



University of California
Cooperative Extension

Master Food Preserver

Vegetables: Preserve & Serve

Recipes

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**UC Master Food Preserver Program Mission:
To teach research-based practices of safe home food preservation
to the residents of California.**

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Salsas

Peppery Pear Salsa

Yield: 3 pint or 6 half-pints

Sweet juicy pears combine with red and green peppers to create a carnival of color in the spice salsa. Use it as a dipping sauce for grilled flatbread or as a breakfast condiment with eggs. It also works well with grilled meat and poultry.

1 cup white vinegar (5%)	2 tablespoons salt
8 cups firm pears, cored, peeled, coarsely chopped	2 teaspoons dry mustard
3 red bell peppers, seeded, coarsely chopped	1 teaspoon ground turmeric
3 green bell peppers, seeded, coarsely chopped	1/2 teaspoon ground allspice
1 cup granulated sugar	1/2 teaspoon ground black pepper

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 stainless steel saucepan, combine vinegar and pears. Add bell peppers, sugar, salt, mustard, turmeric, allspice and black pepper. Bring to a boil over medium-high heat, stirring constantly. Reduce heat and boil gently, stirring frequently, until slightly thickened, about 5 minutes.
3. Ladle hot salsa into hot jars, leaving 1/4-inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot salsa. Wipe rims with a dampened clean paper towel; adjust two-piece metal canning lids.
4. Process in a boiling water or steam canner for 20 minutes at 0-1,000 feet elevation, 25 minutes at 1,001-3,000 feet, 30 minutes at 3,001-6,000 feet, 35 minutes at 6,001-8,000 feet, and 40 minutes at 8,001-10,000 feet.
5. If using a boiling water canner, remove lid and wait 5 minutes. If using a steam canner, wait 3 minutes before removing lid.
6. 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 Complete Book of Home Preserving, 2006/2012

Zesty Salsa

Yield: 6 pints

Traditional salsa with a zesty kick! Use whatever type of chili peppers your family prefers - and add hot pepper sauce if your tastes are even more daring. This recipe may be cut in half.

10 cups chopped cored peeled tomatoes (about 25 medium)	1-1/4 cups cider vinegar (5%)
5 cups chopped seeded green bell peppers (about 4 large)	3 cloves garlic, finely chopped
5 cups chopped onions (about 6 to 8 medium)	2 tablespoons finely chopped cilantro
2-1/2 cups chopped seeded chili peppers, such as hot banana, Hungarian wax, Serrano or Jalapeño (about 13 medium)	1 tablespoon salt
	1 teaspoon hot pepper sauce, optional

1. Wash and rinse canning jars; keep hot until ready to use. Prepare lids and bands according to manufacturer's directions.

2. Combine tomatoes, green peppers, onions, chili peppers, vinegar, garlic, cilantro, salt and hot pepper sauce, if using, in a large stainless steel saucepan. Bring to a boil over medium-high heat, stirring constantly. Reduce heat and boil gently, stirring frequently, until slightly thickened, about 10 minutes.
3. Ladle hot salsa into hot jars, leaving 1/4-inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot salsa. Wipe rims with a dampened clean paper towel; adjust two-piece metal canning lids.
4. Process in a boiling water or steam canner for 15 minutes at 0-1,000 feet elevation, 20 minutes at 1,001-3,000 feet, 25 minutes at 3,001-6,000 feet, 30 minutes at 6,001-8,000 feet, and 35 minutes at 8,001-10,000 feet.
5. If using a boiling water canner, remove lid and wait 5 minutes. If using a steam canner, wait 3 minutes before removing lid.
6. 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 Complete Book of Home Preserving, 2006/2012*

Tomatillo Salsa

Yield: about 5 pints

5 cups chopped, cored, husked tomatillos	6 cloves garlic, finely chopped
1-1/2 cups seeded, chopped, long green chiles	1 tablespoon ground cumin (optional)
1/2 cup seeded, finely chopped jalapeño peppers	3 tablespoons dried oregano leaves (optional)
4 cups chopped onion	1 tablespoon salt
1 cup bottled lemon or lime juice	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. Wash and rinse canning jars; keep hot until ready to use. Prepare lids and bands according to manufacturer's directions.
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 hot jars, leaving 1/2-inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot salsa. Wipe rims with a dampened clean paper towel; adjust two-piece metal canning lids.
4. Process in a boiling water or steam canner for 15 minutes at 0-1,000 feet elevation, 20 minutes at 1,001-6,000 feet, 25 minutes above 6,000 feet.
5. If using a boiling water canner, remove lid and wait 5 minutes. If using a steam canner, wait 3 minutes before removing lid.
6. 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.

Note: You may use green tomatoes in this recipe instead of tomatillos.

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

Green Tomato Salsa Verde

Yield: about 6 half pints or 3 quarts

7 cups chopped cored peeled green tomatoes (about 12 medium)
5 to 10 jalapeno, Habanero or Scotch bonnet peppers, seeded and finely chopped
2 cups chopped red onion (about 2 large)
2 cloves garlic, finely chopped
1/2 cup lime juice
1/2 cup loosely packed finely chopped cilantro
2 teaspoons ground cumin
1 teaspoon dried oregano
1 teaspoon salt
1 teaspoon freshly ground black pepper

1. Wash and rinse canning jars; keep hot until ready to use. Prepare lids and bands according to manufacturer's directions.
2. Combine tomatoes, peppers, onion, garlic and lime juice in a large saucepan. Bring to a boil. Stir in cilantro, cumin, oregano, salt and pepper. Reduce heat and simmer 5 minutes.
3. Ladle hot salsa into hot jars leaving 1/2-inch headspace. Remove air bubbles; adjust headspace if necessary by adding hot salsa. Wipe rims with a dampened clean paper towel; adjust two-piece metal canning lids.
4. Process in a boiling water or steam canner for 20 minutes at 0-1,000 feet elevation, 25 minutes at 1,001-3,000 feet, 30 minutes at 3,001-6,000 feet, 35 minutes at 6,001-8,000 feet, and 40 minutes at 8,001-10,000 feet.
5. If using a boiling water canner, remove lid and wait 5 minutes. If using a steam canner, wait 3 minutes before removing lid.
6. 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.

Quick Tip: Use from 5 to 10 hot peppers to reach the level of heat you desire. When cutting or seeding hot peppers, wear rubber gloves to prevent hands from being burned.

Source: www.freshpreserving.com

Sauces

Chicken Wing Sauce

Yield: about 8 half-pints

Use this shelf stable tomato sauce as a dipping sauce with grilled chicken wings or as a time saving ingredient.

10 cups chopped, cored peeled tomatoes	2 cloves garlic, minced
2 cups chopped onions	1 teaspoon ground allspice
1/3 cup lightly packed brown sugar	1 teaspoon ground cinnamon
1/2 teaspoon cayenne pepper	1 teaspoon ground cloves
1-1/2 cups white vinegar (5%)	1 teaspoon ground ginger
4 teaspoons salt	

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 stainless steel saucepan, combine tomatoes, onions, brown sugar and cayenne. Bring to a boil over high heat, stirring constantly. Reduce heat and boil gently; stirring occasionally, for 30 minutes. Remove from heat and let cool slightly.
3. Working in batches, transfer mixture to a blender or a food processor fitted with a metal blade and puree until smooth.
4. Return puree to saucepan. Stir in vinegar, salt, garlic, allspice, cloves, cinnamon, and ginger. Bring to a boil over high heat, stirring constantly. Reduce heat and boil gently, stirring occasionally, until mixture is the consistency of a thin commercial sauce, about 1 hour.
5. Ladle hot sauce into hot jars, leaving 1/2-inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot sauce. Wipe rims with a dampened clean paper towel; adjust two-piece metal canning lids.
6. Process in a boiling water or steam canner for 20 minutes at 0-1,000 feet elevation, 25 minutes at 1,001-3,000 feet, 30 minutes at 3,001-6,000 feet, 35 minutes at 6,001-8,000 feet, and 40 minutes at 8,001-10,000 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: *Ball Complete Book of Home Preservation, 2006/2012*

Roasted Eggplant and Pepper Puttanesca Sauce

Yield: about 6 pints

6 pounds plum tomatoes	1 tablespoon anchovy paste or chopped anchovies (optional)
Vegetable cooking spray	2 teaspoons salt
2 pounds eggplant, cut into 1-inch cubes	2 teaspoons dried oregano
3 large onions, unpeeled and quartered	1 teaspoon ground black pepper
3 red bell peppers, halved and seeded	6 garlic cloves, minced
2 cups dry red wine	1 (3.5-ounce) jar capers, drained
1/2 cup balsamic vinegar	
1-1/2 cups chopped pitted Kalamata olives	

1. Preheat oven to 400°F. Core tomatoes and cut in half lengthwise. Arrange tomato halves on 2 large rimmed baking sheets lined with aluminum foil. Bake at 400°F for 45 minutes or until softened and beginning to

char. Remove from oven. Let cool in pan on a wire rack. When tomatoes are cool enough to handle, peel and coarsely chop. Place tomatoes and accumulated juice in a 6-quart stainless steel or enameled Dutch oven.

2. Replace foil on baking sheets; coat foil with cooking spray. Arrange eggplant on 1 baking sheet; onion and bell pepper halves on another. Bake at 400°F for 30 minutes or until edges of eggplant are golden brown and onion and bell pepper are crisp-tender.
3. Wash and rinse canning jars; keep hot until ready to use. Prepare lids and bands according to manufacturer's directions.
4. Add eggplant to tomatoes. Remove peel and coarsely chop onion and bell pepper; add to tomato mixture. Stir in wine and remaining ingredients. Bring to a boil; reduce heat, and simmer, uncovered, 15 minutes.
5. Ladle hot sauce into hot jars, leaving 1/2-inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot. Wipe rims of jars with a dampened clean paper towel; adjust two-piece metal canning lids.
6. Process in a boiling water canner with at least 2 inches of water above the jars for 45 minutes at 0-1,000 feet elevation on, 50 minutes at 1,001-3,000 feet, 60 minutes at 3,001-6,000 feet, 65 minutes at 6,001-8,000 feet, and 70 minutes at 8,001-10,000 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: *freshpreserving.com*, 2018

Grandma's Chili Sauce

Yield: 6-7 half-pints

Try this classic chili sauce as a garnish to any dish.

4 cups tomatoes, peeled and diced (Not necessary to peel them), about 2 lbs.	1/2 of a sweet red pepper, finely diced
5 stalks celery, finely diced	1 cup white vinegar (5%)
2 apples, peeled, cored, and diced	1/3 cup granulated sugar
1 small sweet green pepper, finely diced	1/2 teaspoon pickling salt
1 small hot red pepper, seeded and finely chopped (optional)	3 cinnamon sticks, each 3" long
1 small onion, finely chopped	1-inch piece of dried whole ginger
	1 teaspoon whole allspice berries

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 pot, combine: tomatoes, celery, apples, green pepper, red pepper, vinegar, sugar, salt and hot pepper if using. Tie cinnamon, ginger and allspice in a piece of cheesecloth and add to vegetable mixture.
3. Bring mixture to a boil over high heat; reduce heat and boil gently, uncovered, for about 1-1/2 hours or until mixture reaches the desired consistency. Stir occasionally. Remove and discard spice bag.
4. Ladle hot sauce into hot jars, leaving 1/4-inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot sauce. Wipe rims with a dampened clean paper towel; adjust two-piece metal canning lids.
5. Process in a boiling water or steam canner for 20 minutes at 0-1,000 feet elevation, 25 minutes at 1,001-3,000 feet, 30 minutes at 3,001-6,000 feet, 35 minutes at 6,001-8,000 feet, and 40 minutes at 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 Complete Book of Home Preservation, 2006/2012*

Chili Sauce

Yield: about 7 half-pints

1 cinnamon stick (about 4 inches) broken in half	1-1/2 cups white vinegar (5%)
1 bay leaf	1-1/2 cups granulated sugar
2 teaspoons mustard seeds	1 cup chopped seeded red bell pepper
1 teaspoon celery seeds	2 tablespoons chopped seeded jalapeno pepper
1/2 teaspoon whole black peppercorns	1 teaspoon salt
12 cups chopped cored peeled tomatoes	2 cloves garlic, finely chopped
2 cups chopped onions	1/2 teaspoon ground ginger
2 cups chopped seeded green bell peppers	1/2 teaspoon ground nutmeg

1. Tie the cinnamon stick, bay leaf, mustard seeds, celery seeds, cloves and peppercorns in a square of cheesecloth, creating a spice bag.
2. In a large stainless steel saucepan, combine tomatoes, onions, green peppers, vinegar, sugar, red pepper, jalapeno pepper, salt and spice bag. Bring to a boil over high heat, stirring frequently. Reduce heat and boil gently, stirring occasionally, until mixture is reduced by almost half, about 2 hours. Stir in garlic, ginger and nutmeg; boil gently, stirring frequently, until mixture mounds on a spoon, about 15 minutes. Discard spice bag.
3. Meanwhile, Wash and rinse canning jars; keep hot until ready to use. Prepare lids and bands according to manufacturer's directions.
4. Ladle hot sauce into hot jars, leaving 1/2-inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot sauce. Wipe rims with a dampened clean paper towel; adjust two-piece metal canning lids.
5. Process in a boiling water or steam canner for 15 minutes at 0-1,000 feet elevation, 20 minutes at 1,001-3,000 feet, 25 minutes at 3,001-6,000 feet, 30 minutes at 6,001-8,000 feet, and 35 minutes at 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 Complete Book of Home Preserving, 2012*

Spaghetti Sauce with Meat

Yield: about 9 pints or 5 quarts – **pressure canned**

30 pounds tomatoes	4 tablespoons chopped fresh parsley
2-1/2 pounds ground beef or sausage	1/4 cup lightly packed brown sugar
5 cloves garlic, minced	2 tablespoons dried oregano
1 cup chopped onions	4 teaspoons salt
1 cup chopped seeded green bell pepper or celery	2 teaspoons freshly ground black pepper
1 pound mushrooms, sliced (optional)	

1. Wash tomatoes, removing stems and any bruised or discolored portions. Core and quarter 6 tomatoes and place in a large stainless steel saucepan. Bring to a boil over high heat. Using a potato masher, crush tomatoes to release juices, stirring constantly. While maintaining a boil and stirring to prevent scorching, core and quarter additional tomatoes, adding them to the saucepan as you work. Make sure the mixture continues to boil vigorously while you add, stir and crush the remaining tomatoes. When all tomatoes have been added, reduce heat and boil gently until tomatoes are soft, about 10 minutes.
2. Working in batches, press tomato mixture through a fine sieve or food mill. Discard peels and seeds. Set puree aside.
3. Prepare pressure canner. Wash and rinse canning jars; keep hot until ready to use. Prepare lids and bands according to manufacturer's directions.
4. In a large stainless steel skillet, over medium heat, brown ground beef, breaking it up with a fork, until no longer pink. Drain off excess fat. Add garlic, onions, green pepper and mushrooms, if using. Sauté until vegetables are tender, about 3 minutes.
5. In a large stainless steel saucepan, combine reserved tomato puree, meat mixture, parsley, brown sugar, oregano, salt and pepper. Add water to make a thinner sauce, if desired. Bring to a boil over medium-high heat and boil, stirring occasionally, for 5 minutes, until heated through.
6. Ladle hot sauce into hot jars, leaving 1-inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot sauce. Wipe rim with vinegar. Apply lids.
7. Place jars in pressure canner. Adjust water level to 2 or 3 inches, lock lid and bring to a boil over medium-high heat. Vent steam for 10 minutes, then close vent. Continue heating to achieve 10 pounds pressure for altitudes below 1,000 feet. Increase pressure for higher altitudes according altitude chart above.
8. Process in a pressure canner according to the tables below.

- **Weighted gauge pressure canner:** Process Time and Pressure at Altitudes of:

Jar Size	Process Time	0 - 1,000 feet	Above 1,000 feet
Pints	60 minutes	10 lb	15 lb
Quarts	70 minutes	10 lb	15 lb

- **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	8,001 - 10,000 ft
Pints	60 min	11 lb	12 lb	13 lb	14 lb	15 lb
Quarts	70 min	11 lb	12 lb	13 lb	14 lb	15 lb

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: *Ball Complete Book of Home Preserving, 2012*

Pickled Vegetables

Pickled Asparagus

Yield: about 3 wide-mouth pints

5 pounds asparagus	2-1/4 cups white distilled vinegar (5%)
3 large garlic cloves	3 small hot peppers (optional)
2-1/4 cups water	1/4 cup canning salt
	1-1/2 teaspoons dill seed

1. Wash and rinse canning jars; keep hot until ready to use. Prepare lids and bands according to manufacturer's directions.
2. 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.
3. 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.
4. In a 6-8 quart pot, combine water, vinegar, hot peppers (optional), salt and dill seed. Bring to a boil.
5. 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.
6. 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 cups water
4 cups vinegar (5%)	2 cinnamon sticks
1-1/2 teaspoons canning or pickling salt	12 whole cloves
2 cups sugar	4 to 6 onions (2 to 2-1/2-inch diameter) if desired

1. Wash and rinse canning jars; keep hot until ready to use. Prepare lids and bands according to manufacturer's directions.
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.
4. Trim off roots and stems and slip off skins.
5. Slice into 1/4 inch slices. Peel and thinly slice onions.
6. Combine vinegar, salt, sugar, and fresh water. Put spices in cheesecloth bag and add to vinegar mixture. Bring to a boil.
7. Add beets and onions. Simmer 5 minutes.

8. Remove spice bag.
9. 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.
10. 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 at 6,001-8,000 feet, and 50 minutes at 8,001-10,000 feet.
11. If using a boiling water canner, remove lid and wait 5 minutes. If using a steam canner, wait 3 minutes before removing lid.
12. 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
 4 medium onions, thinly sliced
 1/2 cup pickling or canning salt
 3 cups cider vinegar (5%)
 2 cups brown sugar
 2 tablespoons mustard seeds
 1 teaspoon celery seeds
 1 teaspoon ground turmeric
 1 teaspoon ground ginger

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; keep hot until ready to use. Prepare lids and bands according to manufacturer's directions.
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 1/2-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 Jicama

Yield: about 3 pints

7 cups cubed jicama	2-1/4 cups sugar
1-1/2 cups thinly sliced onion	1 tablespoon mustard seed
1/2 cup chopped red bell pepper	1/2 tablespoon celery seed
2 cups distilled white vinegar (5%)	1/2 teaspoon ground turmeric

1. Wash and rinse canning jars; keep hot until ready to use. Prepare lids and bands according to manufacturer's directions.
2. Combine vinegar, sugar and spices in a large saucepot. Stir and bring to a boil.
3. Stir in prepared jicama, onion slices, and red bell pepper. Return to a boil, reduce heat and simmer 5 minutes. Stir occasionally.
4. Fill hot solids into clean, hot pint jars, leaving 1/2-inch headspace. Cover with boiling hot cooking liquid, leaving 1/2-inch headspace.
5. Remove air bubbles and adjust headspace if needed. 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 15 minutes between 0-1,000 feet, 20 minutes between 1,001 – 6,000 feet, and 25 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: So Easy to Preserve, 2014***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. Cover zucchini and onion slices with 1 inch of water and salt. Let stand 2 hours and drain thoroughly.
2. Wash and rinse canning jars; keep hot until ready to use. Prepare lids and bands according to manufacturer's directions.
3. Combine vinegar, sugar, and spices. Bring to a boil and add zucchini and onions. Simmer 5 minutes.
4. 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.
5. 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.
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: "Complete Guide to Home Canning," Agriculture Information Bulletin No. 539, USDA, revised 2015

Pickled Baby Carrots

Yield: About 4 pints

8-1/2 cups peeled baby carrots	2 teaspoons canning salt
5-1/2 cups white distilled vinegar (5%)	8 teaspoons mustard seed
1 cup water	4 teaspoons celery seed
2 cups sugar	

1. Wash and rinse canning jars; keep hot until ready to use. Prepare lids and bands according to manufacturer's directions.
2. Wash carrots well.
3. Combine vinegar, water, sugar and canning salt in an 8-quart Dutch oven or stockpot. Bring to a boil and boil gently 3 minutes. Add carrots and bring back to a boil. Then reduce heat to a simmer and heat until the carrots are half-cooked (about 10 minutes).
4. Meanwhile, place 2 teaspoons mustard seed and 1 teaspoon celery seed in the bottom of each clean, hot pint jar.
5. Fill hot jars with the hot carrots, leaving 1 inch headspace. Cover with hot pickling liquid, 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.
6. Process in a boiling water or steam canner for 15 minutes at 0-1,000 feet elevation, 20 minutes at 1,001-6,000 feet, 25 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: National Center for Home Food Preservation, 2015

Dilled Carrots

Yield: about 7 pint jars

These brightly colored pickled carrots make a great garnish for sandwiches and liven up relish trays.

6 cups white vinegar (5%)	14 heads of dill or if fresh dill is not available use
2 cups water	1/2 teaspoon of dill seeds per jar
1/2 cup pickling or canning salt	3-1/2 teaspoons hot pepper flakes (optional)
4 garlic cloves, halved	5 pounds carrots, ends removed, peeled and cut into sticks

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 stainless steel saucepan, combine vinegar, water and salt. Stir well and bring to a boil over medium-high heat, stirring to dissolve salt.
3. Place 1/2 clove of garlic, 1 head of dill and 1/2 teaspoon of hot pepper flakes, if using, in each hot jar. Pack carrot sticks into hot jars to within a generous 1/2-inch of top of jar. Top each with a second head of dill. Ladle hot pickling liquid into jar to cover carrots, leaving 1/2-inch headspace. Remove air bubbles and adjust headspace, in necessary, by adding hot pickling liquid. Wipe rim with a dampened clean paper towel; adjust two-piece metal canning lids.
4. 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. 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: *Ball Complete Book of Home Preserving, 2006/2012*

Pickled Cauliflower

Yield: about 9 half-pints

12 cups 1-2 inch cauliflower flowerets	2 tablespoons mustard seed
4 cups white vinegar (5%)	1 tablespoon celery seed
2 cups sugar	1 teaspoon turmeric
2 cups thinly sliced onions	1 teaspoon hot red pepper flakes
1 cup diced sweet red peppers	

- Wash and rinse canning jars; keep hot until ready to use. Prepare lids and bands according to manufacturer's directions.
- Wash cauliflower flowerets and boil in salt water (4 teaspoon canning salt per gallon of water) for 3 minutes.
- Drain and cool.
- Combine vinegar, sugar, onion, diced red pepper, and spices in large saucepan. Bring to a boil and simmer 5 minutes.
- Distribute onion and diced pepper among jars.
- Fill hot jars with cauliflower pieces and pickling solution, leaving 1/2-inch headspace. Wipe rims, adjust lids and process according to the altitudes below. 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, and 20 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: *adapted from the "Complete Guide to Home Canning," Agriculture Information Bulletin No. 539, USDA, revised 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)

- Wash and rinse canning jars; keep hot until ready to use. If under 1000 feet elevation, sterilize canning jars by boiling for 10 minutes. Prepare lids and bands according to manufacturer's directions.
- Wash and trim ends from beans and cut to 4-inch lengths.
- In each sterile/hot 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.

4. Combine salt, vinegar water, and pepper flakes (if desired). Bring to a boil.
5. 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.
6. Process in a boiling water or steam canner for 5 minutes at 0-1,000 feet elevation, 10 minutes at 1,001-6,000 feet, 15 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: *USDA Complete Guide to Home Canning, 2015*

Vietnamese Pickled Daikon & Carrots

Yield: 6 pints

3 cups white wine vinegar (5%)	2 pounds carrots peeled and julienned
3 cups water	2 pounds daikon peeled and julienned
1-1/2 cups sugar	6 whole star anise (optional)
2 teaspoons grated fresh gingerroot	

1. Wash and rinse canning jars; keep hot until ready to use. Prepare lids and bands according to manufacturer's directions.
2. In large stainless steel saucepan, combine vinegar, water, sugar and gingerroot. Bring to a boil over medium heat to dissolve sugar.
3. Add carrot and daikon and stir for 1 minute. Remove from heat.
4. Place one star anise (if using) in each jar.
5. Using tongs, pack julienned vegetables into hot jars. Ladle hot pickling liquid into jars, pushing down on veggies with the back of a sterilized spoon, 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 – 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.
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: *Ball Complete Book of Home Preserving, 2012*

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; keep hot until ready to use. Prepare lids and bands according to manufacturer's directions.
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

Zucchini-Pineapple

Yield: About 8 to 9 pints

This is a surprise sweet non-pickle treat that is a great way to use the large caveman club end-of-summer zucchini. The zucchini absorbs the flavor of the pineapple; use this treat anywhere you would use cubed or crushed pineapple.

4 quarts cubed or shredded zucchini
 1-1/2 cups bottled lemon juice
 46 ounce canned unsweetened pineapple juice
 3 cups sugar

1. Wash and rinse canning jars; keep hot until ready to use. Prepare lids and bands according to manufacturer's directions.
2. Peel zucchini and either cut into 1/2-inch cubes or shred.
3. Mix zucchini with other ingredients in a large saucepan and bring to a boil. Simmer 20 minutes.
4. Fill jars with hot mixture and cooking liquid, 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.
5. Process in a boiling water or steam canner for 15 minutes at 0-1,000 feet elevation, 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: *USDA Complete Guide to Home Canning*, 2015

Refrigerated Sweet Pickled Radish

Yield: about 1 pint jar

1 bunch radishes (about a 1/2 pound), stem and root ends removed and cut into 1/8 inch slices
 1/2 cup white or apple cider vinegar (5% acidity)
 1/2 cup sugar
 1/4 cup water

1 teaspoon canning salt
 1 teaspoon mustard seeds
 1/2 teaspoon ground black pepper
 1 bay leaf
 1/2 teaspoon dried crushed red pepper (optional)

1. Place radishes in a hot 1-pint jar. Bring vinegar, next 6 ingredients, and, if desired, crushed red pepper to a boil in a small stainless steel or enameled saucepan.
2. Ladle hot pickling liquid over radishes. Wipe rims with a dampened clean paper towel; adjust two-piece metal canning lids. Let cool on a wire rack (about 1 hour). Chill 6 hours before serving. Store in refrigerator up to 4 months.

Source: *freshpreserving.com*, 2019

Pickled Corn Relish

Yield: About 5 pints

Three 10-ounce packages of frozen corn
 1-1/4 cups diced sweet red peppers
 1-1/4 cups diced sweet green peppers
 1-1/4 cups chopped celery
 3/4 cups diced onions
 4/5 cups sugar
 2-1/2 cups vinegar (5%)
 1-1/4 tablespoons canning or pickling salt
 1-1/4 teaspoons celery seed
 1-1/4 tablespoons dry mustard
 3/4 teaspoon turmeric

1. Wash and rinse canning jars; keep hot until ready to use. Prepare lids and bands according to manufacturer's directions.
2. Combine peppers, celery, onions, sugar, vinegar, salt, and celery seed in a saucepan.
3. Bring to boil and simmer 5 minutes, stirring occasionally.
4. Mix mustard and turmeric in 1/2 cup of the simmered mixture. Add this mixture and corn to the hot mixture. Simmer another 5 minutes.
5. If desired, thicken mixture with flour paste (1/4 cup flour blended in 1/4 cup water) and stir frequently. *(Note: this recipe has been tested with this thickener; you don't normally add flour to canning recipes.)*
6. Fill jars with hot mixture, 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 atmospheric steam canner for 15 minutes at 0-1,000 feet elevation, 20 minutes at 1,001-6,000 feet, and 25 minutes above 6,000 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: "Complete Guide to Home Canning," *Agriculture Information Bulletin No. 539, USDA, 2015*

Dixie Relish

Yield: about 6-8 half pint jars

This is an old fashioned, traditional relish. It is an ideal gift for those who love sweet-and-sour food. We decided to stick with tradition and use the old-fashioned method for soaking the vegetables in a salt-water brine, which was in the original recipe, instead of sprinkling salt over the vegetables, as more contemporary recipes do. Just be aware that this relish may be slightly saltier than those you are accustomed to, as tastes have changed over the years, but it's delicious nonetheless. - Ball

4 cups finely chopped cabbage	2 tablespoons celery seeds
1-1/2 cups chopped onion	1 Tablespoon whole allspice
1-1/2 cups chopped seeded red bell pepper	1 tablespoon whole cloves
1-1/2 cups chopped seeded green bell pepper	1 cinnamon stick (about 4 inches) broken into pieces
1/4 cup canning salt	3 cups vinegar (5%)
7 cups lukewarm water	2 cups sugar
3 tablespoons mustard seeds	

1. In a large glass or stainless steel bowl, combine cabbage, onions, and bell peppers. Dissolve salt in lukewarm water and pour over vegetables. Cover and let stand in a cool place (70° to 75°) for 1 hour.
2. Transfer to a colander placed over a sink and drain thoroughly. Rinse with cool water and drain thoroughly again. Using your hands, squeeze out excess liquid. Set aside.
3. Wash and rinse canning jars; keep hot until ready to use. Prepare lids and bands according to manufacturer's directions.
4. Tie mustard seeds, celery seeds, allspice, cloves and cinnamon in a square of cheesecloth, creating a spice bag.
5. In a large stainless steel saucepan, combine drained cabbage mixture, vinegar, sugar and spice bag. Cover and bring to a boil over medium-high heat. Uncover, reduce heat and boil gently, stirring frequently, until thickened to the consistency of a thin commercial relish, about 15 minutes. Discard spice bag.
6. Ladle hot relish into hot jars, leaving 1/2-inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot relish. Wipe rim with a dampened clean paper towel; adjust two-piece metal canning lids.
6. 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.
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: *Ball Complete Book of Home Preserving, 2006/2012*

Spicy Jicama Relish

Yield: About 7 pints

9 cups diced jicama (about 4 pounds, peeled)	4 cups diced yellow bell pepper
1 tablespoon whole mixed pickling spice	4-1/2 cups diced red bell pepper
1 two-inch stick cinnamon	4 cups chopped onion
8 cups white vinegar (5%)	2 fresh hot peppers (about 6 inches each), finely chopped and partially seeded
4 cups sugar	
2 teaspoons crushed red pepper	

1. Wash and rinse canning jars; keep hot until ready to use. Prepare lids and bands according to manufacturer's directions.
2. Place pickling spice and cinnamon on a clean, double-layer, 6-inch-square piece of 100% cotton cheesecloth. Bring corners together and tie with a clean string. (Or use a purchased muslin spice bag.)
3. In a 4-quart Dutch oven or saucepan, combine pickling spice bag, vinegar, sugar, and crushed red pepper. Bring to boiling, stirring to dissolve sugar. Stir in jicama, sweet peppers, onion and hot peppers. Return boiling. Reduce heat and simmer, covered, over medium-low heat about 25 minutes. Discard spice bag.
4. Fill relish into hot, clean pint jars, leaving 1/2-inch headspace. Cover with hot pickling liquid. Remove air bubbles and adjust headspace if necessary. 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 20 minutes between 0-1,000 feet, 25 minutes between 1,001 – 3,000 feet, 30 minutes between 3,001 – 6,000 feet, 35 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: "Complete Guide to Home Canning," Agriculture Information Bulletin No. 539, USDA, revised 2015.

Zesty Zucchini Relish

Yield: 4-5 pints

12 cups finely chopped zucchini (about 12 medium)	2-1/2 cups white vinegar (5%)
3 cups chopped onions (about 3 medium)	1 tablespoon ground nutmeg
2 red bell peppers, seeded and chopped	1 tablespoon ground turmeric
1 green bell pepper, seeded and chopped	4 Tablespoon prepared horseradish
1/3 cup pickling salt	1 chili pepper; including seeds, chopped
2-1/2 cups sugar	

1. Combine zucchini, onions, red and green peppers and salt in a large glass or stainless steel bowl. Cover and let stand in a cool place (70 to 75°F) for 12 hours or overnight.
2. Transfer to a colander placed over a sink and drain. Rinse with cool water and drain thoroughly. Using your hands, squeeze out excess liquid. Place in in a large stainless steel saucepan.
3. Add sugar, vinegar, nutmeg, turmeric, horseradish and chili pepper. Bring to a boil over medium-high heat, stirring occasionally. Reduce heat and boil gently, stirring frequently, until liquid is reduced and mixture is the consistency of a thin commercial relish, about 45 minutes.
4. Wash and rinse canning jars; keep hot until ready to use. Prepare lids and bands according to manufacturer's directions.
5. Ladle hot relish into hot jars leaving 1/2-inch headspace. Remove air bubbles and adjust headspace if necessary. Wipe rims. Apply lids and rings. 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 15 minutes between 0-1,000 feet, 20 minutes between 1,001 – 3,000 feet, 25 minutes between 3,001 – 6,000 feet, 30 minutes between 6,001 – 8,000 feet, and 35 minutes between 8,001 – 10,000 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: Ball Complete Book of Home Preserving, 2012

Savory Spreads

Honeyed Apricot-Jalapeño Jam

Yield: about 4 - 5 half-pints

1-1/2 pounds ripe apricots	4 teaspoon calcium water
2/3 cup seeded, finely chopped red bell pepper	1 cup honey
1/3 cup seeded, finely chopped jalapeño pepper	1 tablespoon Pomona's pectin powder
2/3 cup lime juice, divided	

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. Wash and rinse canning jars; keep hot until ready to use. Prepare lids and bands according to manufacturer's directions.
2. Rinse apricots, remove stems, and then slice in half or pull apart. Remove pits, and chop apricots into small pieces.
3. Combine chopped apricots with bell pepper, jalapeño pepper, and 4 tablespoons of the lime juice in a saucepan. Cover, bring to a boil over high heat. Reduce heat and simmer covered for 15 minutes, stirring occasionally. Remove from heat and then mash.
4. Measure 4 cups of apricot mixture and combine in a saucepan with remaining lime juice and calcium water. Mix well.
5. In separate bowl, combine honey and pectin powder. Mix thoroughly and set aside.
6. Bring fruit mixture to a full boil over high heat. Slowly add pectin-honey mixture, stirring constantly. Stir vigorously for 1 to 2 minutes to dissolve pectin while the jam comes back to a boil. Once the jam returns to a full boil, remove from heat.
7. Ladle hot jelly into hot jars, leaving 1/4-inch headspace. Remove trapped air bubbles, 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 *Preserving with Pomona's Pectin*

Spiced 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. Wash and rinse canning jars; keep hot until ready to use. Prepare lids and bands according to manufacturer's directions.
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. 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. Remove from heat. Skim off foam.
6. 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.
7. 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.
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: *National Center for Home Food Preservation, 2018*

Roasted Garlic Jelly

Yield: about 9 four-ounce mini jars

3 medium heads garlic	1/2 cup white balsamic vinegar*
1 tablespoon olive oil, divided	1 teaspoon whole black peppercorns, crushed
1 tablespoon balsamic vinegar, divided	3 tablespoons lemon juice
1 cup dry white wine	3 cups granulated sugar
2/3 cup water	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.*

Jalapeño Jelly

Yield: about 5 half-pints

12 ounces jalapeño peppers (about 12 med)
2 cups cider vinegar (5%), divided
6 cups sugar

2 3-ounce pouches of Liquid Pectin
Green food coloring, optional

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. Wash and rinse canning jars; keep hot until ready to use. Prepare lids and bands according to manufacturer's directions.
2. Purée peppers in food processor or blender with 1 cup cider vinegar until smooth. Do not strain purée.
3. Combine purée with remaining 1 cup cider vinegar and sugar. Bring to a boil over high heat. Boil 10 minutes, stirring frequently.
4. Stir in liquid pectin quickly. Return to a full rolling boil; boil exactly 1 minute, stirring constantly. Remove from heat. Add food coloring, if using. Skim foam if necessary.
5. Ladle hot jelly into hot, **sterile** jars, leaving 1/4-inch headspace. 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 *Freshpreserving.com*

Habanero Gold

Yield: about 3 half-pints

1/3 cup finely sliced dried apricots
3/4 cup white vinegar (5%)
1/4 cup finely chopped red onion
1/4 cup finely chopped seeded red bell pepper

1/4 cup finely chopped seeded habanero pepper
3 cups granulated sugar
1 pouch liquid pectin

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*

Golden Pepper Jelly

Yield: about 5 half-pints

- | | |
|---|---|
| 1/3 cup finely sliced dried apricots | 1/2 cup chopped Serrano chili-peppers (about 5 peppers) |
| 5 cups chopped yellow bell peppers (about 4 large fleshy peppers) | 1-1/2 cups white distilled vinegar (5%) |
| | 5 cups sugar |

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. Wash and rinse canning jars; keep hot until ready to use. Prepare lids and bands according to manufacturer's directions.
2. Wash all peppers thoroughly; remove stems and seeds from the peppers. Do not remove the membrane from the hot peppers, since the remaining capsaicin for pepper heat is located there.
3. Place sweet and hot peppers in a blender or food processor. Add enough vinegar to purée the peppers, then purée.
4. Combine the pepper-vinegar purée and remaining vinegar into an 8- or 10-quart saucepan. Heat to a boil; then boil 10 minutes to extract flavors and color.
5. Remove from heat and strain into a bowl through a damp jelly bag or several layers of damp cheesecloth.
6. Measure 2-1/4 cups of the strained pepper-vinegar juice into the 8- to 10-quart saucepan. Stir in sugar until dissolved and return mixture to a boil.
7. Add the pectin, return to a full rolling boil and boil hard for 1 minute, stirring constantly.
8. Remove from heat; skim off foam quickly.
9. Fill hot jelly immediately into hot jars, leaving 1/4-inch headspace. Wipe rims with a dampened clean paper towel; adjust two-piece metal canning lids.
10. 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.
11. If using a boiling water canner, remove lid and wait 5 minutes. If using a steam canner, wait 3 minutes before removing lid.
12. 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*

Notes:

- A. The use of yellow peppers gives this jelly a light golden color. Other color sweet peppers can be substituted, but these will provide a different jelly color. Other hot peppers can also be substituted. It is best to start with a mild hot pepper flavor and increase it to personal tastes.
- B. If properly prepared the jelly will have a mildly firm set. It is best to use half-pint jars.
- C. The addition of vinegar to the low-acid sweet and hot peppers makes this recipe safe for boiling water and steam canning. Do not reduce the amount of vinegar. The amounts of vinegar and sugar are also necessary to provide the conditions required to form a gel with the added pectin.
- D. Refrigerate any left-over jelly after filling jars and enjoy freshly made. Refrigerate the jelly once sealed jars are opened for use.

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*

Double Onion Marmalade

Yield: about 6 half-pints

1-1/2 cups each thinly sliced red onion and thinly sliced Vidalia onion	2 bay leaves
1/4 cup firmly packed light brown sugar	2-1/2 cups unsweetened apple juice
1/3 cup apple cider vinegar (5% acidity)	1/2 cup raisins
1 tablespoon black peppercorns	6 tablespoons Ball Classic Pectin
	4 cups sugar

1. Wash and rinse canning jars; keep hot until ready to use. Prepare lids and bands according to manufacturer's directions.
2. Combine onions, sugar and vinegar in a stainless steel pot. Stirring often, cook over medium heat until liquid evaporates (13 minutes).
3. Place peppercorns and bay leaves on a 5-inch square of cheesecloth; tie with kitchen string, and add to onion mixture.
4. Add apple juice and raisins; stir in pectin. Bring mixture to a rolling boil that cannot be stirred down over high heat, stirring constantly.
5. Hold spice bag to one side of pot with tongs. Add sugar, stirring until dissolved. Release spice bag. Return mixture to a full rolling boil. Boil hard 1 minute, stirring constantly. Remove from heat; remove and discard spice bag. Skim foam, if necessary.
6. Ladle hot marmalade 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.

7. 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.
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: adapted from *Ball Complete Book of Home Preservation, 2012*

Gingered Zucchini Marmalade

Yield: about 4 half-pints

2 oranges	5 cups shredded peeled zucchini
2 lemons	1 tart apple, cored and grated
3 tablespoons chopped gingerroot	4 cups sugar

1. Wash and rinse canning jars; keep hot until ready to use. Prepare lids and bands according to manufacturer's directions.
2. Using a vegetable peeler, remove peel from each orange in one long strip. Cut orange peel into thin strips and place in a large deep stainless steel saucepan. Set aside. Remove white pith from oranges and peel and pith from lemon. Set fruit aside. Tie orange and lemon pith and peel and gingerroot in a square of cheesecloth, creating a spice bag. Add to saucepan.
3. Working over saucepan to catch juice and using a small, sharp knife, separate orange and lemon segments from membrane. Place segments in saucepan and squeeze membrane to remove as much juice as possible, collecting it in the saucepan. Discard membrane and seeds.
4. Add zucchini, apple and sugar to saucepan and mix well. Bring to a boil over medium-high heat, stirring to dissolve sugar. Boil hard, stirring frequently, until mixture reaches gel stage, about 45 minutes. Remove from heat and test gel. If gel stage has been reached, skim off foam.
5. 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.
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*

Note: If unsterile jars are used, the filled jars should be processed 10 minutes.

Corncob Jelly

Yield: about 4 half-pints

1 dozen medium-sized fresh red corncobs from field corn (cobs only) (<i>We've tried it with sweet & yellow cobs and the result is great!</i>)	3 cups corncob juice
2 quarts water	1 package powdered pectin
	3 cups sugar

1. Wash the corncobs and cut into 4-inch lengths. Place in a large stockpot, add 2 quarts water or enough to cover, and bring to a boil. Reduce heat and boil slowly for 35 to 40 minutes.

2. Wash and rinse canning jars; keep hot until ready to use. Prepare lids and bands according to manufacturer's directions.
3. Strain the juice through a double layer of damp cheesecloth or a damp jelly bag. Do not press or squeeze the bag or cloth.
4. Measure 3 cups of corncob juice into a large saucepot. (Add water if needed to make 3 cups liquid.)
5. Stir in the pectin and bring to a boil.
6. Add the sugar all at once, and bring the mixture back to a full rolling boil while stirring. Boil for 5 minutes. Remove from heat; skim off foam quickly.
7. Pour hot jelly immediately into hot, sterile jars, leaving 1/4-inch headspace. Wipe rims of jars 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: National Center for Home Food Preservation, 2018

Tomatoes

Bruschetta in a Jar

Yield: about 3 half-pints

3 cloves garlic, minced	1 tablespoon dried basil
1/2 cup dry white wine	1 tablespoon dried oregano
1/2 cup white wine vinegar (5%)	1 tablespoon balsamic vinegar
1/4 cup water	4-1/2 cups chopped cored plum tomatoes (about 2 pounds or 6 medium)
1 tablespoon sugar	

1. Wash and rinse canning jars; keep hot until ready to use. Prepare lids and bands according to manufacturer's directions.
2. Combine garlic, wine, wine vinegar, water, sugar, basil, oregano and balsamic vinegar. Bring to a full rolling boil over high heat, stirring occasionally.
3. Reduce heat, cover and simmer 5 minutes or until garlic is heated through. Remove from heat.
4. Pack tomatoes into hot jars leaving 1/2-inch headspace.
5. Ladle hot vinegar mixture over tomatoes leaving 1/2-inch headspace.
6. Remove air bubbles. Wipe rims with a dampened clean paper towel; adjust two-piece metal canning lids.
7. Process in a boiling water or steam canner for 20 minutes at 0-1,000 feet elevation, 25 minutes at 1,001-3,000 feet, 30 minutes at 3,001-6,000 feet, 35 minutes at 6,001-8,000 feet, and 40 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: *Ball Complete Book of Home Preserving, 2012*

Green Tomato Pie Filling (Mincemeat)

Yield: about 7 quarts

4 quarts chopped green tomatoes	2-1/2 cups white sugar
3 quarts peeled and chopped tart apples	1/2 cup vinegar (5% acidity)
1 pound dark seedless raisins	1 cup bottled lemon juice
1 pound white raisins	2 tablespoons ground cinnamon
1/4 cup minced citron, lemon or orange peel	1 teaspoon ground nutmeg
2 cups water	1 teaspoon ground cloves
2-1/2 cups brown sugar	

1. Wash and rinse canning jars; keep hot until ready to use. Prepare lids and bands according to manufacturer's directions.
2. Combine all ingredients in a large saucepan. Cook slowly, stirring often, until tender and slightly thickened (about 35 to 40 minutes).
3. Fill hot jars with hot mixture, 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.
4. Process in a boiling water or atmospheric steam canner for 15 minutes at 0-1,000 feet elevation, 20 minutes at 1,001-6,000 feet, and 25 minutes above 6,000 feet.

5. If using a boiling water canner, remove lid and wait 5 minutes. If using a steam canner, wait 3 minutes before removing lid.
6. 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 and Preserving, 2009 Revision*

Crushed Tomatoes (with no added liquid)

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.

Procedure:

1. Wash and rinse canning jars; keep hot until ready to use. Prepare lids and bands according to manufacturer's directions.
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 tablespoons 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

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

Herbed Seasoned Tomatoes

Yield: about 6 pints

12 cups halved cored peeled tomatoes
Spice blends, recipes below

Bottled lemon juice or citric acid
Salt (optional)

1. Wash and rinse canning jars; keep hot until ready to use. Prepare lids and bands according to manufacturer's directions.
2. Choose desired spice blend(s), below. Prepare the quantity that suits your needs and set aside.
3. 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.
4. 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.
5. Process in a boiling water canner for 40 minutes at 0-1,000 feet elevation, 45 minutes at 1,001-3,000 feet, 50 minutes at 3,001-6,000 feet, 55 minutes at 6,001-8,000 feet, and 60 minutes at 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.

Spice Blends: Each recipe makes enough to season 6 pint jars – 2-1/4 teaspoons per jar

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

Tomato Apple Onion Chutney

Yield: about 6 half pints

1-1/2 cups white vinegar (5%)	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 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

Frozen 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

Dried Vegetables

Dried Tomatoes, Grape

Preparation: Cut tomatoes in half lengthwise.

Drying: Place on mesh drying trays. Dry at 130°F.

Time: 20 to 24 hours.

Doneness test: Tomatoes should feel dry, be just slightly pliable and have no sign of moisture inside.

Tip: Home-dried tomatoes will be firmer than commercially dried tomatoes. If you don't dry them enough and leave them soft, they will spoil quickly.

Source: The Dehydrator Bible, 2009

Dried Tomatoes, Plum (Roma)

Preparation: Cut smaller tomatoes lengthwise into 8 wedges; cut larger ones into 12 wedges.

Drying: Place skin side down on mesh drying trays. Dry at 130°F.

Time: 20 to 24 hours.

Doneness test: Wedges should feel dry, be just slightly pliable with no sign of moisture inside when broken open.

Tips:

- Point the thin part of the slices toward the center of the tray so that the air flow around the slices is not impeded by the thicker portion.
- Beefsteak-style tomatoes and juice cherry tomatoes have a lot of moisture, so there's very little tomato – and thus very little flavor – left after drying. Plum (Roma) or other paste-style tomatoes are better suited to drying.
- Home-dried tomatoes will be firmer than commercially dried tomatoes. If you don't dry them enough and leave them soft, they will spoil quickly.

Source: The Dehydrator Bible, 2009

Dried Tomato Powder

Ingredients: Fresh tomatoes (Optional: may use canned pureed tomatoes)

Procedure: Slice tomatoes into 1/4 inch thick slices. Place on dehydrator tray and dry until crisp. (Optional: may use canned pureed tomatoes and dry until crisp.) Place dried tomato slices or dried tomato leather in blender, herb, or coffee grinder and blend until a fine powder. 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

Dried Tomatoes and Herb Sauce

Yield: 3 cups or 2 cups of thick sauce

3 slices dried garlic	1 teaspoon crumbled dried oregano
1 cup dried tomatoes	1/2 teaspoon salt
2 tablespoons dried onion pieces	1/4 teaspoon freshly ground pepper
1 tablespoon crumbled dried parsley	4 cups water
1 teaspoon crumbled dried basil	Granulated sugar (optional)

1. In a saucepan, combine garlic, tomatoes, onions, parsley, basil, oregano, salt, pepper and water; bring to a boil over medium heat. Reduce heat to low, cover, leaving lid slightly ajar, and simmer, stirring occasionally, for about 20 minutes or until tomatoes are very soft and starting to break down.
2. Using an immersion blender in the pan, or transferring to a blender, puree sauce until fairly smooth. Return to pan, if necessary.
3. For a thicker sauce, return to a simmer over medium heat. Reduce heat and simmer, uncovered, stirring often, for about 15 minutes or until desired consistency. Season to taste with salt, pepper and sugar, if using.

Tips:

- If you prefer a chunky sauce, mince the garlic and finely chop the dried tomatoes before adding them to the saucepan, and omit the pureeing.
- The sugar helps to smooth out the flavor and enhances the tomatoes and herbs. Just a little really makes a big difference.
- For an even richer flavor, use dried roasted onion pieces and 2 teaspoons crumbled dried roasted garlic.

Source: *The Dehydrator Bible, 2009*

Vegetable Stock Powder

4 cups water
1 chopped onion
4 chopped cloves garlic
1 green bell pepper, seeded
1 red bell pepper, seeded
1 teaspoon rosemary
1 teaspoon tarragon
1 teaspoon thyme
1 tablespoon cornstarch (thickener)

1. Combine ingredients in stock pot, minus the cornstarch and cook until about 1 cup water remains. Add cornstarch at the end and incorporate fully.
2. Puree in blender.
3. Pour on dehydrator tray and dry at 125°F for about 10 hours.
4. Crumble and put in blender to render it into powder.
5. Store in jar or Mylar pouch w/ oxygen pack. Will store up to 5 years.

Another source for vegetable stock powder: Use the cooked vegetables used to make broth.

Spice Blends

Fragrant Herb Salt

Yield: 3/4 cup

4 to 5 garlic cloves, peeled

Scant 1/2 cup kosher salt

About 2 cups loosely-packed, pungent fresh herbs such as sage, rosemary, thyme, savory, basil, or small amounts of lavender

1. Cut each garlic clove lengthwise through the center, remove the sprout (if any) in the center and discard.
 2. Mound the salt and garlic on a cutting board. Mince the garlic, blending it with the salt as you work.
 3. Place herbs in a mound and coarsely chop them. Add the herbs to the garlic salt and chop them together to the texture of coarse sand.
 4. Spread the salt on a baking sheet.
 5. Heat oven to 200°F and then **turn the oven off**. Place cookie sheet in oven, close door, and let it sit overnight to dry.
 6. Store in clean, dry jars.
-

Sriracha Flavored Salt

1/2 cup kosher or course sea salt

5 teaspoons Sriracha

1. Line a baking sheet with parchment paper.
 2. In a bowl, mix the salt with the Sriracha.
 3. Heat oven to 200°F and then **turn the oven off**. Place cookie sheet in oven, close door, and let it sit overnight to dry. Break up clumps with a fork, if needed.
 4. Store in clean, dry jars.
-

Spicy Herb Seasoning (Salt Substitute)

3 tablespoon dried basil

3 tablespoons dried marjoram

3 tablespoons dried parsley

3 tablespoons dried thyme

4-1/2 teaspoons dried chives

2-1/2 teaspoons dried paprika

2-1/2 teaspoons dried rosemary

2-1/2 teaspoons onion powder

Grind ingredients together and use as you would salt. Pepper may also be added.

Herbes de Provence

Yield: approximately 1/3 cup

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

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

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

Meal Ideas

Zucchini Fritters

Yield: 6 fritters

1 cup dried shredded zucchini	1 clove of garlic, peeled and minced
1 teaspoon salt	2 large eggs, lightly beaten
1/4 teaspoon ground pepper	1/2 cup all-purpose flour
1 tablespoon freshly grated lemon zest	2-4 tablespoons olive oil
1 tablespoon minced fresh, flat-leaf parsley	

1. Reconstitute zucchini in 1 cup of boiling water. Allow to sit for about 30 minutes, then drain thoroughly.
2. Mix together the drained zucchini, salt & pepper, lemon zest, parsley, garlic and eggs. Slowly add the flour, stirring well so that no lumps form.
3. Heat 2 tablespoons oil in a large sauté pan over medium-high heat. When the oil is hot, carefully drop in the zucchini mixture 2 tablespoons at a time (a 2- tablespoons cookie scoop works great for this), spacing the fritters a few inches apart.
4. Cook until the fritter bottoms are golden, about 2-3 minutes. Lower the heat to medium, turn the fritters, and cook another 2-3 minutes more, until fritters are completely golden. Remove fritters to a plate lined with paper towels to absorb any excess olive oil. If you need to cook remaining zucchini mixture, add more oil to the pan as needed.

Source: Adapted from *Martha Stewart Living Magazine*

Seasoned Couscous

2 cups uncooked couscous	1 teaspoon dried rosemary, crushed
1 tablespoon chicken-flavored instant bouillon	1/2 teaspoon dried marjoram
1 tablespoon dried parsley	1/2 teaspoon garlic powder
1 tablespoon dried onion flakes	1/4 teaspoon pepper

In a medium bowl, combine couscous, bouillon, dried parsley, onion flakes, rosemary, marjoram, garlic powder, and pepper; mix well. Store in an airtight container.

For 2 servings of cooked couscous: Use 1/2 cup of the mix (stir before measuring). In a small saucepan, bring 3/4 cup water to a boil; stir in couscous mix. Remove from heat; cover and let stand 5 minutes. Fluff with a fork.

Mary's Mincemeat Nut Bread

Yield: 2 loaves

3 cups all-purpose flour	2 cups green tomato pie filling
1-1/2 cups sugar	2/3 cup canola or vegetable oil
2 teaspoons baking soda	1/2 cup apple juice
1 teaspoon each: ground cloves, cinnamon, nutmeg, salt	3 eggs, slightly beaten
1/2 teaspoon double-acting baking powder	1/2 cup chopped nuts

1. Heat the oven to 350° F. Grease two (8x4") loaf pans.
2. In large bowl, mix flour, sugar, baking soda, spices, salt and baking powder. Stir in remaining ingredients except nuts. Do not over mix. Stir in nuts.
3. Divide batter between loaf pans. Bake 50 minutes to 1 hour or until toothpick inserted in center comes out clean. Cool in pans on a wire rack completely.

Anytime Salsa

- | | |
|--|---|
| 1/4 cup dried tomatoes | 1/2 teaspoon crumbled dried oregano |
| 2 tablespoon dried red bell pepper pieces | 1 cup boiling water |
| 2 tablespoon dried green bell pepper pieces | 1/2 teaspoon salt, or to taste |
| 1 tablespoon dried onion pieces | 1 tablespoon freshly squeezed lime juice or red wine vinegar (5%) |
| 1/2 teaspoon dried hot chile pepper slices (or to taste) | |

- In a food processor or mini chopper, combine dried tomatoes, red and green bell peppers, onions, hot peppers, and oregano. Pulse until finely chopped. Transfer to a heatproof bowl and pour in boiling water.
- Cover and let stand for 30 minutes or until vegetables are soft and liquid is absorbed.
- Season with salt and stir in lime juice.
- Use immediately or transfer to an airtight container and refrigerate for up to 5 days.

Source: *The Dehydrator Bible*, Jennifer MacKenzie

Frog Eye Salad

Yield: 12 servings

- | | |
|--|---|
| 1-1/3 cups (8 oz) Acini Pepe uncooked | 1 pint shredded zucchini pineapple , drained |
| One 20 ounce zucchini pineapple chunks, drained (reserve 1/4 cup juice) | Two 11-ounce cans mandarin orange segments, drained |
| 1-3/4 cups milk | 2 cups frozen nondairy whipped topping, thawed |
| 1/4 cup sugar | 3 cups miniature marshmallows |
| 1 box 3/4 ounce vanilla instant pudding | 1/2 cup flaked coconut |

- Cook pasta 11 minutes. Rinse with cold water, drain well.
- In large bowl beat reserved pineapple juice, milk, sugar and pudding 2 minutes. Gently stir in pasta and remaining ingredients, cover.
- Refrigerate at least 5 hours.

Bill's Rafting Chili

- 23 ounce can Ranch Beans
- 2 cans kidney beans
- 2 chopped onions
- Steak
- 2 Polish Sausages, sliced (*I used one turkey and one hot link*)
- Some garlic
- 1/4 cup brown sugar
- 8 ounce jar sweet pickle relish
- 1 pint **shredded zucchini-pineapple** (or 1 large can of crushed pineapple)
- Large mild picante sauce

- Sauté onions, steak and sausages.
- Add everything else and let it simmer for at least an hour.

I first had this chili in the 1990s on a company rafting trip – loved it! It has a sweet flavor and people can't tell what the seasonings are. When I tell them there's pickle relish in there, they're surprised! They think the green bits are peppers. It's different, but oh so good! I got the ultimate compliment on this chili from my husband, "This is better than my mom's chili!"

Sue

Herbed Beer Bread Mix

3 cups all-purpose flour
3 tablespoons granulated sugar
1-1/2 tablespoons baking powder
1 tablespoon dried parsley flakes
1 tablespoon dried sage
1 tablespoon dried rosemary
1 tablespoon dried thyme
1-1/2 teaspoons salt

For serving

2 tablespoons butter
1 tablespoon grated Parmesan cheese

1. Combine all ingredients in a medium bowl and gently whisk to combine.
2. Pour the mix into a clean 1-quart jar. Apply the lid and store in a cool, dry place until ready to use or give.

To use this mix: Preheat oven to 350°F. Butter a 9x5" loaf pan. In a medium bowl, combine Herbed Beer Bread Mix with 12 ounces warm beer and stir until just combined (a few lumps are ok). Pour in prepared pan and dot with 2 tablespoons butter, cut into small pieces. Bake for 45 to 50 minutes, until the crust is golden brown. Top the batter with grated Parmesan cheese.

Resources

- National Center for Home Food Preservation: <http://nchfp.uga.edu/>
- USDA Complete Guide to Home Canning, 2015
- So Easy to Preserve, Cooperative Extension, University of Georgia, 2015
- Ball Complete Book of Home Preserving, 2012
- The Dehydrator Bible, 2009
- The Ultimate Dehydrator Cookbook, 2014