



## Preserve Your Harvest: Recipes

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## Frozen Products

### Zucchini Basil Spread

Yield: about 1 quart.

*Use this spread as a sauce for pasta, or as a dip for fresh vegetables. A smear of this on a plate makes a lovely bed for grilled vegetables (including, yes, zucchini) and it is delightful tossed with tomatoes.*

Olive oil for cooking	3-4 cloves garlic
3 medium zucchini or summer squash	1 cup grated parmesan
1 medium onion	2 teaspoons fresh lemon juice
1 bunch basil	Salt to taste

1. Roughly chop the onion and summer squash.
2. Drizzle olive oil into a pan, and sauté the onions over high heat until they begin to turn golden, and have some darker edges. Add the squash, and cook another 3-4 minutes, until softened slightly, and browned in spots.
3. Place the cooked vegetables in the blender, and blend until the texture is smooth and flows easily through the blender.
4. Remove the basil leaves from their stems, and crush the garlic cloves and remove the papery peel. Add basil and garlic to the blender, along with the grated cheese lemon juice. Process until smooth. Taste. Add salt, if desired, or another squeeze of lemon.
5. This spread is lovely served still warm from the cooking process, but can be served cool, as well. Keeps in the fridge for up to a week, or freeze up to 6 months.

### Preserved Lemon Kale Pesto

*This pesto is fabulous on top of grilled steak or poached eggs, stirred through pasta or spread on toast.*

1/3 cup pumpkin seeds	1 tablespoon lemon juice
A pinch of cumin seeds	1/4 cup grated parmesan
4 garlic cloves, peeled, but left whole	A generous pinch red chili flakes
2/3 cup curly kale, de-stemmed and washed	6 tablespoon extra-virgin olive oil
1-1/2 slices of preserved lemon, flesh and pith removed and finely chopped or zest of one lemon	Salt and black pepper

1. Fry the pumpkin seeds without oil for a few minutes, until they start to look toasty around the edges. Add the cumin seeds and toast 1 minute. Remove from the heat and set aside.
2. Boil the garlic cloves in salted water for 3 minutes. Add the kale and cook for 1 minute, until bright green and floppy. Drain immediately and refresh in cold water.
3. Blitz the garlic cloves, cumin and pumpkin seeds in a food processor until chopped. Add the kale, preserved lemons, lemon juice, cumin, parmesan, chili, 1 tablespoon olive oil and blitz again until chopped and well combined. Transfer to another bowl, add the remaining olive oil and mix by hand. Season to taste.
4. Keeps in the fridge for up to a week, or freeze up to 6 months.

## Carrot Greens Chimichurri

Yield: about 1 cup

*Serve with roasted carrots, other veggies, toasted bread, or over grilled fish or meat.*

1 cup finely chopped carrot greens	1 garlic clove, minced
2 teaspoons dried oregano	1 teaspoon salt
1/4 teaspoon cumin	A few grinds of pepper
1 teaspoon ground sweet paprika	1/4 cup white wine vinegar
1/2 teaspoon crushed red pepper flakes	1/4 cup olive oil (a good fruity one)

1. Wash and dry your carrot greens well; cut off tops of carrots.
2. Roast carrots in a 450° oven for 10-15 minutes (or until tender but not mushy).
3. Finely chop the carrot greens, mix with all of the dried spices and minced garlic.
4. Stir in the vinegar and olive oil. Taste and adjust seasonings. (Tip: taste it with a carrot or a piece of bread rather than by the spoonful)
5. Keeps in the fridge for up to a week, or freeze up to 6 months.

If you find this too oily or vinegary, dilute it with 1/4-1/2 cup of lukewarm water. Mix well and spoon it onto whatever you're serving it with, rather than dipping into it.

*Source: Adapted from Fernando's Mom's Chimichurri recipe, [loveandlemons.com](http://loveandlemons.com)*

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## Beet Green Pesto

*Serve on favorite pasta*

1/2 cup packed fresh basil leaves	1 teaspoon honey • 1 teaspoon orange zest
1/4 cup packed fresh Italian parsley leaves	1 teaspoon white wine vinegar
2 large garlic cloves	1/4 teaspoon sea salt
1 tablespoon pine nuts, lightly toasted, plus more for topping	1/3 cup extra virgin olive oil
	Beet greens from 1 bunch of beets

1. Bring a large pot of water to a boil. Cut thick stems out of beet greens and discard. Blanch greens for 30 seconds until bright green, then transfer to an ice bath.
2. Drain, squeezing out as much liquid as possible from the greens, and place in the bowl of your food processor
3. Add basil, parsley, garlic, pine nuts, honey, orange zest, vinegar, and salt.
4. Pulse 3 or 4 times to chop. Scrape down sides as needed, then add olive oil and pulse a few more times to combine.
5. Keeps in the fridge for up to a week, or freeze up to 6 months.

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### **Cilantro Pumpkin Seed Pesto**

1/2 cup shelled pumpkin seeds or pepitas  
1 cup packed cilantro leaves and stems  
2/3 cup Parmesan cheese (grated)  
1 piece garlic clove, coarsely chopped  
1 tablespoon freshly squeezed Meyer lemon juice  
1 teaspoon toasted sesame seed oil  
1/4 cup extra virgin olive oil  
1/4 teaspoon Meyer lemon zest  
1/2 teaspoon salt  
Pinch black pepper  
Pinch red pepper flakes (optional)

1. Heat a skillet over medium heat. Toast pumpkin seeds on skillet until golden brown. You will start to hear the pumpkin seeds pop. Don't worry, this is a good thing. Toss seeds frequently in the skillet to prevent burning. Remove and let cool.
2. Trim any dry ends off cilantro. Form into a bunch and rip in half.
3. Toss cilantro into food processor, along with toasted pumpkin seeds, garlic, lemon juice, Parmesan cheese, toasted sesame seed oil, olive oil, salt and pepper, and red pepper flakes (optional).
4. Pulse until smooth, periodically scraping down the sides.
5. Drizzle a bit of olive oil over the top to cover the entire surface to keep the pesto fresh and prevent browning.
6. Keeps in the fridge for up to a week, or freeze up to 6 months.

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### **Carrot Top Pesto**

2 cups ( 1.25 ounces) loosely packed carrot tops, rinsed well  
1/2 cup extra virgin olive oil  
2 tablespoons toasted shelled pistachios  
1 tablespoon lemon juice  
1/4 teaspoon red pepper flakes  
1/4 teaspoon fine sea salt (slightly less if using salted pistachios)  
1/4 teaspoon freshly ground black pepper

1. Combine carrot tops, olive oil, pistachios, lemon juice, red pepper flakes, salt and pepper in the bowl of a food processor.
2. Pulse until smooth.
3. Taste, then add additional salt and pepper as needed. You can also add more olive oil as desired for a thinner, more 'drizzle-able' consistency if you prefer.
4. Keeps in the fridge for up to a week, or freeze up to 6 months.

## Tomatoes

**Preparation:** Select firm, ripe tomatoes with deep red color.

- **Raw (with skins removed):** Wash and dip in boiling water for 30 seconds to loosen skins. Core and peel. Freeze whole or in pieces. Pack into containers, leaving 1-inch headspace. Seal and freeze. Use only for cooking or seasoning as tomatoes will not be solid when thawed.
- **Raw (with skins left on):** Prepare tomatoes for freezing (wash, rinse, and dry with a paper towel) and cut away the stem scar. Place the tomatoes on cookie sheets and freeze. Tomatoes do not need to be blanched before freezing. Once frozen, transfer the tomatoes from the cookie sheets into freezer bags or other containers, leaving 1-inch headspace. To use the frozen tomatoes, remove them from the freezer a few at a time or all at once. To peel, just run a frozen tomato under warm water in the kitchen sink. Its skin will slip off easily.
- **Juice:** Wash, sort and trim firm, vine-ripened tomatoes. Cut in quarters or eighths. Simmer 5 to 10 minutes. Press through a sieve. If desired, season with 1 teaspoon salt to each quart of juice. Pour into containers, leaving headspace for jars with wide-top openings of 1/2-inch for pint; 1-inch for quart.
- **Stewed:** Remove stem ends, peel and quarter ripe tomatoes. Cover and cook until tender (10 to 20 minutes). Place pan containing tomatoes in cold water to cool. Pack into containers, leaving headspace of 1/2-inch for a pint and 1-inch for a quart.

### *Freezing Green Tomatoes*

**Preparation:** Select firm, sound green tomatoes. Wash, core, and slice 1/4-inch thick.

**For Frying:** Pack the slices into containers with freezer wrap between the slices. Leave 1/2-inch headspace. Seal and freeze.

*Source: So Easy to Preserve, 2014*

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## Dehydrated Products

### Apple Rings

1. Peel and core, cut into slices or rings about 1/8 inch thick.
  2. Pre-treat: (optional) Dip into ascorbic acid mixture according to package directions.
  3. Dehydrate at 140°F for 6-12 hours.
  4. Variation: sprinkle rings (or apple wedges) with cinnamon before drying.
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### Bananas

1. Use solid yellow or slightly brown-flecked bananas. Avoid bruised or overripe bananas. Peel and slice 1/4-inch to 3/8-inch thick, crosswise or lengthwise.
  2. Pre-treat: (optional) Dip into ascorbic acid mixture according to package directions.
  3. Dehydrate at 140°F for 8-10 hours.
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### Blueberries

1. Select firm ripe fruit. Wash well. Plunge into boiling water 15-30 seconds to crack skins. Stop cooking action by placing fruit in ice water. Drain on paper towels.
  2. Arrange on drying trays not more than two berries deep.
  3. Dehydrate at 140°F for 24-36 hours, or until berries are hard and rattle when shaken on trays.
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### Candied Watermelon Rind Chips

Watermelon rinds

1 cup sugar

2 cups water

3-4 cloves

1. Trim the pink flesh and outer green skin from thick watermelon rinds. Cut into 1-inch squares or fancy shapes as desired.
  2. Bring water, sugar and cloves to a boil in a wide pot.
  3. Add just enough rinds to have a single layer. Simmer on each side for about 7 minutes. Rinds should be fairly translucent when finished.
  4. Dry at 135°F in dehydrator, turning over pieces halfway through. It can take up to 4-6 hours until rinds are pliable but not tacky.
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### Citrus Peel

1. Peels of citron, grapefruit, kumquat, lime, lemon, tangelo and tangerine can be dried. Thick-skinned navel orange peel dries better than thin-skinned Valencia peel.
  2. Wash thoroughly. Remove outer 1/6 to 1/8 inch of peel. Avoid white bitter pith.
  3. Dry at 140°F in dehydrator for 8-12 hours.
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### Strawberries

1. Wash, cut off caps, and slice 1/4 to 3/8-inch thick. No pretreatment necessary.
  2. Dry at 135°F for 7 – 15 hours until leathery and crisp.
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## Figs

1. Select fully ripe fruit. Immature fruit may sour before drying.
  2. Wash or clean whole fruit with damp cloth. Leave small fruit whole, otherwise cut in half.
  3. *If drying whole figs:* Dip in boiling water 30 seconds or more to check skins. Plunge in ice water to stop further cooking.  
*If drying cut figs:* dip in ascorbic acid or other antimicrobial solution for 10 minutes. Drain on paper towels.
  4. Dehydrate at 140F until pliable and leathery, 6-12 hours.
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## Fruit Powder

2 cups dehydrated fruit (any unsweetened fruit like strawberries, watermelon, apricots, kiwi, citrus peel, etc.)

1. Thinly slice your fruit of choice and place the fruit on the dehydrating trays.
  2. Dehydrate at 125°F for 4- 12 hours until dry, depending on chosen fruit.
  3. Freeze the dehydrated fruit overnight (optional).
  4. Blend the fruit until it turns into a powder.
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## Peaches

1. Wash the peaches thoroughly.
  2. Cut away the bruises and slice peaches into ¼-inch slices.
  3. Dehydrate at 135°F until pliable, 8 -16 hours.
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## Tomato Powder

Fresh tomato slices (1/4-inch thick) or pureed tomatoes or tomato skins

1. Place on dehydrator tray and dry until crisp.
2. Place dried tomato slices or leather or skins in blender, herb, or coffee grinder and blend until a fine powder.
3. Use powder in a variety of dishes from soups to meat loaf. The flavor of dried tomatoes is more concentrated so use sparingly in your cooking.

### Reconstitution ratios:

- Tomato Paste: 1 cup dried tomato powder, 1-3/4 cup water, 1/2 teaspoon sugar.
- Tomato Sauce: 1 cup dried tomato powder, 3 cups water, 1/2 teaspoon sugar.
- Tomato Soup: 1 cup dried tomato powder, 3/4 cup water, 1/2 cup dry milk. Season to taste.

*Source: The Ultimate Dehydrator Cookbook, 2014*

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## Tomato Skin Chips

1. Arrange tomato skins on dehydrator tray; sprinkle with seasonings (salt, garlic, etc.).
  2. Dry at 135°F for 4-6 hours or until crispy.
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## Herbes de Provence

Yield: approximately 1/3 cup

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|---|--|
| 1 tablespoon dried thyme leaves                   | 2 dried bay laurel leaves, finely crushed in a mortar or spice grinder |
| 1 tablespoon dried sweet marjoram leaves          | 1 teaspoon dried lavender buds   |
| 1 tablespoon dried summer or winter savory leaves | 2 teaspoons grated and dried orange zest                               |
| 1 tablespoon dried rosemary leaves                |  |

1. Place thyme, sweet marjoram, savory and rosemary leaves in small bowl. Lightly crumble leaves with fingertips.
2. Add crushed bay, lavender buds, fennel seeds, and orange zest. Stir together to mix well.
3. Pour into a glass jar and cover tightly. Store in a cool, dry, dark place for up to 1 year.

Source: *Herbs - A Country Garden Cookbook*, Rosalind Creasy and Carole Saville

## Cheryl's Cajun Spice Recipe

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|---|--|
| 5 ground bay leaves                       | 1/3 cup Hungarian paprika                  |
| 1/2 teaspoon dried oregano                | 1 tablespoon plus 1 teaspoon garlic powder |
| 1 tablespoon plus 1 teaspoon onion powder | 1 teaspoon white pepper                    |
| 1 teaspoon black pepper                   | 1/2 teaspoon cayenne pepper (optional)     |
| 1 teaspoon dried thyme                    | 1-1/2 teaspoons celery seed                |
| 1 teaspoon cumin seed                     |  |

1. Pulse bay leaves in coffee grinder until pulverized.
2. Add dried oregano, dried thyme, celery seed, and cumin seed. Pulse together until pulverized.
3. Mix all ingredients well in small bowl and store in airtight container for one month.

Source: *UCCE Master Food Preserver Cheryl Knapp*

## Dry Chimichurri Mix

Yield: about 1 cup

- 2 Tbsp (dried) of each: parsley, oregano, basil, garlic powder, chili powder, onion flake, cilantro  
 1 Tbsp of each: sea salt, pepper, red pepper flakes or paprika (opt.)

1. Mix all ingredients together and store in an airtight container.
2. It's not necessary, but you can opt to put it in a food processor for a finer consistency. Store in a sealed container in the pantry.

## Re-hydrated Basic Chimichurri Sauce Recipe

1. Mix 1/4 cup of your dried chimichurri seasoning with 2 Tbsp water and 2 Tbsp red/white wine vinegar.
2. Allow it to sit at least 15 minutes for the dried spices to re-hydrate.
3. Add in 1/4 cup of olive oil.
4. Use to marinate or season your cooked meat (or see other uses below). Enjoy!
5. Store any unused portions in the refrigerator up to two days.



## Jams & Jellies

### Fig, Rosemary and Red Wine Jam

Yield: about 4 half-pints

1-1/2 cups merlot or other fruity red wine	3 tablespoons Ball Classic Pectin
2 tablespoons fresh rosemary leaves	2 tablespoons bottled lemon juice
2 cups finely chopped fresh figs	2-1/2 cups sugar

1. Bring wine and rosemary to a simmer in a small stainless steel pan. Turn off heat; cover and steep 30 minutes.
2. Pour wine mixture through a fine wire-mesh strainer into a 4-quart stainless steel or enameled saucepan. Discard rosemary. Stir in figs, pectin, and lemon juice. Bring mixture to a full rolling boil that cannot be stirred down, over high heat, stirring constantly.
3. Add sugar, stirring to dissolve. Return mixture to a full rolling boil. Boil hard 1 minute, stirring constantly. Remove from heat. Skim foam, if necessary.
4. Ladle hot jam into hot jars, leaving 1/4-inch headspace. Remove air bubbles. Wipe rims with a dampened clean paper towel; adjust two-piece metal canning lids.
5. Process jars in a boiling water or steam canner for 10 minutes at 0-1,000 feet elevation, 15 minutes at 1,001-6,000 feet, and 20 minutes above 6,000 feet.
6. Remove jars from canner. Let cool, undisturbed, 12-24 hours and check for seals. Clean and label jars. Store sealed jars in a cool, dry, dark location.

Source: [www.freshpreserving.com](http://www.freshpreserving.com), 2018

### Peach Jam

Yield: about 6 half-pints

3-3/4 cups crushed fully ripe peaches (about 3 pounds peaches)	1 package regular powdered fruit pectin
1/4 cup lemon juice	5 cups granulated sugar

1. Sterilize canning jars by boiling for 10 minutes at altitudes of less than 1,000 ft. At higher elevations, boil jars 1 additional minute for each additional 1,000 ft. elevation.
2. Measure crushed peaches into a kettle. Add lemon juice and pectin; stir well. Place on high heat and, stirring constantly, bring quickly to a full boil with bubbles over the entire surface.
3. Add sugar, continue stirring, and heat again to full bubbling boil. Boil hard for 1 minute, stirring constantly. Remove from heat and skim off foam if necessary.
4. Ladle hot jam into hot, **sterile** jars, leaving 1/4-inch headspace. Remove air bubbles. Wipe rims with a dampened clean paper towel; adjust two-piece metal canning lids.
5. Process 5 minutes in boiling-water or steam canner, adding 1 additional minute per 1,000 feet above sea level.
6. Remove jars from canner. Let cool, undisturbed, 12-24 hours and check for seals. Clean and label jars. Store sealed jars in a cool, dry, dark location.

Source: *National Center for Home Food Preservation*, 2018

Note: If unsterile jars are used, the jars should be processed 10 minutes. Use of sterile jars is preferred, especially when fruits are low in pectin; the added 5-minute process time may cause weak gels.

**Tomato Jam**

Yield: about 5 half-pints

3 cups prepared tomatoes (about 2-1/4 pounds)	1/4 teaspoon ground cloves
1-1/2 teaspoons grated lemon rind	4-1/2 cups sugar
1/2 teaspoon ground allspice	1 box powdered pectin
1/2 teaspoon ground cinnamon	1/4 cup lemon juice

1. Wash firm-ripe tomatoes. Scald, peel, and chop. Cover and simmer 10 minutes, stirring constantly. Measure 3 cups tomatoes into a saucepot. Add lemon rind, allspice, cinnamon and cloves.
2. If under 1000' elevation: Boil jars for 10 minutes to sterilize them.
3. Place tomato mixture into a saucepot. Add lemon juice.
4. Measure sugar and set aside.
5. Stir powdered pectin into tomato mixture. Bring to a boil over high heat, stirring constantly.
6. Stir in sugar all at once. Bring to a full rolling boil that cannot be stirred down. Then boil hard for 1 minute, stirring constantly.
7. Remove from heat. Skim off foam.
8. Pour hot jam into hot jars, leaving 1/4-inch headspace. Remove air bubbles. Wipe rims with a dampened clean paper towel; adjust two-piece metal canning lids.
9. Process jars in a boiling water or steam canner for 5 minutes at 0-1,000 feet elevation, 10 minutes at 1,001-6,000 feet, and 15 minutes above 6,000 feet.
10. Remove jars from canner. Let cool, undisturbed, 12-24 hours and check for seals. Clean and label jars. Store sealed jars in a cool, dry, dark location.

*Source: National Center for Home Food Preservation, 2018***Low-Sugar Apple Cinnamon Jam**

Yield: about 4 half pints

2 apples	1 teaspoon cinnamon
3 tablespoons bottled lemon juice	1/2 cup sugar
4 cups apple juice	1/2 cup maple syrup
3 tablespoons Ball Low or No-Sugar Pectin	

1. Peel, core and grate apples. Combine apples and lemon juice in a large saucepan. Bring to a boil. Reduce heat and simmer until apples begin to soften, about 10 minutes. Add apple juice, pectin and cinnamon and bring mixture to a rolling boil. Add sugar and maple syrup stirring to dissolve. Return mixture to a full rolling boil that cannot be stirred down, boil hard 1 minute, stirring constantly. Remove from heat. Skim foam, if necessary.
2. Ladle hot jam into hot jars, leaving 1/4-inch headspace. Remove air bubbles. Wipe rims with a dampened clean paper towel; adjust two-piece metal canning lids.
3. Process jars 10 minutes at 0-1,000', 15 minutes at 1,001-3,000', 20 minutes at 3,001-6,000', 25 minutes at 6,001-8,000', and 30 minutes at 8,001'-10,000'.
4. Remove jars from canner. Let cool, undisturbed, 12-24 hours and check for seals. Clean and label jars. Store sealed jars in a cool, dry, dark location.

*Source: Fresh Preserving.com, 2018*

**Peach Melba Freezer Jam**

Yield: about 5 half-pints

5 tablespoons Ball Instant Pectin

1-1/2 cups sugar

2-1/2 cups finely chopped pitted peeled peaches (about 4 medium)

1 cup crushed raspberries (about 1 6-ounce container)

1 tablespoon lemon juice

1. Stir sugar and instant pectin in a bowl until well blended.
2. Add peaches, raspberries and lemon juice. Stir 3 minutes.
3. Ladle jam into clean jars, leaving 1/2-inch headspace. Apply lids.
4. Let stand until thickened, about 30 minutes.
5. Refrigerate up to 3 weeks or freeze up to 1 year.

*Source: freshpreserving.com, 2018***Strawberry Balsamic Freezer Jam**

Yield: about 5 half-pints

1 cup balsamic vinegar

4 cups crushed strawberries

1/2 cup honey

5 tablespoons Ball Instant Pectin

1. Place balsamic vinegar in a small saucepan. Cook over medium heat until reduced to 3/4 cup. Chill until cool.
2. Mix strawberries, honey and cooled balsamic vinegar in a large mixing bowl. Let stand for 10 minutes.
3. Add pectin. Stir 3 minutes.
4. Ladle the strawberry balsamic jam into clean jars, leaving 1/2-inch headspace. Apply lids.
5. Let stand until thickened, about 30 minutes.
6. Refrigerate up to 3 weeks or freeze up to 1 year.

*Source: freshpreserving.com, 2018***Roasted Garlic Jelly**

Yield: about 9 four-ounce mini jars

3 medium heads garlic

1 tablespoon olive oil, divided

1 tablespoon balsamic vinegar, divided

1 cup dry white wine

2/3 cup water

1/2 cup white balsamic vinegar\*

1 teaspoon whole black peppercorns, crushed

3 tablespoons lemon juice

3 cups granulated sugar

2 pouches (each 3 ounces) liquid pectin

1. Wash and rinse canning jars; keep hot until ready to use. Prepare lids and bands according to manufacturer's directions.
2. Using a sharp knife, cut off tops of garlic heads, exposing cloves. Place each head on a small square of aluminum foil set on a baking sheet. Top each head with 1 teaspoon olive oil and 1 teaspoon balsamic vinegar. Scrunch foil loosely around garlic heads and roast in preheated oven until garlic is

golden and very soft, 45-60 minutes. Let stand until cool enough to handle. Separate cloves, pinching each one to extract the soft roasted garlic. Discard skins.

3. In a medium stainless steel saucepan, combine roasted garlic, wine, water, vinegar and peppercorns. Bring to a boil over medium heat. Reduce heat and boil gently for 5 minutes. Cover, remove from heat and let steep for 15 minutes.
4. Transfer garlic mixture to a dampened jelly bag or a strainer lined with several layers of dampened cheesecloth set over a deep bowl. Let drip, undisturbed, for about 30 minutes. Measure 1-2/3 cups garlic juice. If you do not have the required amount, add up to 1/4 cup dry white wine or water.
5. Transfer garlic juice to a large, deep stainless steel saucepan. Stir in lemon juice and sugar. Over high heat, stirring constantly, bring to a full rolling boil that cannot be stirred down.
6. Stir in pectin. Boil hard, stirring constantly, for 1 minute. Remove from heat and quickly skim off foam.
7. Immediately pour hot jelly into hot jars, leaving 1/4-inch headspace. Wipe rims with a dampened clean paper towel; adjust two-piece metal canning lids.
8. Process in a boiling water or atmospheric steam canner for 10 minutes at 0-1,000 feet elevation, 15 minutes at 1,001-6,000 feet, and 20 minutes above 6,000 feet.
9. If using a boiling water canner, remove lid and wait 5 minutes. If using a steam canner, wait 3 minutes before removing lid.
10. Remove jars from canner. Let cool, undisturbed, 12-24 hours and check for seals. Remove rings, clean and label jars. Store sealed jars in a cool, dry, dark location.

Source: adapted from *Ball Complete Book of Home Preservation, 2012*

\* *White balsamic vinegar may be hard to find. Dark balsamic vinegar can be substituted but the resulting jelly will be dark and will have a more robust flavor.*

## Habanero Gold

Yield: about 3 half-pints

1/3 cup finely sliced dried apricots	1/4 cup finely chopped seeded habanero pepper
3/4 cup white vinegar (5%)	3 cups granulated sugar
1/4 cup finely chopped red onion	1 pouch liquid pectin
1/4 cup finely chopped seeded red bell pepper	

*Note about peppers: For a milder yet still tasty version, substitute a mixture of jalapeno and Scotch bonnet peppers for the habanero peppers. When cutting or seeding hot peppers, wear rubber gloves to keep your hands from being burned, and do not touch your face (especially your eyes, nose and mouth).*

1. Wash and rinse canning jars; keep hot until ready to use. Prepare lids and bands according to manufacturer's directions.
2. In a large deep stainless steel saucepan, combine apricots and vinegar. Cover and let stand at room temperature for at least 4 hours or overnight.
3. Add red onion, red pepper and habanero peppers to apricots. Stir in sugar. Over high heat, stirring constantly, bring to a full rolling boil that cannot be stirred down. Stir in pectin. Boil hard, stirring constantly, for 1 minute. Remove from heat and quickly skim off foam.
4. Immediately pour hot jelly into hot jars, leaving 1/4-inch head space. Remove air bubbles. Wipe rims with a dampened clean paper towel; adjust two-piece metal canning lids.
5. Process in a boiling water or atmospheric steam canner for 10 minutes at 0-1,000 feet elevation, 15 minutes at 1,001-6,000 feet, and 20 minutes above 6,000 feet.
6. If using a boiling water canner, remove lid and wait 5 minutes. If using a steam canner, wait 3 minutes before removing lid.

7. Remove jars from canner. Let cool, undisturbed, 12-24 hours and check for seals. Remove rings, clean and label jars. Store sealed jars in a cool, dry, dark location

*Source: adapted from Ball Complete Book of Home Preserving, 2012*

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## Red Onion Marmalade

Yield: about 5 half pints.

1-1/2 cups thinly sliced red onions (about 1 to 1 1/2 pounds)	1/4 cup cider vinegar (5%)
1/2 cup finely chopped dried cranberries (about 1/2 pounds)	6 tablespoons Ball Classic Pectin
1/4 cup light brown sugar	2 teaspoons grated orange peel (about 1/2 small)
	3 cups bottled unsweetened apple juice
	4 cups granulated sugar

1. Wash and rinse canning jars; keep hot until ready to use. Prepare lids and bands according to manufacturer's directions.
2. Sauté onions, dried cranberries, brown sugar, and cider vinegar until onions are transparent.
3. Combine onion mixture, pectin, orange peel, and apple juice in large saucepan. Bring mixture to a boil over medium-high heat, stirring constantly.
4. Add granulated sugar, stirring until sugar dissolves. Return mixture to a rolling boil that cannot be stirred down. Boil hard for 1 minute, stirring constantly. Remove from heat. Skim off foam if necessary.
5. Fill hot jam into hot jars, leaving 1/4-inch headspace. Remove air bubbles. Wipe rims with a dampened clean paper towel; adjust two-piece metal canning lids.
6. Process in a boiling water or atmospheric steam canner for 10 minutes at 0-1,000 feet elevation, 15 minutes at 1,001-6,000 feet, and 20 minutes above 6,000 feet.
7. If using a boiling water canner, remove lid and wait 5 minutes. If using a steam canner, wait 3 minutes before removing lid.
8. Remove jars from canner. Let cool, undisturbed, 12-24 hours and check for seals. Remove rings, clean and label jars. Store sealed jars in a cool, dry, dark location.

*Source: adapted from Ball Blue Book Guide to Preserving*

## Pickled Products

### Quick Fresh Dill Pickles

Yield 7-9 wide-mouth pints or 4-5 wide mouth quarts

8 pounds of 3 to 5-inch pickling cucumbers	2 quarts water
2 gallons water	2 tablespoons whole mixed pickling spice
1-1/4 cups canning salt (divided)	About 3 tablespoons whole mustard seed
1-1/2 quarts vinegar (5%)	About 14 heads of fresh dill or 5 tablespoons dill seed
1/4 cup sugar	

1. Wash and rinse canning jars, lids and rings; keep jars hot until ready to use.
2. Wash cucumbers. Cut 1/16-inch slice off blossom end and discard. Leave 1/4-inch of stem attached. Dissolve 3/4 cup salt in 2 gallons of water. Pour over cucumbers and let stand for 12 hours. Drain.
3. Combine vinegar, 1/2 cup salt, sugar and 2 quarts water. Add mixed pickling spices tied in a clean white cloth. Heat to boiling.
4. Fill jars with pickles. Add 1 teaspoon mustard seed and 1-1/2 heads fresh dill (or 1-1/2 teaspoons dill seed) per pint jar. Cover with boiling pickling solution, leaving 1/2-inch headspace. Remove air bubbles and adjust headspace if necessary, by adding hot solution. Wipe rims with a dampened clean paper towel; adjust two-piece metal canning lids.
5. Process in a boiling water or steam canner:
  - a. Pints: 10 minutes at 0-1,000 feet, 15 minutes at 1,001-6,000 feet, 20 minutes above 6,000 feet.
  - b. Quarts: 15 minutes at 0-1,000 feet, 20 minutes at 1,001-6,000 feet, 25 minutes above 6,000 feet.
6. If using a boiling water canner, remove lid and wait 5 minutes. If using a steam canner, wait 3 minutes before removing lid.
7. Remove jars from canner. Let cool, undisturbed, 12-24 hours and check for seals. Remove rings, clean and label jars. Store sealed jars in a cool, dry, dark location.

Source: *So Easy to Preserve, Cooperative Extension, The University of Georgia, 2015*

### Pickled Dill Beans

Yield: About 8 pints

4 pounds fresh tender green or yellow beans (5-6 inches long)	1/2 cup canning or pickling salt
8 to 16 heads fresh dill	4 cups white vinegar (5%)
8 cloves garlic (optional)	4 cups water
	1 teaspoon red pepper flakes (optional)

1. Wash and rinse canning jars, lids and rings; keep jars hot until ready to use. If under 1,000 feet, sterilize the jars by boiling for 10 minutes. Wash and trim ends from beans and cut to 4-inch lengths.
2. In each sterile pint jar, place 1 to 2 dill heads and, if desired, 1 clove of garlic. Place whole beans upright in jars, leaving 1/2 inch headspace. Trim beans to ensure proper fit, if necessary.
3. Combine salt, vinegar water, and pepper flakes (if desired). Bring to a boil.
4. Add hot solution to beans, leaving 1/2 inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot solution. Wipe rims with a dampened clean paper towel; adjust two-piece metal canning lids.
5. Process in a boiling water or steam canner for 5 minutes at 0-1,000 feet (only in sterilized jars), 10 minutes at 1,001-6,000 feet, 15 minutes above 6,000 feet.
6. If using a boiling water canner, remove lid and wait 5 minutes. If using a steam canner, wait 3 minutes before removing lid.

- Remove jars from canner. Let cool, undisturbed, 12-24 hours and check for seals. Remove rings, clean and label jars. Store sealed jars in a cool, dry, dark location.

Source: *USDA Complete Guide to Home Canning, 2015*

## Spiced Pear

Yield: about 4 pints

3-1/2 pounds medium-ripe pears (14-16)  
 2-1/2 cups sugar  
 1-1/4 cups white vinegar (5%)  
 1 cup water

*Tie in a spice bag:*  
 2 teaspoons whole ginger  
 2 tablespoons whole cloves  
 7 cinnamon sticks, 3-inch pieces

- Wash and rinse canning jars, lids and rings; keep jars hot until ready to use.
- Wash, peel and core pears. Place immediately in a solution of 1/2 teaspoon ascorbic acid and 2 quarts water to prevent browning.
- Combine sugar, vinegar, and 1 water; bring to a boil. Add spices in cheesecloth bag. Boil 5 minutes.
- Drain pears and add to syrup. Simmer 5 minutes or until soft but still firm. Remove spice bag.
- Pack pears into hot jars; leaving 1/2-inch headspace. Fill jars to 1/2-inch of top with boiling hot syrup. Remove air bubbles and adjust headspace if needed. Wipe rims with a dampened clean paper towel; adjust two-piece metal canning lids.
- Process pint jars in either a boiling water or steam canner for 15 minutes at 0-1,000 feet elevation, 20 minutes between 1,001-3,000 feet, 25 minutes between 3,001-6,000 feet, and 30 minutes above 6,000 feet.
- If using a boiling water canner, remove lid and wait 5 minutes. If using a steam canner, wait 3 minutes before removing lid.
- Remove jars from canner. Let cool, undisturbed, 12-24 hours and check for seals. Remove rings, clean and label jars. Store sealed jars in a cool, dry, dark location.

Source: *National Center for Home Food Preservation, 2018*

## Pickled Asparagus

Yield: about 3 wide-mouth pints

5 pounds asparagus  
 3 large garlic cloves  
 2-1/4 cups water

2 1/4 cups white distilled  
 vinegar (5%)  
 3 small hot peppers (optional)

1/4 cup canning salt  
 1 1/2 teaspoons dill seed

- Wash and rinse canning jars, lids and rings; keep jars hot until ready to use.
- Wash asparagus gently under running water. Cut stems from the bottom to leave spears with tips that fit into the canning jar with a little less than 1/2-inch headspace.
- Peel and wash garlic cloves. Place a garlic clove at the bottom of each jar, and tightly pack asparagus into jars with the blunt ends down.
- In a 6-8 quart pot, combine water, vinegar, hot peppers (optional), salt and dill seed. Bring to a boil.
- If using, place one hot pepper in each jar over asparagus spears. Pour boiling hot pickling brine over spears, leaving 1/2-inch headspace. Remove air bubbles and adjust headspace if necessary, by adding hot solution. Wipe rims with a dampened clean paper towel; adjust two-piece metal canning lids.
- Process in a boiling water or steam canner for 10 minutes at 0-1,000 feet elevation, 15 minutes at 1,001-6,000 feet, 20 minutes above 6,000 feet.

7. If using a boiling water canner, remove lid and wait 5 minutes. If using a steam canner, wait 3 minutes before removing lid.
8. Remove jars from canner. Let cool, undisturbed, 12-24 hours and check for seals. Remove rings, clean and label jars. Store sealed jars in a cool, dry, dark location.
9. Allow pickled asparagus to sit in processed jars for 3 to 5 days before consumption for best flavor development.

Source: *USDA Complete Guide to Home Canning, 2015*

## Pickled Beets

Yield: About 8 pints

7 pounds of 2 to 2-1/2 inch diameter beets	2 cinnamon sticks
4 cups vinegar (5%)	12 whole cloves
1-1/2 teaspoons canning or pickling salt	4 to 6 onions (2 to 2-1/2 inch diameter) if desired
2 cups sugar	
2 cups water	

1. Wash and rinse canning jars, lids and rings; keep jars hot until ready to use.
2. Trim off beet tops, leaving 1 inch of stem and roots to prevent bleeding of color. Wash thoroughly. Sort for size.
3. Cover similar sizes together with boiling water and cook until tender, about 25 to 30 minutes. **Caution: Drain and discard liquid.** Cool beets. Trim off roots and stems and slip off skins.
4. Slice into 1/4 inch slices. Peel and thinly slice onions.
5. Combine vinegar, salt, sugar, and fresh water. Put spices in cheesecloth bag and add to vinegar mixture. Bring to a boil.
6. Add beets and onions. Simmer 5 minutes. Remove spice bag.
7. Fill jars with beets and onions, leaving 1/2 inch headspace. Add hot vinegar solution, allowing 1/2 inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot solution. Wipe rims with a dampened clean paper towel; adjust two-piece metal canning lids.
8. Process in a boiling water or steam canner for 30 minutes at 0-1,000 feet elevation, 35 minutes at 1,001-3,000 feet, 40 minutes at 3,001-6,000 feet, 45 minutes above 6,000 feet.
9. If using a boiling water canner, remove lid and wait 5 minutes. If using a steam canner, wait 3 minutes before removing lid.
10. Remove jars from canner. Let cool, undisturbed, 12-24 hours and check for seals. Remove rings, clean and label jars. Store sealed jars in a cool, dry, dark location.

Source: *USDA Complete Guide to Home Canning, 2015*

## British Bread and Butter Pickles

Yield: about 5 pints

10 cups sliced trimmed pickling cucumbers	2 tablespoons mustard seeds
4 medium onions, thinly sliced	1 teaspoon celery seeds
1/2 cup pickling or canning salt	1 teaspoon ground turmeric
3 cups cider vinegar (5%)	1 teaspoon ground ginger
2 cups brown sugar	



1. In a glass or stainless steel bowl, combine cucumbers, onions and salt. Mix well, cover with cold water and let stand at room temperature for 2 hours. Transfer to a colander placed over a sink, rinse with cool running water and drain thoroughly.
2. Wash and rinse canning jars, lids and rings; keep jars hot until ready to use.
3. In a large stainless steel pan, combine vinegar, brown sugar, mustard seeds, celery seeds, turmeric, and ground ginger. Bring to a boil over medium-high heat, stirring to dissolve sugar. Stir in vegetables and return to a boil.
4. Pack vegetables into hot jars to within a generous ½-inch of top of jar. Ladle hot pickling liquid into jar to cover vegetables, leaving 1/2-inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot pickling liquid. Wipe rims with a dampened clean paper towel; adjust two-piece metal canning lids.
5. Process in a boiling water or atmospheric steam canner for 10 minutes between 0-1,000 feet, 15 minutes between 1,001 – 3,000 feet, 20 minutes between 3,001 – 6,000 feet, 25 minutes between 6,001 – 8,000 feet, and 30 minutes between 8,001 – 10,000 feet.
6. If using a boiling water canner, remove lid and wait 5 minutes. If using a steam canner, wait 3 minutes before removing lid.
7. Remove jars from canner. Let cool, undisturbed, 12-24 hours and check for seals. Remove rings, clean and label jars. Store sealed jars in a cool, dry, dark location.

Source: *Ball Blue Book Guide to Preserving, 2012*

### **Bread and Butter Zucchini**

Yield: 8-9 pint jars

16 cups fresh zucchini, sliced	2 cups sugar
4 cups onions, thinly sliced	4 tablespoons mustard seed
1/2 cup canning or pickling salt	2 tablespoons celery seed
4 cups white vinegar (5%)	2 teaspoons ground turmeric

1. Wash and rinse canning jars, lids and rings; keep jars hot until ready to use.
2. Cover zucchini and onion slices with 1 inch of water and salt. Let stand 2 hours and drain thoroughly.
3. Wash and rinse canning jars; keep hot until ready to use. Prepare lids and bands according to manufacturer's directions.
4. Combine vinegar, sugar, and spices. Bring to a boil and add zucchini and onions. Simmer 5 minutes.
5. Fill jars with mixture and pickling solution, leaving 1/2-inch headspace. Remove air bubbles and adjust headspace if necessary. Wipe rims with a dampened clean paper towel; adjust two-piece metal canning lids.
6. Process in a boiling water or atmospheric steam canner for 10 minutes between 0-1,000 feet, 15 minutes between 1,001 – 6,000 feet, 20 minutes above 6,000 feet.
7. If using a boiling water canner, remove lid and wait 5 minutes. If using a steam canner, wait 3 minutes before removing lid.
8. Remove jars from canner. Let cool, undisturbed, 12-24 hours and check for seals. Remove rings, clean and label jars. Store sealed jars in a cool, dry, dark location.
9. Source: *USDA Complete Guide to Home Canning, 2015*

## Zucchini Pickles

Yield: About 8 pints

5 pounds medium zucchini cut into 1/4 inch thick slices	2 cups sugar
2 pounds mild white onions, thinly sliced	2 tablespoons mustard seeds
1/4 cup salt	1 tablespoon each: celery seeds and ground turmeric
Ice water	2 teaspoons ground ginger
4 cups cider vinegar (5%)	3 cloves garlic, minced

1. Wash and rinse canning jars, lids and rings; keep jars hot until ready to use.
2. Place zucchini, onions, and salt in a large kettle; cover with ice water and let stand for 1 to 2 hours.
3. Drain, rinse well and drain again.
4. In large kettle mix vinegar, sugar, mustard seeds, celery seeds, turmeric, ginger, and garlic. Bring to a boil over high heat, stirring to dissolve sugar. Boil for 2 to 3 minutes.
5. Stir in zucchini mixture, return to a boil and boil for 2 more minutes.
6. Pack hot mixture into hot pint jars, leaving 1/2 inch headspace. Wipe rims with a dampened clean paper towel; adjust two-piece metal canning lids.
7. Process in a boiling water or steam canner for 10 minutes at 0-1,000 feet elevation, 15 minutes at 1,001-3,000 feet, 20 minutes at 3,001-6,000 feet, 25 minutes at 6,001-8,000 feet, and 30 minutes at 8,001-10,000 feet.
8. If using a boiling water canner, remove lid and wait 5 minutes. If using a steam canner, wait 3 minutes before removing lid.
9. Remove jars from canner. Let cool, undisturbed, 12-24 hours and check for seals. Remove rings, clean and label jars. Store sealed jars in a cool, dry, dark location.

Source: *Pickles, Relishes and Chutneys*, UC Publication #4080

## Pickled Figs

Yield: about 8 pints

4 quarts firm-ripe figs	2 cups sugar	1 tablespoon whole allspice
3 cups sugar	3 cups vinegar (5%)	1 tablespoon whole cloves
2 quarts water	2 sticks cinnamon	

1. Peel figs. (If unpeeled are preferred, pour boiling water over figs and let stand until cool; drain.)
2. Add 3 cups sugar to water and cook until sugar dissolves. Add figs and cook slowly 30 minutes.
3. Add 2 cups sugar and vinegar. Tie spices in a cheesecloth bag; add to figs.
4. Cook gently until figs are clear. Cover and let stand 12 -24 hours in refrigerator. Remove spice bag.
5. Heat figs in brine to the boiling point.
6. Pack hot figs and brine into clean, hot jars, leaving 1/2-inch head space. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened clean paper towel; adjust two-piece metal canning lids.
7. Process pint jars in either a boiling water or steam canner for 15 minutes at 0-1,000 feet elevation and 20 minutes above 1,000 feet.
8. Remove from canner. Let cool, undisturbed, 12-24 hours and check for seals. Clean and label jars. Store sealed jars in a cool, dry, dark location.

Source: *So Easy to Preserve*, 6th ed. 2014

## Watermelon Rinds, Pickled

Yield: about 4 or 5 pints

3 quarts (about 6 pounds) watermelon rind	3 cups white vinegar (5%)
3/4 cup salt	3 cups water
3 quarts water	1 tablespoon (about 48) whole cloves
2 quarts (2 trays) ice cubes	6 cinnamon sticks, 1-inch pieces
9 cups sugar	1 lemon, thinly sliced, with seeds removed

1. Trim the pink flesh and outer green skin from thick watermelon rind. Cut into 1-inch squares. Cover with brine made by mixing the salt with 3 quarts cold water. Add ice cubes. Let stand 3 to 4 hours.
2. Drain, rinse, cover with cold water, cook until fork tender (10 minutes - do not overcook). Drain.
3. Combine sugar, vinegar, water, and spices (tied in a clean, thin, white cloth). Boil 5 minutes and pour over the watermelon; add lemon slices. Let stand overnight in the refrigerator.
4. The next day, heat watermelon in syrup to boiling and cook slowly 1 hour.
5. Pack hot pickles loosely into clean, hot pint jars. To each jar add 1 piece of stick cinnamon from spice bag; cover with boiling syrup, leaving 1/2-inch headspace.
6. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened clean paper towel; adjust two-piece metal canning lids.
7. Process pint jars in either a boiling water or steam canner for 10 minutes between 0-1,000 feet elevation, 15 minutes between 1,001-6,000 feet, and 20 minutes above 6,000 feet.
8. Remove jars from canner. Let cool, undisturbed, 12-24 hours and check for seals. Clean and label jars. Store sealed jars in a cool, dry, dark location.

Source: *USDA Complete Guide to Home Canning, 2015*

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## Mango Salsa

Yield: About 6 half-pint jars

6 cups diced unripe mango (about 3 to 4 large, hard green mangoes)	2 teaspoons finely chopped garlic
1-1/2 cups diced red bell pepper	2 teaspoons finely chopped ginger
1/2 cup finely chopped yellow onion	1 cup light brown sugar
1/2 teaspoon crushed red pepper flakes	1-1/4 cups cider vinegar (5%)
	1/2 cup water

**Caution:** Handling green mangoes may irritate the skin of some people in the same way as poison ivy. (They belong to the same plant family.) To avoid this reaction, wear plastic or rubber gloves while working with raw green mango. Do not touch your face, lips or eyes after touching or cutting raw green mangoes until all traces are washed away.

1. Wash and rinse half-pint canning jars; keep hot until ready to use. Prepare lids according to manufacturer's directions.
2. Wash all produce well. Peel and chop mango into 1/2-inch cubes. Dice bell pepper into 1/2-inch pieces. Finely chop yellow onions.
3. Combine all ingredients in an 8-quart Dutch oven or stockpot. Bring to a boil over high heat, stirring to dissolve sugar. Reduce to simmering, and simmer 5 minutes.
4. Fill hot solids into clean, hot half-pint jars, leaving 1/2-inch headspace. Cover with hot liquid, leaving 1/2-inch headspace.

5. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened clean paper towel; adjust two-piece metal canning lids.
6. Process pint jars in either a boiling water or steam canner for 10 minutes between 0-1,000 feet elevation, 15 minutes between 1,001-6,000 feet, and 20 minutes above 6,000 feet.
7. Remove jars from canner. Let cool, undisturbed, 12-24 hours and check for seals. Clean and label jars. Store sealed jars in a cool, dry, dark location.

*Source: National Center for Home Food Preservation, 2003*

## Other Canned Products

### Herbed Seasoned Tomatoes

12 cups halved cored peeled tomatoes  
Spice blends, recipes below

Bottled lemon juice or citric acid  
Salt (optional)

1. Choose desired spice blend(s), below. Prepare the quantity that suits your needs and set aside.
2. Place tomatoes in a large stainless steel saucepan. (For best results, do not layer tomatoes in pan). Add water to cover. Bring to a boil over medium-high heat, stirring gently. Reduce heat and boil gently for 5 minutes.
3. Before packing each jar of tomatoes, add 1 tablespoon bottled lemon juice or 1/4 teaspoon citric acid and 1/4 teaspoon salt to the hot pint jar. Add the specified quantity of your chosen spice blend. Pack hot tomatoes into prepared jars to within a generous 1/2-inch of top of jar. Ladle hot liquid into jar to cover tomatoes, leaving 1/2-inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot liquid. Wipe rims with a dampened clean paper towel; adjust two-piece metal canning lids.
4. Process jars in a boiling water or canner for 40 minutes at 0-1,000', 45 minutes at 1,001-3,000'. If above 3,000', process in a boiling water canner 50 minutes at 3,001-6,000', 55 minutes at 6,001-8,000', and 60 minutes at 8,001'-10,000'.
5. Remove jars from canner. Let cool, undisturbed, 12-24 hours and check for seals. Clean and label jars. Store sealed jars in a cool, dry, dark location.

Source: *Ball Complete Book of Home Preserving, 2012*

**Spice Blends:** Each recipe makes enough to season 6 pint jars.

#### Italian Spice Blend

4 teaspoons dried basil  
2 teaspoons dried thyme  
2-1/2 teaspoons dried oregano  
1-1/2 teaspoons dried rosemary  
1-1/2 teaspoons dried sage  
1 teaspoon garlic powder  
1 teaspoon hot pepper flakes

For each pint jar, use 2-1/4 teaspoons of spice blend. If omitting hot pepper flakes, use only 2 teaspoons per jar.

#### Mexican Spice Blend

6 teaspoons chili powder  
2 teaspoons ground cumin  
2 teaspoons dried oregano  
2 teaspoons garlic powder  
2 teaspoons ground coriander  
1-1/2 teaspoons seasoned salt

For each pint jar, use 2-1/2 teaspoons of spice blend. If omitting seasoned salt, use only 2 teaspoons per jar.

#### Cajun Spice Blend

3 teaspoons chili powder  
2 teaspoons paprika  
1-1/2 teaspoons onion flakes  
1-1/2 teaspoons garlic powder  
1-1/2 teaspoons ground allspice  
1-1/2 teaspoons dried thyme  
1 teaspoon cayenne pepper

For each pint jar, use 2 teaspoons of spice blend.

**Procedure:** Combine herbs and spices in a small bowl; set aside. Prepare tomatoes using recipe above. After citric acid or bottled lemon juice is added to a hot jar according to canning recipe, add spice blend. Continue to fill jar and process following instructions for canning recipe.

Source: *Ball Complete Book of Home Preserving, 2012*

## Peaches

**CAUTION: Do not use this process to can white-flesh peaches.** There is evidence that some varieties of white-flesh peaches are higher in pH (i.e., lower in acid) than traditional yellow varieties. The natural pH of some white peaches can exceed 4.6, making them a low-acid food for canning purposes. At this time there is no low-acid pressure process available for white-flesh peaches nor a researched acidification procedure for safe boiling water canning. Freezing is the recommended method of preserving white-flesh peaches.

Quantity: An average of 17-1/2 pounds is needed per canner load of 7 quarts; an average of 11 pounds is needed per canner load of 9 pints.

Quality: Choose ripe, mature yellow-flesh peaches of ideal quality for eating fresh or cooking.

1. Dip fruit in boiling water for 30 to 60 seconds until skins loosen. Dip quickly in cold water and slip off skins. Cut in half, remove pits and slice if desired.
2. To prevent darkening, keep peeled fruit in ascorbic acid solution.
3. Prepare and boil a very light, light, or medium syrup or pack peaches in water, apple juice, or white grape juice. Note: Raw packs make poor quality peaches.
4. **Hot pack** – In a large saucepan place drained fruit in syrup, water, or juice and bring to boil. Fill jars with hot fruit and cooking liquid, leaving 1/2-inch headspace. Place halves in layers, cut side down.  
**Raw pack** – Fill jars with raw fruit, cut side down, and add hot water, juice, or syrup, leaving 1/2-inch headspace.
5. Remove air bubbles and adjust headspace, if necessary, by adding hot liquid. Wipe rims with a dampened clean paper towel; adjust two-piece metal canning lids.
6. Process jars in a boiling water or canner according to the table below.

Style of Pack	Jar Size	0 - 1,000 ft	1,001 - 3,000 ft	3,001 - 6,000 ft	Above 6,000 ft
Hot	Pints	20 minutes	25 minutes	30 minutes	35 minutes
	Quarts	25 minutes	30 minutes	35 minutes	40 minutes
Raw	Pints	25 minutes	30 minutes	35 minutes	40 minutes
	Quarts	30 minutes	35 minutes	40 minutes	45 minutes

7. Remove jars from canner. Let cool, undisturbed, 12-24 hours and check for seals. Clean and label jars. Store sealed jars in a cool, dry, dark location.

Source: *USDA Complete Guide to Home Canning, 2018*

Note: Pears may also be canned in a pressure canner for much less time. Visit [https://nchfp.uga.edu/how/can\\_02/pear\\_halved.html](https://nchfp.uga.edu/how/can_02/pear_halved.html) for details.

## Zesty Peach BBQ Sauce

Yield: about 8 half pints

6 cups finely chopped pitted peeled peaches, about 3 pounds	3/4 cup cider vinegar
1 cup finely chopped seeded red bell pepper (about 1 large)	1 tablespoon Worcestershire sauce
1 cup finely chopped onion (about 1 large)	2 teaspoons hot pepper flakes
3 tablespoons finely chopped garlic (about 14 cloves)	2 teaspoons dry mustard
1-1/4 cups honey	2 teaspoons salt

1. Combine all ingredients in a large saucepan. Bring to a boil. Reduce heat and simmer, stirring frequently, until mixture thickens to the consistency of a thin commercial barbeque sauce, about 25 minutes. If desired, puree in batches in a food processor or use an immersion blender to help break down the peaches.
2. Ladle hot sauce into hot jars leaving 1/2-inch headspace. Remove air bubbles and adjust headspace if needed. Wipe rims with a dampened clean paper towel; adjust two-piece metal canning lids.
3. Process jars in a boiling water or steam canner for 15 minutes at 0-1,000', 20 minutes at 1,001-3,000', 25 minutes at 3,001-6,000', 30 minutes at 6,001-8,000', and 35 minutes at 8,001'-10,000'.
4. Remove jars from canner. Let cool, undisturbed, 12-24 hours and check for seals. Clean and label jars. Store sealed jars in a cool, dry, dark location.

Source: *freshpreserving.com*, 2018

## Tomato Apple Onion Chutney

Yield: about 6 half pints

1-1/2 cups white vinegar	1/2 cup raisins
2 cups chopped cored peeled apples	1 red chili pepper, finely chopped
5 cups chopped cored peeled tomatoes	1/4 teaspoon finely chopped garlic
1-1/2 cups lightly packed brown sugar	1-1/2 teaspoons ground ginger
1 cup chopped English cucumber	1/2 teaspoon salt
3/4 cup chopped onions	1/2 teaspoon ground cinnamon
3/4 cup chopped seeded red bell peppers	

1. Combine all ingredients in a large saucepan. Bring to a boil, stirring frequently.
2. Reduce heat and simmer 30 minutes, stirring frequently.
3. Ladle hot chutney into hot jars leaving 1/2-inch headspace. Remove air bubbles. Wipe rim. Center hot lid on jar. Apply band and adjust until fit is fingertip tight.
4. Process jars in a boiling water or steam canner for 10 minutes at 0-1,000', 15 minutes at 1,001-3,000', 20 minutes at 3,001-6,000', 25 minutes at 6,001-8,000', and 30 minutes at 8,001'-10,000'.
5. Remove jars from canner. Let cool, undisturbed, 12-24 hours and check for seals. Clean and label jars. Store sealed jars in a cool, dry, dark location.

Source: *freshpreserving.com*, 2018

## Tomatoes, Crushed

Quantity: An average of 22 pounds is needed per canner load of 7 quarts; an average of 14 pounds is needed per canner load of 9 pints. A bushel weighs 53 pounds and yields 17 to 20 quarts of crushed tomatoes – an average of 2-3/4 pounds per quart.

1. Prepare canner, jars and lids.
2. Wash tomatoes and dip in boiling water for 30 to 60 seconds or until skins split. Then dip in cold water, slip off skins, and remove cores. Trim off any bruised or discolored portions and quarter. *(Save the skins and dry them with your favorite spice mix for tomato chips!)*
3. Heat one-sixth of the quarters quickly in a large pot, crushing them with a wooden mallet or spoon as they are added to the pot. This will exude juice. Continue heating the tomatoes, stirring to prevent burning.
4. Once the tomatoes are boiling, gradually add remaining quartered tomatoes, stirring constantly. These remaining tomatoes do not need to be crushed; they will soften with heating and stirring. Continue until all tomatoes are added. Boil gently 5 minutes.
5. Put bottled lemon juice or citric acid in each empty, hot jar. Add 2 tablespoons of bottled lemon juice or 1/2 teaspoon of citric acid in each quart jar. For pints, use 1 tablespoon bottled lemon juice or 1/4 teaspoon citric acid per pint jar.
6. Add 1 teaspoon of salt per quart to the jars, if desired.
7. Fill hot jars immediately with hot tomatoes, leaving 1/2-inch headspace. Remove air bubbles and adjust headspace if needed. Wipe rims with a dampened clean paper towel; adjust two-piece metal canning lids.
8. Process as follows:

Crushed Tomatoes in a **boiling-water canner**: Process Time at Altitudes of:

Jar Size	0 - 1,000 ft	1,001 - 3,000 ft	3,001 - 6,000 ft	Above 6,000 ft
Pints	35 minutes	40 minutes	45 minutes	50 minutes
Quarts	45 minutes	50 minutes	55 minutes	60 minutes

Crushed Tomatoes in a **weighted gauge pressure canner**: Process Time and Pressure at Altitudes of:

Jar Size	Process Time	0 - 1,000 ft	Above 1,000 ft
Pints or Quarts	20 minutes	5 lb	10 lb
	15 minutes	10 lb	15 lb
	10 minutes	15 lb	Not recommended

Crushed Tomatoes in a **dial-gauge pressure canner**: Process Time and Pressure at Altitudes of:

Jar Size	Process Time	0 - 2,000 ft	2,001 - 4,000 ft	4,001 - 6,000 ft	6,001 - 8,000 ft
Pints or Quarts	20 minutes	6 lb	7 lb	8 lb	9 lb
	15 minutes	11 lb	12 lb	13 lb	14 lb

9. Remove jars from canner. Let cool, undisturbed, 12-24 hours and check for seals. Clean and label jars. Store sealed jars in a cool, dry, dark location.

Source: *USDA Complete Guide to Home Canning, 2018*



## Tomatillo Green Salsa

Yield: about 5 pints

5 cups chopped tomatillos  
1-1/2 cups seeded, finely chopped long green chiles  
1/2 cup seeded, finely chopped jalapeño peppers  
4 cups chopped onions  
1 cup bottled lemon or lime juice  
6 cloves garlic, finely chopped  
1 tablespoon ground cumin (optional)  
3 tablespoons dried oregano leaves (optional)  
1 tablespoon salt  
1 teaspoon black pepper

**Caution:** Wear plastic or rubber gloves and do not touch your face while handling or cutting hot peppers. If you do not wear gloves, wash hands thoroughly with soap and water before touching your face or eyes.

1. Remove the dry outer husks from tomatillos; wash thoroughly. They do not need to be peeled or seeded.
2. Combine all ingredients in a large saucepan and stir frequently over high heat until mixture begins to boil, then reduce heat and simmer for 20 minutes, stirring occasionally.
3. Ladle hot salsa into clean, hot pint jars, leaving 1/2-inch headspace. Remove air bubbles and adjust headspace if needed.
4. Wipe rims of jars with a dampened, clean paper towel; apply two-piece metal canning lids.
5. Process pint jars in a boiling water canner or steam canner 15 minutes at 0-1,000 feet, 20 minutes at 1,001-6,000 feet, and 25 minutes above 6,000 feet.

**IMPORTANT:** You can substitute green tomatoes for the tomatillos. The only other change you can safely make in this salsa recipe is to change the amount of spices and herbs. Do not alter the proportions of vegetables to acid and tomatoes because it might make the salsa unsafe. Do not substitute vinegar for the lemon juice.

*Source: So Easy to Preserve, 2014*

### Resources

**National Center for Home Food Preservation:** <http://nchfp.uga.edu/>

**Complete Guide to Home Canning.** 2015. [http://nchfp.uga.edu/publications/publications\\_usda.html](http://nchfp.uga.edu/publications/publications_usda.html)

Also available in paper copy from Purdue Extension (online store is located at [https://mdc.itap.purdue.edu/item.asp?item\\_number=AIG-539](https://mdc.itap.purdue.edu/item.asp?item_number=AIG-539))

**So Easy to Preserve**, Sixth Edition. 2016. Bulletin 989. Cooperative Extension/University of Georgia, Athens

**Ball Complete Book of Home Preserving**, 2006/2012. Jarden Corporation.

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