

Produce Preservation August 2013

TRAINER TIPS & TECHNIQUES #2 – Bush Beans & Berry popsicles

Hello Produce Preservation trainers and followers! Building on the success of past years' Tips and Techniques I am sending them out again with a few twists here and there. Included are tips, additional resources and the opportunity to share your successful training methods, recipes, and/or preserving tips and techniques.

I will post Tips and Techniques under latest news on the preserveproduce.ca website. Send me your questions and preserving tips and I will share them in the next email and in our Facebook group [Food Skills BC](#).



Dilly beans and pickled beets

What's Growing Now?

Beans, beets, carrots and more...



This year I skipped pole beans and planted some cool varieties of bush beans. Green, variegated and yellow wax beans are great for just about every preserving method – canning, drying, freezing and pickling. Try the Bernardin Quick'N Easy Pickled Vegetables recipe on page 76 or Pressure canned Vegetables on page 106.

Carrots are great to get kids interested in gardening – home grown carrots are so sweet and delicious! Unfortunately I tried a new area in my garden and very few came up. I replanted last week and hope for more success. I never have any extra carrots for preserving but Trena ran a pickling workshop and used the carrots harvested from the community garden in Dease Lake.

Tips

Remember vegetables have to be pressure canned because they are low acid foods. You can hot water bath process pickles because they are high acid foods due to the acidity of vinegar.

Blanching (either in boiling water or by steaming followed by transferring to ice water) is the standard procedure for freezing most vegetables. WHY? Because blanching destroys the enzymes (little proteins that cause or speed up chemical reactions) that convert the sugars that make vegetables taste good to starch that tastes bland. Blanching also kills any microorganisms that might be present. Do you have to blanch? Usually but not always – check the Freezing Section in your Produce Preservation Participant manual (or another reference) for blanching and freezing instructions.

Recipe: Mixed Berry and Yogurt Popsicles

Here is a recipe for healthy popsicles that my son just loves!

2 cups Vanilla yogurt (I use 1 cup plain and 1 cup vanilla)
2 cups mixed berries

1. Combine yogurt and fruit in blender, puree
2. Pour into popsicle molds and freeze

Makes approximately 8 delicious popsicles.

Training Tips

If you are currently running or setting up preservation workshops, you can save some money by purchasing of bulk amounts of fruit or vegetables with your participants and preserve this produce in your workshop.

Many trainers have also included picking wild berries as part of their workshop.

Sharing

I encourage you to send me your questions or share any preserving or workshop tips that may be helpful to fellow trainers. Tips and Techniques will be under latest news on the preserveproduce.ca website.

Remember to join our facebook group [Food Skills BC](#)



**Vancouver Trainer Manjul Singh's happy canners
April 2013.**

Happy Preserving!!!

Debra Hellbach, Produce Preservation Program, BC Food Processors Association