

2010

**PRESERVING RECIPE
TIPS**

FROM THE



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Welcome to our Farm!

We take great pride in providing you with the freshest and most high quality produce possible—picked daily, right on our two farms. We hope you will thoroughly enjoy all the fresh, locally grown produce you purchase from our farm.

For many years we have put together a strawberry recipe book, which our customers have enjoyed. This year after many requests from our customers, we have put together a few preserving tips. We hope you will enjoy them.

The Rudd Family

**Kenneth, Joan & Matt
Ken, Ashley, Madison, & Ryan
Pawpaw Phil & Kathy
Mammaw Ruby**

Canning Vegetables

Water Bath

This technique is used for processing fruits, tomatoes, and pickles. Lower jars on rack into canner (use very hot water just below boiling point and 1 inch above top of jars). Be sure jars do not touch. Cover. Count processing time when water comes to full boil. Keep water boiling gently during processing. Add more boiling water if needed to keep jars covered.

Pressure Canner

This technique is used for processing vegetables and meats. Place jars on rack in canner containing 2 to 3 inches hot water. Leave space between jars. Fasten cover securely. Let steady flow of steam escape 10 minutes before placing pressure regulator on vent. Count time when gauge reaches specified pressure. Keep pressure constant by adjusting heat. Do not lower pressure by opening pressure regulator. When time is up, remove canner from heat; let pressure drop to zero. Then remove pressure regulator from vent, and let canner cool for 10 minutes. Open cover and remove cans from canner. Set jars upright on board or cloth away from draft to cool. When jars are cold, test seal, remove bands, wipe jars, label, date and store in a cool, dry place.

Canned Vegetable Yields

(For 1 quart canned food it takes approximately the following amount of fresh vegetables).

Lima Beans 3 to 5 lbs.
Green Beans 1-1/2 to 2-1/2 lbs.
Tomatoes 2-1/2 to 3-1/2 lbs.
Corn (in husk) 3 to 6 lbs.

Canned Tomatoes (Whole or Halved)

Wash medium, smooth, firm, ripe tomatoes. Loosen skins by dipping tomatoes for one minute in boiling water, then into cold water. Peel and remove core. Leave whole or halve. Pack tomatoes, pressing gently to fill spaces. Leave 1/2 inch headspace. Do not add water. Add 1 tsp. salt to each quart (1/2 tsp. to each pint). Tighten jar lids.

Pressure canning: Process at 11 lbs. pressure for 25 minutes as described previously.

Hot water bath canning: Process as described previously for 85 minutes.

Canned Tomato Juice

Wash ripe, juicy tomatoes. Remove stem ends and cut into quarters. Simmer until softened approximately 5 minutes, stirring often. Press mixture through a sieve or food mill to remove skins and seeds. Bring strained mixture to a boil. Fill hot jars with boiling hot juice leave 1/2 inch headspace. Add 1 tsp. salt to each quart. Tighten lids.

Pressure canning: Process at 11 lbs. pressure for 15 minutes as described previously.

Hot water bath canning: Process for 35 to 40 minutes as described previously.

Canned Green Beans

Wash beans thoroughly. Remove stem and blossom ends and any strings. Cut or break into 1 inch pieces.

Raw Pack: Pack raw beans tightly in clean, hot Mason jars leaving 1 inch head space.

Hot Pack: Cover beans with boiling water and boil 5 minutes. Pack hot beans loosely in clean, hot Mason jars, leaving 1 inch head space. (With hot pack you can get more beans in each jar).

With either packing technique cover with boiling water, leaving 1 inch headspace. Add 1 tsp. salt. Adjust jar lids.

Process at 11 pounds pressure – pints 20 minutes, and quarts 25 minutes, as described previously.

Canned Lima Beans/Peas

Shell and wash young, tender beans thoroughly.

Raw pack: Pack raw lima beans/peas loosely in clean, hot Mason jars, leaving 1 inch headspace in pint jars. For quarts, leave 1-1/2 inch headspace if small; and 1-1/4 inches headspace if larger beans.

Hot pack: Cover beans/peas with boiling water and bring to a boil. Boil 3 minutes. Pack hot beans loosely in clean, hot Mason jars, leaving 1 inch headspace.

Cover with boiling water, leaving 1 inch headspace. Adjust lids.

Process at 11 pounds pressure—Pints 40 minutes and Quarts 50 minutes, as described previously.

Canned Corn

Husk and remove silk from corn; wash ears. Blanch 3 minutes in boiling water. Cut corn from cob at about $\frac{3}{4}$ the depth of the kernel. Do not scrape cob.

Raw Pack: Pack raw corn loosely in clean, hot Mason jars, leaving 1 inch headspace.

Hot Pack: To each quart of corn add 1 cup boiling water; heat to boiling and simmer 5 minutes. Pack hot corn loosely in clean, hot Mason jars, leaving 1 inch headspace.

Cover with boiling water leaving 1 inch headspace. Adjust jar lids.

Process at 11 pounds pressure – pints 55 minutes and Quarts 65 minutes, as described previously.

Freezing Vegetables

Wash thoroughly, and trim vegetables. Blanch vegetables before freezing to stop enzyme action and to retain fresh flavor and appearance.

Blanching: Place 1 pound prepared fresh vegetable in wire mesh basket. Immerse in 1 gallon rapidly boiling water in large kettle. Cover and boil for recipe time. This can vary by different vegetables.

Chilling: Remove promptly when time is up. Chill quickly by putting vegetables into a pan of ice water. Change water frequently. Allow about as much time for cooling as for blanching.

Packaging: Use zip lock storage bags or freezer containers to fit the quantity and shape you need for the vegetable. Be sure to remove all air to prevent icing.

Frozen Vegetable Yields

(For 1 pint frozen food it takes approximately the following amount of fresh vegetables)

Green Beans 2/3 to 1 lb.

Limas 2 to 2-1/2 lbs.

Corn in husks 2 to 2-1/2 lbs.

Peas 2 to 2-1/2 lbs

Freezing Corn

On the Cob: Husk, remove silks, and wash thoroughly.

Blanch medium ears 9 minutes, large ears 11 minutes.

Remove promptly when time is up and place ears in at least three ice baths to insure that the cob is completely cooled before freezing. Drain thoroughly before placing in bags. Pack corn tightly into zip lock freezer bags. Be sure to remove all air from bag to prevent icing. Place in freezer promptly.

Kernel corn: Husk, remove silks, and wash thoroughly.

Blanch ears: Blanch for 4 minutes; cool cob, and cut off kernels.

Grandma Ruby uses a different technique, which we prefer because the corn seems to taste fresher.

Blanch kernels: Cut corn from the cob. Place the kernels in a kettle with a very small amount of water. On low heat continually stir the corn (to prevent sticking) until the kernels are heated through. At that point remove corn from kettle and place in a bowl. Place bowl in ice water. Stir to thoroughly cool. You may need to replace ice several times to get the kernels cool.

Pack tightly into zip lock bags or freezer containers. Be sure to remove all air before sealing. Place in freezer promptly.

Freezing Limas/Peas/Beans

Shell and wash beans/peas thoroughly. Remove ends and string beans, if needed. Blanch limas 2-3 minutes, peas 1-1/2 minutes, beans 3 minutes. Follow chilling guidelines and bagging guidelines as described previously.