



Berries from my urban garden

## Food Preservation Trainer TIPS & TECHNIQUES

### #1 – Berries and Cherries July 2014

*Hello Food Preservation trainers and followers!* Building on the success of previous years' Tips and Techniques we are sending them out once again. Included are tips, additional resources and the opportunity to share your successful training methods, recipes, and/or preserving tips and techniques. Tips and Techniques will go out throughout the harvest season. Like you, we believe that healthy food is a cornerstone to healthy communities. Food preservation training assists local residents to work together to contribute to food security and healthier food choices. Food preservation knowledge will allow for safer storage of local harvests and contribute to greater access to healthy food throughout the year.

If you know of someone that would like to receive our Tips and Techniques please let us know.

### News

I now work with **Grounded Strategies** – we are exploring opportunities for providing more food preservation training utilizing materials developed by the BC Food Processors Association.

Train the Trainer workshop coming up in Victoria – August 9&10. More information to follow. Contact me if you are interested in attending [debra@groundedstrategies.ca](mailto:debra@groundedstrategies.ca)

### What's Growing Now?

*Berries, Cherries and much more ...*

I am fortunate to have very productive urban berry patches - strawberries, blueberries, raspberries, marionberries - all grow fabulously here on Garden Street in Victoria! I am very busy picking at this time of year, when the kids leave a few to ripen!

BC Cherry season generally begins in June and you can get them until the end of August in the Northern parts of the Okanagan. Cherries are part of the 'Rosaceae' family; cousins include apricots, almonds, peaches and plums. For more great information about cherries visit:

<http://www.okanaganvacationguide.com/types-of-cherries.html> Gayle recently posted info on how to dry cherries on our facebook page FoodSkills BC – I will repeat here:

Dehydrating Cherries is a great way to keep them for granolas, baked goods and salads.

Select fully ripe fruit. Wash well. Remove stems and pits. Dip whole cherries in boiling water 30 seconds to crack skins. Remove and drain well. Arrange in single layer on trays. Dry until tough, leathery, and slightly sticky.

### Tips

Berries, cherries and lots of other fruits and vegetables can be frozen on a cookie sheets and stored in freezer bags. This way, when you need fruit or veggies for a smoothie or recipe you can take out just what you need - all year round! To prepare fruit wash, prepare and dry by spreading out on tea towel

(use a dark coloured one – hides the stains!) before putting on cookie sheet in a single layer. Once frozen place in freezer bags - you can store them individually or make your own fruit mixtures.

You can also freeze premeasured quantities for making jams or other goodies on a cold winter day when a taste of summer is a real treat!

### **Recipe: Garden Street Smoothie**

It makes my day to have a delicious smoothie every morning with ingredients from my own garden!

*(here are some of the ingredients I use – play around with amounts to get the consistency you like)*

Berries	Fresh or frozen
Banana	I peel and freeze overripe bananas on cookie sheets and transfer to freezer bags for easy use as well.
Yogurt	I always use Olympic Dairy Yogurt made right here in BC!
Pureed Kale	I steamed, pureed and froze the kale that I grew over the winter and add a tablespoon or so to my smoothie
Almond milk	As much as you need to make it the consistency you like
Hemp Hearts, Ra Blends or other seeds	– Remember to Buy BC!

Puree in blender or magic bullet and enjoy.

### **Training Tips**

If you are currently running or setting up preservation workshops, you may wish to involve your participants in picking and/or purchasing bulk amounts of fruit or vegetables and preserve this produce in your workshop. Include berry picking as part of your workshop!

### **Sharing**

Sharing your preserving or workshop tips is very helpful to food skills trainers. From safety tips to great recipes we can all learn from each other! Tips and Techniques will be under latest news on the [preserveproduce.ca](http://preserveproduce.ca) website. Remember to join our facebook group [Food Skills BC](#)



Raspberry boys of Garden street

### **Happy Preserving!!!**

**Debra Hellbach, Produce Preservation Program,  
Grounded Strategies, BC Food Processors Association.**

If you do not want to receive Tips and Techniques, please send me a note and I will remove you from the list. [debra@bcfpa.ca](mailto:debra@bcfpa.ca)