

Local Availability and Suggested Food Preservation Guide

	May	June	July	August	September	October	November	Refrigerate <input type="checkbox"/> in plastic <input type="checkbox"/> in ventilated plastic	Freeze unblanched	Freeze blanched	Pickle or Can	Dry (air or dryer)	Root Cellar 32°-40° moist, dark	Dry store ±55° dark	Juice	Wine
Apples			■	■	■	■	■	<input type="checkbox"/>		sauced	sauced	✓	✓	✓	✓	✓
Asparagus	■							■		3 min						
Beets		■	■	■	■	■	■	<input type="checkbox"/>			✓		✓			✓
Berries	■	■	■	■	■	■	■	<input type="checkbox"/> unwashed	✓		✓	✓				✓
Broccoli		■	■	■	■	■	■	■		3 min			✓			✓
Brussels Sprouts					■	■	■	■		5-8 min			✓			
Cabbage		■	■	■	■	■	■	<input type="checkbox"/>		3 min	✓		✓			✓
Carrots		■	■	■	■	■	■	<input type="checkbox"/>					✓			✓
Cauliflower		■	■	■	■	■	■	■		4 min						
Celery			■	■	■	■	■	■					✓			
Cherries		■	■	■	■	■	■	<input type="checkbox"/>	✓		✓					✓
Corn, Sweet			■	■	■	■	■	■		6-8 min		✓				
Corn, Dry	■	■	■	■	■	■	■	■				✓		✓		
Cucumbers		■	■	■	■	■	■	■			✓				✓	
Eggplant		■	■	■	■	■	■	■								
Garlic		■	■	■	■	■	■	■				✓		✓		
Green Beans		■	■	■	■	■	■	■		3 min	✓					
Greens	■	■	■	■	■	■	■	■		2-3 min						✓
Herbs	■	■	■	■	■	■	■	■		1 min		✓				
Leeks			■	■	■	■	■	<input type="checkbox"/>	✓				✓			
Lettuce	■	■	■	■	■	■	■	■								
Melons			■	■	■	■	■	<input type="checkbox"/> when ripe	✓		✓					✓
Mushrooms	■	■	■	■	■	■	■	■			✓	✓				
Onions		■	■	■	■	■	■	■				✓		✓		
Parsnips				■	■	■	■	<input type="checkbox"/>					✓			
Peaches		■	■	■	■	■	■	<input type="checkbox"/> when ripe	✓	sauced	✓	✓			✓	✓
Pears				■	■	■	■	<input type="checkbox"/> when ripe	✓	sauced	✓	✓	✓	✓	✓	✓
Peas		■	■	■	■	■	■	■		2-3 min	✓					
Peppers		■	■	■	■	■	■	■	✓			✓				
Plums				■	■	■	■	<input type="checkbox"/>		sauced	✓					✓
Potatoes		■	■	■	■	■	■	<input type="checkbox"/>					✓			
Rhubarb	■	■	■	■	■	■	■	■		3 min						✓
Rutabagas					■	■	■	<input type="checkbox"/>					✓			
Spinach	■	■	■	■	■	■	■	■		1-2 min						
Summer Squash		■	■	■	■	■	■	■		2-3 min						
Winter Squash					■	■	■	■		4-6 min					✓	
Tomatoes		■	■	■	■	■	■	■	✓	sauced	✓	✓		✓	✓	✓
Turnips				■	■	■	■	<input type="checkbox"/>					✓			

The single most comprehensive book on food preservation is *Stocking Up* by Carol Huppung. One of the oldest, most reliable and nutrient enhancing preservation methods is lacto-fermentation, as described by Sally Fallon in *Nourishing Traditions*. Both books are available at many public libraries and in paperback from most booksellers. Further reading might include books on herbs, root-cellars, solar drying, wine-making, and juicing. The best way to learn food preservation is by doing (see a list of workshops at www.nofamass.org) or offer to help an expert on a hot August day, at the peak of harvest season.

Note: "Blanching" refers to cooking food briefly in boiling water. To blanch vegetables, bring just enough water to cover them to a boil, then add the chopped vegetables. When the water returns to a boil, start timing. After boiling, dunk them briefly in cold water and cool thoroughly before freezing.