

Produce Preservation August 2013

TRAINER TIPS & TECHNIQUES #3 – Beets & Plums

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](#).



Harvesting Golden and Red Beets

What's Growing Now?

Beans, beets, plums and more...



Just finished freezing a batch of beans and my umpteenth batch of strawberries. Have I mentioned that I grow all this stuff on my boulevard! It's even aptly named Garden Street! It truly is amazing what you can grow in a small area.

This past weekend a friend and I harvested my first batch of beets – I grew golden beets for the first time – they are truly delicious – I also grew traditional round beets and my favourite tubular beets that are great for canning. We used the Bernardin pickled beet recipe on page 77 of the Guide to Home Preserving. Very easy. To keep the heat out of the house we used the camp stove and did it all outside. Was a wonderful bonding activity. I should also mention that the beet tops are also great eating. My family has been eating them in salads, in stir fries, sautéed and steamed with butter. Our chickens ate what we couldn't!

Plums are coming on strong. I still have a lot of jam left from last year. A friend had a tree loaded with yellow plums. We made several batches of jam including a plum blackberry mixture that turned out great. Try a low sugar pectin and follow the recipes provided in the box.

Depending on the variety, plums can also be pitted, halved and frozen, dried or canned.

Tips

Freeze different fruits and berries or vegetables on trays and once frozen mix together for your own unique blends.

Recipe: Pickled Dilly Beans

I made these last weekend – yummy!

2 lb.	small tender green beans	¼ cup	pickling salt
1 tsp	ground red pepper	2 cups	vinegar
4	cloves garlic	2 cups	water
4	large heads dill	4	500 ml jars

1. Fill canner with water and bring to a boil. Sanitize jars. Place lids in warm water.
2. Wash, and cut beans into lengths that fit into the jars standing up 3/4 inch from the top.
3. In a large saucepan, combine vinegar, water and salt. Bring to a boil for 2 minutes.
4. Place ¼ tsp red pepper, 1 clove and 1 head dill in each jar. Fill jar with beans.
5. Add pickling liquid to cover the beans, leave ½" headspace. Remove air bubbles. Wipe rim. Add lid. Add screw band to fingertip tight. Place in canner.
6. Process 10 minutes at altitudes up to 1,000 feet
7. Remove from canner (no tipping). Cool. Check seals. Clean jars. Label and store in a cool dark place.

Training Tips

If you are currently running or setting up preservation workshops, you may want to put out a call in your community for donations of canning jars. It is amazing how many of them are tucked away in peoples' basements. Just make sure they are Mason jars and check them over for cracks and chips.

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](#)

Happy Preserving!!!

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