

Food Preservation

Whether you reap the benefits of having your own garden, shop at a local farmers market or choose from a wide selection of fresh seasonal vegetables, below is a list of ways to take advantage of preserving your bounty at its peak.

Fresh Produce Storage Guide:

Counter top - ripen at room temperature before storing in the refrigerator

- Avocados
- Bananas
- Kiwis
- Mangoes
- Melons
- Oranges
- Pears
- Peaches
- Tomatoes

Fridge - store fruits and vegetables separately, as some fruits release ethylene gas that may spoil vegetables

- Apples
- Berries
- Cherries
- Grapes
- Lemons/Limes
- Asparagus
- Beans
- Beets
- Broccoli
- Brussel Sprouts

Pantry - store in a cool, dry & dark space

- Garlic
- Onions
- Potatoes
- Sweet Potatoes
- Winter Squash

For more information, visit: <https://www.hal-fyourplate.ca/fruits-and-veggies/store-fruits-veggies>

Best for Freezing:

Blanching - most vegetables benefit from blanching before freezing. Clean and cut up into uniform pieces, place on a sheet pan and place in freezer, once frozen place into freezer-safe air tight bags or storage containers

- Corn
- Peas
- Broccoli
- Cauliflower
- Carrots
- Green Beans
- Squash

Best for Canning:

Stove top pressure canning - when canning, food safety should always be top of mind. Contamination can not only spoil food—it can make you sick! If you use a stove top pressure canner, make sure it gets hot enough to truly kill all bacteria

- Asparagus
- Beets
- Carrots
- Corn
- Cucumbers
- Green Beans
- Peaches
- Peppers
- Tomatoes

For more information, visit: <https://extension.umaine.edu/food-health/food-preservation/>

