

Produce Preservation September 2013

TRAINER TIPS & TECHNIQUES #4 – Zucchini & Tomatoes

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](#).

What's Growing Now?

Writing this is cutting into my gardening time ☺. Plan for today is to clean up the garden, harvest tomatoes and get some winter veggies in. We're lucky on the south west coast that we can grow many crops all through the winter. Some of my favourites are purple sprouting broccoli and lettuces. Put them in now and you'll have lettuce through the winter and a crop of delicious broccoli in the early spring.

Tips

What to do with green tomatoes? If you want them to continue ripening first clean tomatoes well and lay in single layers between newspapers in a low flat cardboard box. Then put them in a cool dark place. Check them often and remove any that have spoiled immediately. If you are lucky you can have fresh ripened tomatoes right through to Christmas!

Other options for green tomatoes are salsas, chutneys and relishes. Try Salsa Verde – a spicy green tomato salsa on page 61 of the Bernardin Guide to Home Preserving.



And what about those huge zucchini's? While I like dressing mine up that doesn't put food on the table!

Try shredding them (I use my food processor) and freezing in freezer bags (freeze quantities called for in your favourite recipes). I put shredded zucchini in everything – spaghetti sauce, chili, soups and stews. It's also great in zucchini loaf and cookies. I found the recipe below on the internet.



Chocolate chip zucchini cookies

Recipe: Chocolate chip zucchini cookies (adapted from food.com)

- 1 cup butter, softened
- 2 cups granulated sugar (I used 1.5 cups)
- 2 eggs, beaten
- 4 cups all-purpose flour (I used whole wheat flour)
- 2 teaspoons baking soda
- 2 teaspoons ground cinnamon
- 1 teaspoon salt
- 2 small zucchini, grated (you want it to measure approximately 2 cups of grated zucchini)
- 2 cups semi-sweet chocolate chips
- 1 1/2-2 cups walnuts, chopped (optional)

Preheat your oven to 350 degrees F. Grease cookie sheets or line with Parchment paper. Cream butter and sugar together in a large mixing bowl until light and fluffy. Add the egg, flour, baking soda, cinnamon, and salt into the butter mixture, gradually; mix well. Stir in the zucchini. Fold in your walnuts (optional), and chocolate chips. Drop by teaspoonfuls onto the cookie sheets. Bake for 15 to 20 minutes, or until golden. (note the batter was a little dry so I added an extra egg and a bit of water) They are delicious!

Training Tips

There is a lot of research these days on the benefits of involving children in gardening and preparing food. The main one being better eating habits (if they grow it they will eat it; if they make it they are more likely to eat it). So consider encouraging your participants to bring his/her children to your training sessions. There are some great ideas for cooking with kids at Better Together BC.

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](https://www.facebook.com/FoodSkillsBC)

Happy Preserving!!!

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