



Preserve it Fresh, Preserve it Safe

Volume 2, Issue 3

May/June 2016

Refrigerated Pickled Ginger Snap Peas

Yield: 2 pints

- 12 ounces sugar snap peas (4 to 5 cups)
- 1 1/4 cups rice wine vinegar
- 1 tablespoon honey
- 1 teaspoon canning salt
- 3 thin slices fresh ginger
- 1 green onion
- 1 sprig fresh mint

Wash the sugar snap peas well. Using a knife, trim both ends and remove the tough string that runs along the back of the peas. In a small saucepan, combine the vinegar, honey and salt. Heat until the honey and salt are entirely dissolved. Place the ginger slices in the bottom of the pint jars. Cut the green onion into two or three segments, so that they fit the jar. Stand them up in the jar, along with the sprig of mint. Pack the prepared sugar snaps into the jar. Pour the hot vinegar mixture over the sugar snaps. If you had any remaining peas, try to pack them into the jar at this time. Place a lid on the jar and let rest at room temperature for one hour, then transfer to the refrigerator. Let the pickles sit in the vinegar at least 24 hours before eating. They will keep up to one month in the refrigerator.

Source: adapted from www.seriousseats.com



Enjoy Refrigerator Spring Pickles

We tend to think about pickling for summer time, but right now is perfect time to pickle! Asparagus, ramps, parsnips, radishes and pea pods are some of the first spring vegetables to appear. What better way to take advantage of these harbingers of spring than to make quick refrigerator pickles?

Prepare the produce by washing and chopping vegetables into the desired shape you would like for pickles. Tender spring vegetables do not require any cooking prior to pickling.

Get creative with fresh or dry flavorings. Mix and match from the following suggested list of fresh and dried herbs and spices to add up to 2 tablespoons per jar.

Dry

- Bay leaves
- Celery seed
- Chile peppers
- Cumin seed
- Dill seed
- Mustard seed
- Pickling spice
- Peppercorns
- Turmeric

Fresh

- Jalapeño or Habanero peppers
- Dill
- Garlic
- Oregano
- Shallot
- Horseradish

Pack the prepared raw vegetables snugly into washed pint-sized canning jars or similarly sized glass or heatproof plastic containers with lids. You can choose a sweet or sour brine, use the following table:

Sour Brine

- 3 cups white or apple cider vinegar
- 3 cups water
- 3 tablespoons canning/pickling salt
- 2 tablespoons sugar

Sweet Brine

- 3 cups white or apple cider vinegar
- 3 cups water
- 2 tablespoons canning/pickling salt
- 1 1/2 cups sugar

Bring brine to a boil and let boil for 2 minutes. Remove the brine from heat. Carefully fill the jars with brine to within 1/2-inch of the top of the rim. Place the lids on the jars and refrigerate. Allow flavor to develop for one to days before serving. Use within two weeks. Enjoy!

Source: National Center for Home Food Preservation, University of Maine Extension

Freezing Fresh Fruits

Strawberries and other delicious spring fruits can easily be frozen to enjoy later in the year when they are less available. When freezing any fruits, be sure to freeze only fully ripe, good-quality fruit and wash fruits before freezing.

Many fruits can either be frozen individually on a tray and then packed in a container (tray pack), or can be directly frozen in a container.

Tray packing will make fruit easier to remove from the container, since it will remain loose, and the desired amount can be poured from the container and the package re-closed, which is similar to commercial Individually quick-frozen products. Tray packing can be used for small whole fruits such as berries, or can be used for pieces of rhubarb, peach or other fruits. Spread a single layer of prepared fruit on shallow trays and freeze. As soon as the product is frozen, promptly package in freezer-safe containers or bags and return it to the freezer to prevent freezer burn. This method also provides a product without any added sugar.

Fruits such as strawberries also can be frozen directly in a container. The National Center for Home Food Preservation (<http://nchfp.uga.edu/how/freeze.html>) has detailed instructions for freezing most fruits and vegetables for optimum quality and safety, which includes instructions for freezing in a syrup, or sugar pack, or in unsweetened packs. This resource also has directions for freezing whole, sliced or crushed fruits.

More tips for freezing and directions for freezing various foods are available from: <http://nchfp.uga.edu/how/freeze.html>

Reference: The University of Georgia



Local Contact Information:

The Canner Counts!

So are you confused on how to can food at home? First, and foremost, what canner you use is based on what kind of food you want to can. Foods naturally high in acid, or foods with added acid, can be safely canned in a water bath canner. Low acid foods must be canned in a pressure canner.



To help you use your equipment properly, two new how-to guides are available in English and Spanish. They are:

- How-to Guide to Pressure Canning (<http://www.bookstore.ksre.ksu.edu/pubs/MF3242.pdf>)
- Guía Práctica para Envasar a Presión (<http://www.bookstore.ksre.ksu.edu/pubs/MF3242S.pdf>)
- How-to Guide to Water Bath Canning and Steam Canning (<http://www.bookstore.ksre.ksu.edu/pubs/MF3241.pdf>)
- Guía Práctica para Envasar con Baño de Agua y Envasar al Vapor (<http://www.bookstore.ksre.ksu.edu/pubs/MF3241S.pdf>)

Tips included in these publications include the foods that can be safely processed, cooktop recommendations, step-by-step instructions, and equipment storage. As always, refer the manufacturer manual that comes with the equipment for specific details. If you misplace your manual, search the manufacturer website, since many are online, or contact them directly for assistance.



University of Missouri Extension

University of Missouri, Lincoln University, U.S. Department of Agriculture and Local Extension Councils Cooperating. MU Extension is an equal opportunity/ada institution.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

Kansas State University, County Extension Councils, Extension Districts, and U.S. Department of Agriculture Cooperating. K-State Research and Extension is an equal opportunity provider and employer.