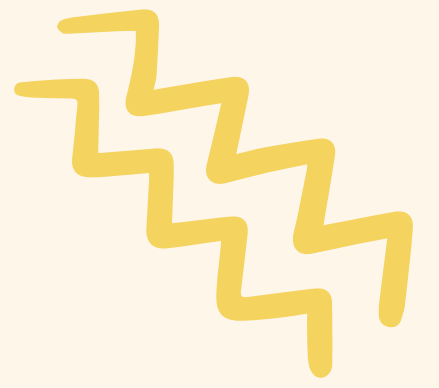




BASICS OF FOOD PRESERVATION



WHY PRESERVE?

Preserving food is not only a time-honored tradition but also an essential skill for maintaining a healthy diet and minimizing food waste. Preserving foods also helps allows you to enjoy seasonal local produce all year round. By properly preserving food, you can extend its shelf life while retaining its nutritional value.

CANNING

Canning involves sealing food in jars or cans and heating them to destroy microorganisms that cause spoilage. This method is suitable for fruits, vegetables, meats, and soups. You can through various methods like hot water baths and pressure canning

FREEZING

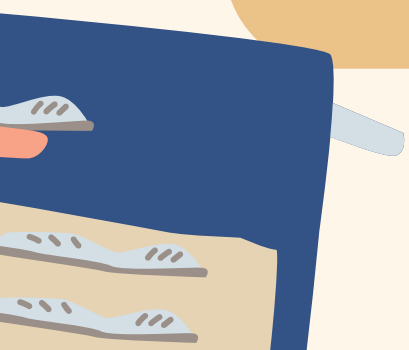
Freezing is a simple and effective method for preserving a wide variety of foods, including fruits, vegetables, meats, and baked goods. It helps retain flavor and nutrients. Before freezing, blanch vegetables in boiling water to maintain freshness and integrity.

PICKLING AND FERMENTING

Pickling involves preserving food in an acidic solution, such as vinegar or brine. This method is commonly used for cucumbers, beets, and other vegetables. Fermentation utilizes beneficial bacteria to preserve food and enhance its flavor. Foods like yogurt, sauerkraut, and kimchi undergo fermentation. Pickling does not require much equipment. Just mason jars! You can even make your own yogurt in the oven!

DRYING OR DEHYDRATING

Dehydration removes moisture from food, preventing bacterial growth and spoilage. Fruits, vegetables, herbs, and meats can be dried for long-term storage. You can use a dehydrator or even your oven.

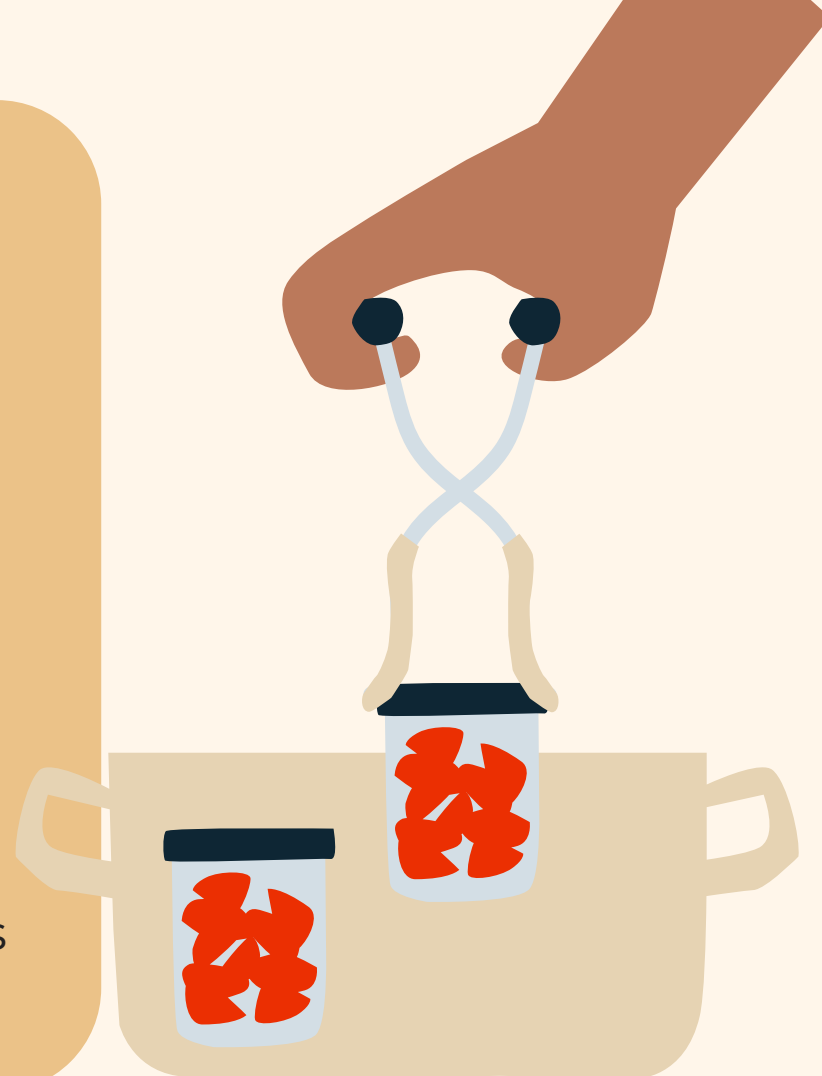


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NUTRITIONAL BENEFITS

- preservation methods, such as freezing and drying, help retain vitamins like vitamin C and B vitamins.
- Many preserved fruits and vegetables retain their dietary fiber content, which supports digestive health
- Certain preservation methods, such as freezing and drying, help retain antioxidants that contribute to overall health and well-being.
- Preserved foods can maintain essential minerals such as potassium, calcium, and magnesium.



INCORPORATING PRESERVED FOODS INTO YOUR DIET

- Use preserved fruits in smoothies, oatmeal, or as toppings for yogurt to add sweetness and nutrients
- Incorporate preserved vegetables into soups, stews, and salads for added flavor and nutrition
- Enjoy fermented foods as side dishes, condiments, or snacks to support gut health and digestion
- Experiment with preserved meats and fish in sandwiches, wraps, or protein-rich salads for convenient and nutritious meals

RESOURCES

Always use recipes and tips from trusted sources, such as government extension services or reputable cookbooks, to ensure safe preservation.

CHECK OUT MONTANA STATE UNIVERSITY'S EXTENSION PROGRAM FOR TRUSTED INFORMATION ON ALL THINGS FOOD PRESERVATION

