

Plant to Preserve!

Grow a garden you can eat from year-round. When selecting produce to grow, think about what you want to eat now, but also what you might want to eat later. Have you ever thought of planting a "Canning Garden?" Tomatoes and green beans are the most commonly canned items, but cucumbers, carrots, and corn are also popular and simple vegetables to start with. Some recommended varieties include:

Tomato (Amish Paste, San Marzano, Rutgers, Roma)

Peppers (Jimmy Nordello, Jalepino, Banana)

Beans (Provider, Purple Burgundy, Blue Lake)

Carrots (Danvers, Red Core Chatenay)

Cucumbers (National Pickling, Boston Pickling, Homemade Pickles, and County Fair)

Planting a “theme” garden for canning is also a good idea (eg. Salsa Garden-tomatoes, onions, peppers, cilantro; Pasta Sauce Garden-tomatoes, onion, basil, pepper).

There are so many preserving options for our summer harvest: water bath canning, atmospheric steam canning, pressure canning, dehydrating, freezing, freeze drying, cool storage and pickling. Be sure to follow the approved directions from an approved source and harvest at the peak of flavor.

First of all, what do you like to eat? What do you miss when the season is over?

Some vegetables keep for months in a **cool, dry place**, and this is a simple food preservation practice.

- Dry beans
- Alliums-Garlic, Onions, Shallots
- Potatoes
- Sweet potatoes
- Winter Squash and Pumpkins

What are the best vegetables to use for freezing and canning?

The best vegetables to consider are corn, peas, broccoli, cauliflower, carrots, green beans, squash, and winter greens such as spinach, kale, chard and collards. Onions, peppers, celery and herbs can also be frozen.

Best Vegetables For Freezing

Freezing some of your harvest, especially if you have the extra freezer space, is a good idea. Here are some of the best vegetables for storing in your freezer:

- Broccoli
- Cauliflower
- Cabbage
- Spinach
- Carrots
- Corn
- Winter and summer squash
- Onions
- Asparagus
- Peas
- Artichokes
- Brussels sprouts
- Eggplant
- Mushrooms

What vegetable can't be frozen?

You can freeze just about any vegetable except celery, watercress, endive, lettuce, cabbage, cucumber and radishes. These foods have a high water content and become soggy and waterlogged when thawed.

Is it better to can or freeze garden vegetables?

Canning is the most cost-effective method of preserving food, however, freezing is the best way to retain nutrients. (*University of Alaska*)

Canning Pros

- Canned food has a long shelf life.
- In the event of a power outage, you do not need to worry about losing your entire stockpile of food.

Canning Cons

- Canning takes time.
- Canning can be hard work.
- Canning requires multiple tools.

Freezing Pros

- Freezing your vegetables is easy and relatively quick.
- Freezing requires fewer supplies than canning.

Freezing Cons

- Freezers can be costly to run.
- In the event of power loss, you could lose all of your food.
- Freezer burn is very possible, even with proper methods used.

Please let us know what are your favorite canning vegetables. Remember, drying is the easiest way to preserve herbs.

National Center for Home Preservation <https://www.nchfp.uga.edu>

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