

Krazy Kitchen: Preserving Local Harvest

Sweet Freezer Corn



Ingredients

- Fresh Corn on the cob (about 1.5 cobs per person/serving)

Directions

1. Shuck corn, and clean off all the silk.
2. Bring a large pot of water to a boil.
3. Blanch the corn by dropping the whole cobs in the boiling water for five minutes, then remove corn and plunge into a pot of cold/ice water for 5 minutes.
4. Pat the ears dry.
5. Cut the kernels from the cob. Try using a Bundt pan or Angel Food cake pan to hold the pointed end of the ear in the hole in the middle of the pan and cut. The kernels will fall into the pan for easy removal.
6. Place in freezer bags and label. When serving from frozen, heat for 3-4 minutes and enjoy!



Canned Pears



Ingredients

An average of 17 1/2 lbs (8 kg) of pears is needed per canner load of 7-1 L (quart) jars

- water bath canner
- canning jars
- canning seals and rings
- jar lifter
- canning funnel
- large pot
- bowls
- large spoons
- sharp knife
- towels and dish cloths
- sugar (for the light syrup: 2 cups sugar to 6 cups water; bring to boil)
- lemon juice

Directions

1. Wash and peel pears (like potatoes or apples). Cut lengthwise and remove the core and then slice in quarters. Sprinkle ¼ cup lemon juice on a bowlful to prevent browning.
2. Prepare the hot pack syrup. Place the pears in the boiling sugar solution for 5 minutes.
3. Pack the pears in hot sterilized jars (225 degrees F), leaving ½ inch headspace at top. Cover with syrup leaving ½ inch headspace (syrup should cover pears completely). Run a rubber spatula or table knife gently between pears and jar to release trapped air bubbles.
4. Wipe rim with damp cloth and add lid, screw band, and tighten firmly and evenly. Do not over tighten.
5. Process the jars (quarts) in water bath for 25 minutes; ensure water bath covers tops of jars. Remove and let jars cool without touching or bumping in a draft-free place.

Pickled Beans



Ingredients

- 4 pounds fresh green beans (makes about 8 pints of beans)
- 8-16 heads fresh dill
- 8 cloves fresh garlic
- ½ cup canning or pickling salt
- 4 cups white vinegar
- 4 cups water
- 1 teaspoon hot red pepper flakes
- Jar grabber
- Jar funnel

Directions

1. Wash beans and trim ends. Place garlic and dill in sterilized jars.
2. Pack beans into jars (upright) leaving ½ inch headspace.
3. Combine the salt, vinegar, water and pepper flakes. Bring to a boil.
4. Use a ladle or measuring cup to carefully fill each packed jar with the hot vinegar solution, again allowing ½-inch headspace. The beans should be covered and there should still be 1/2 inch of airspace left in the top of each jar.
5. Wipe rims and place lids on each jar. Screw rings on snugly.
6. Using the jar lifter put the jars on the rack in the canner. Make sure the tops of the jars are covered by at least 1 inch of water. Process for 5 minutes.
7. Lift the jars out of the water and let them cool without touching or bumping them in a draft-free place for at minimum 2 weeks before eating.