmons can be eaten like an apple and have an oblate shape. Astringent are acorn shaped and larger. They are acidic and bitter and are eaten fresh in a ripe, mushy state.

You can preserve persimmons by freezing, dehydrating or using them in jam. The most common method of preserving astringent and non-astringent persimmons is to dry them. Dried persimmons are a delicious and healthy fall treat!

[Preserving Persimmons](#) (UC Agriculture and Natural Resources Food Blog)

"Persimmons: Drying & Using" [https://ucanr.edu/sites/mfp\\_of\\_cs/files/312333.pdf](https://ucanr.edu/sites/mfp_of_cs/files/312333.pdf)