

August 2011

Anishinabe Learning, Cultural & Wellness Center Newsletter

Food Preservation at Home...

Food preservation is a good way to store excess produce from the garden for later consumption and save you money.

There are different ways to preserve your produce. Using a boiling water-bath canner to preserve high acid foods is recommended. Foods considered high in acid are fruits, pickles, jellies, marmalades, jams, fruit butters and spreads. A pressure canner is used to can low acid foods such as red meats, seafood, poultry, milk and all fresh

vegetables except for most tomatoes. Very high pressure is needed when preserving these food as to destroy heat resistant bacteria and their spores that can spoil low acid foods. Freezing produce is also an easy alternative to canning.

Always remember to use good storage materials. Jars should be free of any cracks or chips. Lids should be new. Never re-use lids when canning. Screw band can be re-used if they are not bent or rusted. When freezing,

use containers that are made for freezer storage. Make sure to label all containers with the contents and the date.

Storage life for canned and frozen foods is 12 months.

Food preservation guidelines have changed over the years and should always be followed for safety.

For the most current guidelines for food preservation please contact your local extension agent.

Homemade Poisons for Pest Control

A simple soap solution can be used to control aphids and other soft bodied insects. Simply put 1/4 cup of laundry soap (not detergent) in 1 liter of water, mix well, and spray.

Paraffin (kerosene) and soap can be used for very serious pest infestations. Mix 1/4 cup of soapy water and 1/4 tablespoon of paraffin in 1 liter of water then spray or brush on plants. A rag soaked in paraffin and touched to insects will also generally kill them.

Garlic spray will kill most insects or keep them away. Chop or crush 3 large garlic

cloves and soak in 15 ml of paraffin for 3 days. Add in a big spoonful of finely chopped soap and mix thin in 10 liters of water. Spray or brush on plants.

Cutworms can be controlled by placing a small collar around the seedling; tying onion leaves around the stems; or placing a small stick in the ground against the stem. This method works by blocking their course.

These natural poisons can be washed off easily. During the rainy season, apply generously to control the pests.

Vegetable Garden Workbook, Elizabeth Adams

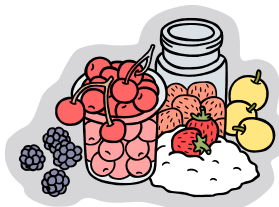
USDA Tribal
College Extension

August is...

- > National Immunization Awareness Month
- > National Water Quality Month
- > National Psoriasis Awareness Month
- > Children's Eye Health and Safety Month



Facts on Home Food Preservation



- You can put yourself at risk for botulism if you do not process canned foods properly!
- The USDA canning guidelines have changed over the years. Make sure you follow only current research tested canning recipes.
- Canning in an oven is **not safe**.
- Tomato recipes while canned in a pressure cooker or a water bath must be acidified by one of the following methods:
 - Add 2 tablespoons of bottled lemon juice per quart (1 table-spoons per pint)
 - Add 1/2 teaspoon of citric acid per quart (1/4 teaspoon per pint)
- Paraffin wax does not provide an air-tight seal on jams and jellies! Spoilage can occur.
- Storing canned foods in a cool, dark place will ensure best quality. Use these foods within one year.

For More Information about food preservation, visit these web sites:

NDSU Extension Service:
www.ag.ndsu.edu/pubs/preservation.html

National Center for Home Food Preservation:
www.uga.edu/nchfp/

Children's Corner

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