

**Eat Right...**

**Preserving Produce**



Freezing, canning, and drying are great ways to preserve produce so you can eat them through out the year. Preserving produce will save money and provide your family with excellent nutrients after the summer harvest is over.

### Freezing:

Freezing is a quick and convenient way to preserve produce at home. Freezing preserves more nutrients than canning and drying.

#### Instructions:

1. Blanch – Cook until color has brightened but fruits/vegetables are still very crisp. (Depending upon the fruits or vegetables blanch from 1 to 5 minutes).
2. Shock – Transfer to a bowl filled with ice water and cool for 1 minute.
3. Dry Well – Transfer to baking sheet covered with 3 layers of paper towels, cover with another 2 layers and gently dry for about 10 to 15 minutes making sure all the moisture has been absorbed.
4. Freeze – Place in layer on baking sheet lined with parchment paper and freeze until solid (1 to 2 hours).
5. Package – Once frozen, transfer 2 cups into a labeled and dated sealed freezer bag, squeezing out as much air as possible.
6. Store – Place bag into coldest part of freezer, label freezer bag with date (most frozen fruits and vegetables will last up to 3 to 6 months in the freezer).

### Canning:

Canning is a great method for preserving produce with high water content, like tomatoes, mushrooms, beans and peaches, but it is essential you follow canning guidelines precisely.

#### Basics of canning produce:

1. Choose only disease free fruits or vegetables and wash them well before processing.
2. Use clean jars and new seal lids.
3. Process in boiling water or a pressure canner for the specified amount of time.
4. Store- vegetables and fruits last 8 months-1 year. canned if left stored in a cool dry environment.

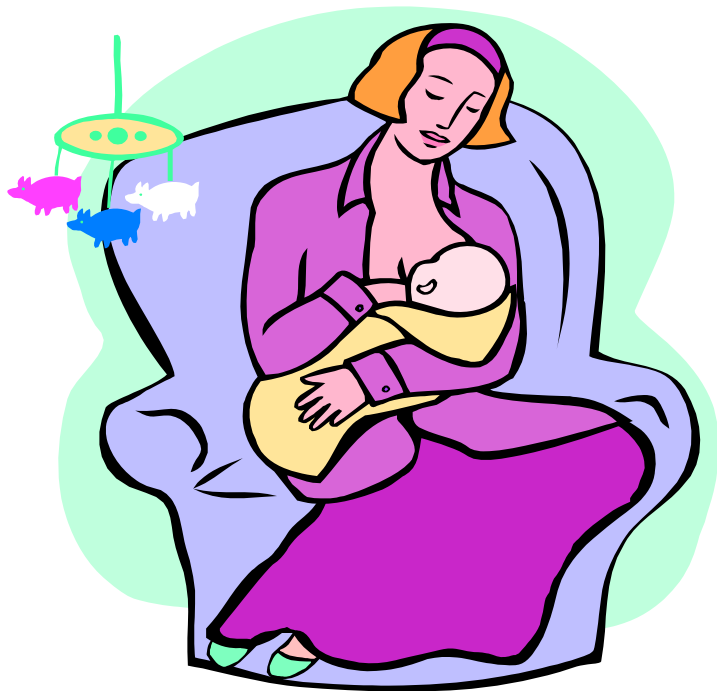
### Drying (Dehydration):

#### Basics of drying vegetables:

1. Food should be dehydrated between at 120-140° F in a dehydrator.
2. Begin drying food at higher temperatures, but turn the temperature down gradually after the first hour until it reaches 90-100° F.
3. Turn dehydrator down to the lowest setting for about 3 hours until drying is complete.
4. Remember to turn the food and rotate the tray while in the process of drying twice within one hour for equal drying quality.
5. Store- Vegetables and fruits will last 4 months-1 year if dried.



# World Breast Feeding Week



**August 1st-7th**

For more information visit:

[www.worldbreastfeedingweek.org](http://www.worldbreastfeedingweek.org)