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## Agriculture & Natural Resources

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### NEWS RELEASE

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### SUMMER'S SEASON OF PLENTY

Summer's season of plenty is right around the corner. Basketfuls of berries. Tons of tomatoes. Zillions of zucchini. This year, your favorite fruits and vegetables are begging for something fresh and different. They're watching and waiting, in all their color and flavor, hoping you'll break out of your home canning routine.

It's just too easy to fall into the familiar. Your mom always canned peaches, so you do too. While there's something comforting about the predictable, now is the time to discover something new: your own, personal home canning style. There's never been a better time, because there have never been so many possibilities.

New recipes are taking the basics and exploding them into a kaleidoscope of flavors, textures and colors. Creative cooks are combining different fresh garden vegetables and herbs together in recipes that round out hearty winter meals. They're discovering innovative ways to use jams, jellies and preserves to bring fresh-fruit flavor to every course. They're exploring farmers markets, roadside stands and fruit festivals to discover new fruits and vegetables for their pantry shelves.

How can you put a little pizzazz in your own preserves this summer? Follow Your Cravings: Do a little dreaming about how you'd like to enjoy sweet fruits and savory vegetables all year round. Do you wish you had more ready-made meals at your fingertips? Do you want more hostess gifts on hand? Follow your heart; it'll lead to recipes that work for you.

Explore New Harvests: Find new produce items grown in your area-or imported to your area-that make intriguing preserves. For instance, most regions of the country have access to prickly pears that make a heavenly prickly pear marmalade. Many communities grow off-beat berries like currants, gooseberries and dewberries.

Pair Up On Ingredients: Think combinations. Instead of strawberry jam, try gingered spring jam. Instead of green beans, try them preserved with lemon peel.

Check the Internet or your local library for new, research tested recipes or ideas for taking your home preserving to new heights. Only use reputable sources for home canning information. Delicious, tested recipes can become a part of your family tradition.