

Tips on Canning

Why Can?

Canning is an excellent way to preserve your fruits and other plants. When these plants are no longer in season you will have an extra supply!

Ideas for Canning

Ferment

Make Jam

Pickle

Make Jelly

Can with water

Can with syrup

Canning Tips

Sterilize the cans, rings, and lids

Use trusted recipes (see AEP cookbook)

Play it safe and leave 1 inch of empty space

Test the seal by lifting the jar up by the sealed lid

How long does it last?

It is recommended by the National Center for Home Food preservation to use canned food within 1 year for the most nutrition, but canned food can be eaten within 3 years

How to

Freeze Plants and Berries

Why Freeze?

Freezing is an excellent way to preserve your fruits and other plants. When these plants are no longer in season, you will have an extra supply!

When freezing berries...

1. Wash the berries and remove stems
2. Let dry
3. Spread the berries out on a tray covered in parchment paper
4. Freeze overnight
5. The next day, load the berries into freezer friendly containers

When freezing plants...

Wash thoroughly and let dry. Leaves can be stored in freezer friendly containers.

Herbs can be blended with a small amount of water or oil and put into ice trays. These cubes can be used to spice up meals all year around!

How long does it last?

Fruits tend to last 12 months in the freezer

Plants and herbs can last up to 18 months in the freezer

How to

Dry Plants

Why Dry?

When herb plants are in season and producing quickly, it is a good idea to harvest, dry, and store them for later in the year.

To Air Dry...

1. Collect a small bundle of herbs and tie them together with a string by the stems
2. Put the bundle in a paper bag, stem side up. Tie bag closed and poke a few holes for ventilation
3. Hang bag in a warm, well ventilated place for at least 1 week, or until completely dry

To Oven Dry...

1. Place herbs on a tray
 2. Put herbs in oven on low heat (150-175 degrees)
 3. Bake for 2-4 hours. When herbs crumble easily they are dry
- ***Oven dried herbs lose some of their potency so when cooking you may need to use more

How long does it last?

Dried herbs can be used for up to 3 years