



The Farm at Miller's Crossing

Week of July 12th 2010

farmatmillerscrossing.com

Eat local all winter....

Preserve the summer's bounty!

This year we will be trying hard to make bulk amounts of vegetables available for those of you that want to pickle, can, dehydrate or freeze fresh seasonal produce for your enjoyment all year long.

Right now we have pickling cucumbers available, If you have not ordered them by now, you only have about one more week. The heat is bringing them on all at once and we know they won't last long.

Here in the farm kitchen we have been experimenting with a few different types of cucumber pickles.



Fermented Refrigerator pickles-these are brined in salt and water, fermented for 3 days and stored in the fridge for use over the next few months.

Vinegar Brined refrigerator-these cucumbers get a hot water/salt/vinegar brine poured over them and are then stored in the fridge. (ready to eat in 6 weeks)

Cold pack canned pickles- these are the longest shelf life...hot brined and canned in a hot water bath. We should be able to eat these right up until next years cucumber come in!!!!

So far all have remained crunchy (my main goal!), and flavorful, though I believe the flavor will improve over time.

Other cucumber canning options are relish and bread and butter pickles. So get out your canner and get ready to turn your kitchen into a sweat lodge!!! (Isn't sweating good for you!!) and can and pickle away!



Cucumbers awaiting your pantry!

Coming some time in Mid-August...

Green Beans

They are great blanched and frozen, or packed in jars and pickled for Dilly beans.

Basil

Freezing pesto is always great, but if you want to keep it simple, just blend the basil with olive oil and freeze. Then you can make pesto when you have time in the winter, or use it in other recipes calling for basil!

San Marzano Paste tomatoes

These dry, Italian plum tomatoes make great tasting sauce; I often roast them w/ basil and garlic, give them a whirl in the food processor and can in a water bath canner for a very rich tomato sauce.

If sauce is intimidating to you, try water bath canning them whole (skin removed).

And if you really have no time...stick them in the freezer whole (in freezer bags). When frozen whole, w/out cooking/blanching in any way, they will need to be used up with 4-6 months, but that still will have you eating locally grown tomatoes in January!!!