



# Easy Food Preserving: Canning-Free

Preserve what you eat.

Focus on food you can grow in your garden or buy at the local farmers market when answering these questions.

What produce do I spend the most money on throughout the year?

What meals and snacks are regular features of my family's diet?

Which of these foods provide the highest value when preserved? (What's expensive to buy at the grocery store out of season?)

Which vegetables are easy to preserve for out of season eating?

You can find a full worksheet of questions in my book, *Super Easy Food Preserving*.

Take a close look at your eating, shopping, and cooking habits to strategically decide which vegetables to preserve this season.

My top 5 priorities for easy food preserving this season:

- 1.
- 2.
- 3.

4.

5.

## Fresh Storage

Vegetables kept in their natural state in a cool, dry place in your house - basement, semi-warm garage, cold room, or closet.

Onions, garlic, Butternut squash: store whole in crates or boxes with some air flow.

## Fridge Storage

Vegetables that can keep for long periods of time with the aid of refrigeration.

Beets and carrots: grow a fall crop and harvest late in the season to store in the fridge. You can leave them in the ground up until right before the ground is going to freeze.

Remove tops, but leave the soil on, and then store in plastic bags. Poke a few holes in the bags for moisture to escape.

## Freezer Storage

Vegetables that are pre-processed and kept in a chest freezer.

Tomatoes: leave the skin on and seeds in, chop, cook down in a pot or a stainless steel casserole pan, let cool and transfer into containers for freezing.

You can find a video of me going through the whole process at:

<https://www.youtube.com/c/TheCreativeVegetableGardener> - Save Time Preserving Your Tomatoes with This Quick Hack

## Fermentation

Most vegetables can be fermented and stored for 1-2 years in the fridge.

I recommend the book *Fermented Vegetables* by Kirsten Shockey and Christopher Shockey.

My two favorite recipes are Curtido on pg. 133 and New York Deli Style Pickles on pg. 168.

## Super Easy Food Preserving Goal:

Preserve only what you can eat each year.

Make sure to keep records so you know how much is enough.

## Find out more about the Super Easy Food Preserving How-to Video Series:

[CreativeVegetableGardener.com/food-preserving](http://CreativeVegetableGardener.com/food-preserving)

## Keep in touch!

Megan Cain, The Creative Vegetable Gardener

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