

Super EASY FOOD PRESERVING

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Quick
Techniques
for Fresh,
Fridge and
Freezer
Storage

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The Creative
Vegetable Gardener



MY STORY

I Am the Lazy Food Preserver

When most people think about food preservation they imagine long hours toiling in the kitchen over a hot stove. That's not for me. I consider myself a lazy food preserver, if you believe in such a thing. I reluctantly can 1-2 batches of salsa each summer because it's difficult to imagine doing without it. But, besides that one day of salsa canning, the rest of my time is primarily focused on crops I can store quickly and easily. I like to put food away, but I don't want to spend my whole summer a slave to the task. I want to have time to enjoy the lazy, hazy days of summer in Madison - hiking, camping, barbecuing and festival-going.

I love to spend a lot of time with my garden, but I don't want to spend *all* of my time on gardening tasks.

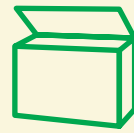
So, over the years I have focused on what I call **super easy food preserving**. I am constantly on the hunt for ways to put food away with the **least amount of work possible**. I've had a lot of successes and failures and learned a lot about which methods are quick and easy. Sometimes things work out well and go on the keeper list (celery and kale), and some things get crossed off for the next year (frozen cauliflower – blech).

It's my pleasure to share what I've learned with you so that you, too, can become a lazy food preserver.

Happy Gardening,

Megan





Kale grows in the garden from early spring through to the first hard frosts. It can be eaten fresh throughout the season and then frozen for easy out of season use.

Favorite Varieties for Storage: Red Russian, Lacinato, Dwarf Blue Curled Scotch.

When to Harvest: You can begin harvesting kale when the leaves are an edible size. Continue to harvest the largest leaves throughout the season taking care to leave enough leaves on the plant for it to continue to photosynthesize and grow more leaves.

Prep Materials Needed: Knife, cutting board.

Best Storage Containers: Quart freezer bags.

EASY STORAGE DIRECTIONS:

1. If you tend to have worms and insects in your kale it might be best to wash the leaves before processing.
2. Cut leaves from stems and chop into desired bite sized pieces.
3. If you don't mind them freezing into one big chunk simply pack the leaves into freezer bags.

4. If you'd like the leaves to be loose and easily broken apart, spread them on a cookie sheet and pre-freeze in the freezer for 60 minutes. Then pack into freezer bags.

How Long It Will Last in Storage: Up to 1 year.

Other Ideas for Preserving:

[Kale Pesto](#)

Additional Thoughts: I substitute kale for frozen spinach in most recipes.

Favorite Recipes:

[Megan's Joyous Kale](#)

[Pan Fried Corona Beans and Kale](#),
101cookbooks.com

[Kale and Olive Oil Mashed Potatoes](#),
101cookbooks.com

Add it to soups, stews and casseroles. See chard, collards and spinach pages for more recipes.