

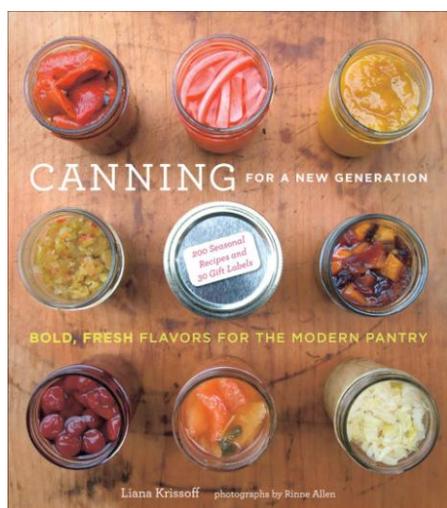
Just Pickle It!

Clatskanie Farmers Market Food Demonstration

ClatskanieFarmersMarket.com

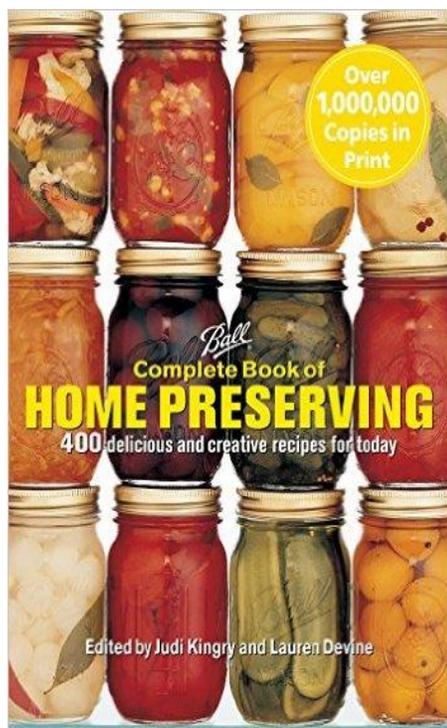
Pickling is one of those magical preservation methods that not only extends a food's shelf life, but also takes its flavor profile to interesting and delicious places. If it fits into a jar, then it's probably fit for pickling. From the basic garlic dill to pickled carrots with mint and rosemary, there is something for every time of the year. The word 'pickle' is likely derived from the Dutch word 'pekel' but the process of pickling dates back 4000 years and is believed to have originated in India. The earliest known pickle really was made from cucumbers and it is still the most popular!

A little bit of time today can mean bright and fresh pickles six months down the road. It's high pickling season, so pull out those mason jars and get to work! Check out these books for ideas!



Canning for a New Generation, by Liana Krissoff

In this modern guide to canning, chock-full of approachable, time-tested, and accurate recipes, brand new recipes for food preservation include: Peach Salsa, Strawberry Jam and Honeyed Bread and Butter Pickles. This book illustrates fresh ways to preserve the harvest throughout the year, employing techniques like water-bath canning that are safe and easy to follow. The recipes are all created with small-batch yields in mind, which will appeal to beginner canners and expert homesteaders alike. Included in this book are recipes for low-sugar or sugar-free preserves, as well as methods for canning jams and preserves without pectin. In addition to canning recipes, there are old-style fermenting recipes, new freezing techniques, and recipes on how to use your canned goods to make delicious meals once you've put them up.



Ball Complete Book of Home Preserving, by Judi Kingry

As nutrition and food quality has become more important, home canning and preserving has increased in popularity for the benefits it offers: Cooks gain control of the ingredients, including organic fruits and vegetables; Preserving foods at their freshest point locks in nutrition; The final product is free of chemical additives and preservatives; Store-bought brands cannot match the wonderful flavor of homemade; Only a few hours are needed to put up a batch of jam or relish; Home preserves make a great personal gift any time of year. These 400 innovative and enticing recipes include everything from salsas and savory sauces to pickling, chutneys, relishes and of course, jams, jellies, and fruit spreads, such as: Mango-Raspberry Jam, Damson Plum Jam, Crab Apple Jelly, Green Pepper Jelly, Spiced Red Cabbage, Pickled Asparagus, Roasted Red Pepper Spread, Tomatillo Salsa, Brandied Apple Rings, Apricot-Date Chutney. The book includes comprehensive directions on safe canning and preserving methods plus lists of required equipment and utensils. Specific instructions for first-timers and handy tips for the experienced makes this book a valuable addition to any kitchen library.