



Now for me I live this kind of life on a everyday basis. I raise all my own veggies, some fruits, herbs, beef, lambs, chickens, My motto is if I can't can it, dry it, freeze it I really don't need it. Lol.

For anyone that doesn't have the space for any of this type of stuff, You can still do the same thing as I do . You can go to your local farmers markets and get organic grown veggies, fruits, and herbs. As far as meats go , well if you don't hunt or can't you can always buy meats from the stores when on sale and can or dry them. Then for Beef, lamb, chicken, you can call around your local area and find someone that is selling a beef, lamb or chicken for butcher and have them done buy a local butcher. Costs a little to have someone cut it and wrap it but if that is your only way to get it well you will find that home grown meat is the best ever.

Doing this site has given me the greatest feeling to know that I can help out a fellow veteran and family.It's my way of helping and doing what I can . Thanks so much again for replying to my postings and letting me do something for all the veterans that have already gave so much

by: Jana Cox

Let's Get Started

No Matter what you are interested in it is going to cost you to get started. If you are interested in canning you will have to buy a water bath canner, a pressure cooker, jars, (if buying jars for the first time the lids and rings will be with the case of jars you buy) lids, rings, jar lifter.

If interested in drying herbs, veggies, fruits you can dry all these things either by sun dry, oven or dehydrator, coffee grinder.

To store dried foods such as fruits and veggies save jars that you already have such as peanut butter jars w/ lids, Mayo jars w/ lids. Gallon glass jars. Anything that will have a tight seal so that bugs and moisture can not get into. For herbs you can use ziploc type bags, ( be sure when storing herbs not to let light get to them or otherwise they will fade out and lose flavor. Keep in cabinet or drawer.)

Well that should get us started on a few things.

#### HERBS:

Put up a string or wire in a room to where sunlight can't hit them. Cut herbs in the AM .If you haven't a Herb garden already started no need to fret. Buy herbs at your local farmers market. groc store, or buy plants from any walmart or any place that has plants. since it is late in season for you to start your own plants from seed you can buy plants and then put them in flower pots or make a bed just as you would if you were making a flower bed, doesn't have to be a big bed. If you have never grown herbs before think of the ones you already buy at the store. The ones you use to cook with on a every day basis. Only buy the ones you know you are going to use. Such as Basil, Thyme, Rosemary, Etc.

Once the herbs are up and just before they are blooming snip them and take them in to prepare to dry. You will get several clipping durning the season. By keeping the blooms snipped off. Wash all herbs with cool water pat dry then hang on wire or string, ( I use twist ties to attach them to the wire) let hang til totally dry ( takes a few days depending on temp of room) Carefully take herbs off wire and store in bags ( label your bags so until you know what herbs are what you will know what they are when ready to use later. Don't count on your memory cause trust me you will forget. Remember that some herbs can be used for Medical purposes, Teas, Cooking.

Canning:

Right now is a good time to start with fruits that are in season to make those Jams and Jellies.Or even Fruit Roll Ups if you so desire.

Strawberry Jam : Per Batch

Wash pint jars,  
Wash and prepare fruit  
Discard Stems and Crush Strawberries

5-3/4 Cups crushed Strawberries

1/4 Cup Lemon Juice

1 Box of Pectin

Bring all this to a boil ( hard boil)

Add : to mixture

8 1/2 Cups Sugar

Return to full boil stirring constantly

Cook 4 mins

Remove from heat and Add :

1/4 teaspoon of Marg. or butter to reduce foaming

Quickly ladle into prepared jars filling to within 1/8 inch from top of jar

Wipe jar rims and threads, Cover w/ flat lids and then screw on bands.

Water bath 10 mins and remove from canner and let cool. After cool check seals w/ finger by pressing down w/ finger. If jar is not sealed either refrigerate or use at once.

Leather (roll ups) is the answer to overripe fruit. Use ripe fruit, not spoiled fruit. If the fruit is so ripe that it has mold or soured ,it will not taste good in leather.Over ripe spots cut from fruit that is being dehydrated maybe blended to make leather.Frozen. bottled or canned fruit may also be used after thawing or draining off all liquid.

The combination of fruits is only limited by your imagination.

Choose fruits that blend and taste well together test before drying.

Strawberry Rhubarb fruit roll is a big hit and cannot be purchased at the supermarket.

Wash, remove any bad spots, stem, pit, and peel fruit if necessary. Fuzzy peach skins which cause granules may be objectionable. Start with just a few silices and puree gradually adding fruit. Apples are more firm and sometimes require a tablespoon of water to start the blending process.When puree is smooth, place on a Telflex sheet on the dehydrator trays and dry.Telflex will prevent your leathers from sticking to the tray when removing from dehydrator. Rhubarb and plums are quite tart and require some sweetening, such as sugar, honey, etc.If the fruit is bland, honey may change the flavor.

Apricot and Peach leather oxidize quite rapidly. To maintain a pretty bright orange color, heat the fruit to boiling before putting it into the blender. Other fruits do not need this treatment.

Place Telflex sheet over tray. Pour 2 cups of puree onto the tray and spread to a thin layer. Make the center of the leather 1/8 inch thick and build up on the outside edge to 1/4 inch thick.

Because air can not get into the center, the outside edge has a tendency to get crisp while the inside stays moist. With the extra thickness on the outside edge, it dries more evenly. Plastic wrap maybe used if you do not have Telflex sheets.

Caution: Waxed paper, foil, and plastic bags should not be used to hold puree on the tray.

Place fruit in dehydrator at 135 degrees. check for dryness often, then turn trays for even drying.

Storage:

Remove leather from trays and roll it. Plastic wrap maybe use to wrap it . Potato chip containers that are foiled lined and have a tight fitting lid are ideal containers for fruit rolls.

## WATERMELON PICKLES

RIND of one large watermelon. Peel and remove all green and pink portions from the watermelon rind. Cut in one inch cubes and soak overnight in salt water. (four tablespoons of salt to one quart of water). Drain, cover with fresh water and cook until almost tender. Drain the watermelon and make a syrup of 8 cups of sugar, 4 cups of vinegar and 8 teaspoons of whole cloves, 16 sticks of cinnamon and a little mustard seed. (Tie spices in cheesecloth bag.) Heat the syrup and spices to boiling and allow to set for 15 minutes. Add the drained watermelon rind and cook until clear and transparent. If desired a few minutes before boiling time is up, add enough green or red food coloring to give desired color to the pickle. Pack boiling hot into sterilized KERR Jars and seal at once. (water bath 10 minutes.)

## FIRE STARTERS

### Fire starter 1 (Egg Cartons)

Take cardboard egg cartons and take some lint from dryer. Place lint into sections of egg cartons. In meantime put wax (household or old candles) into a coffee can. Then put coffee can into a pan with hot water and to where water hits coffee can half way up on can. Heat on low till wax is melted (watch carefully so wax does not ignite) Once wax is melted ladle into egg carton sections over lint, let cool completely, cut sections apart and store.

### Fire Starter 2 (Pine Cones)

Gather pine cones. Put wax (household or old candles) (old candles will give off scent) into coffee can, then put coffee can into pan with hot water and to where water hits coffee can half way up on can. Heat on low till wax is melted (watch carefully so wax does not ignite) Once wax is melted dip cones into wax then lay cones on newspaper to let cool. Store in baskets or ventilated bags.

Do not use more than two to start fire.

## BLACKBERRY JAM: Per Batch

Wash pint jars,  
Wash and prepare fruit  
Crush berries. Sieve 1/2 of pulp to remove some seeds, if desired

5-3/4 cups crushed berries  
1/4 cup lemon juice  
1 box of pectin

Bring all this to a boil( a hard boil)

Add: to mixture

8 cups of sugar

Return to full boil stirring constantly

Cook 4 mins

Remove from heat and add:

1/4 teaspoon butter or margarine to reduce foaming.

Quickly ladle into prepared jars filling to within 1/8 of an inch from top of the jar.

Wipe Jar rims and threads cover w/flat lids and then screw on bands.

Water bath for 10 mins and remove from canner and let cool. After cool check seals w/ finger by pressing down w/finger. If jar is not sealed either refrigerate or use at once.

#### APRICOT JAM: Per Batch

Wash pint jars

Wash and prepare fruit

Discard pits (do not peel) and finely chop apricots.

5 cups finely chopped apricots

1/2 Cup lemon juice

1 box of pectin

Bring all this to a boil ( hard boil)

Add to mixture:

8 Cups of sugar

Return to a full boil stirring constantly

Cook 4 mins

Remove from heat and Add:

1/4 teaspoon of Marg. or butter to reduce foaming

Quickly ladle into prepared jars filling to within 1/8 inch from top of jar

Wipe jar rims and threads, Cover w/ flat lids and then screw on bands.

Water bath for 10 mins, and remove from canner and let cool. After cool check seals w/ finger by pressing down w/ finger. If jar is not sealed either refrigerate or use at once.

#### WHEN CANNING MEATS

Beef, Venison, Lamb, Chicken, Rabbit, Turkey, Wild Birds, Geese, and Duck meat  
Be sure that all meats are deboned. Do not add liquid to raw meats. Pack within one inch from top.

Beef and Lamb: Bleed Well. Cool thoroughly. Pack raw without liquid.

Chicken, Rabbit, Duck, and Turkey: Bleed well. Cool thoroughly. Pack raw without liquid.

Venison, Wild Birds, and Geese: Bleed well, cool thoroughly.

Pressure Cooker canning

Pints 75 mins to 10 pounds of pressure

Quarts 90 mins to 10 pound of pressure

When totally cool after taking out of canner mark and store.

Great Depression Pie:

Vinegar Pie

Pastry for 1-crust 9-inch pie, unbaked

1/4 cup all-purpose flour

1 teaspoon ground cinnamon

1/4 teaspoon ground cloves

1/2 teaspoon ground nutmeg

1/4 teaspoon ground coriander

dash of salt

4 egg yolks

2 egg whites

1 cup granulated sugar

1 cup sour cream

2 tablespoons cider vinegar

1/2 cup raisins

1 1/2 cups coarsely chopped pecans

whipped cream to garnish

Line pie pan with the pastry and freeze while you prepare filling. Sift dry ingredients

together whisk egg yolks just to blend; beat egg whites until stiff. Fold sugar into

whites thoroughly but not over much, and stir with wooden spoon into yolks. Add

sifted dry ingredients with a few strokes, then sour cream. Mix all remaining

ingredients except whipped cream and fold into filling. Spread in pastry-lined pie

pan and smooth top. Bake in preheated 450 degree F oven for 10 mins.

Lower heat to 400 and bake for 5 mins.

Lower heat to 350 and bake for 15 mins or until set.

Cool on rack, then garnish border with unsweetened whipped cream.

Preparation Guide for Drying Vegetables in Dehydrator

Food      Preparation      Drying test      Approximate time

Asparagus: Wash and cut into 1 inch pieces Brittle 5-8 Hrs

Beans : ( Waxed or Green) Wash , remove ends,cut into 1 inch pieces or cut french style. Steam blanch until translucent. Brittle 9-12 Hrs

Beets: Remove all but 1/2 inch of tops. scrub thoroughly, steam until tender.Cool, peel and cut in 1/4 inch rounds slices or 1/8 inch cubes. They also may be shredded, Leathery 9-12 Hrs

Cabbage: Wash, trim, cut into 1/8 inc wide strips. Leathery 8-10 Hrs

Carrots: Shredded carrots may be used in gelatin salads, cakes, and cookies. Dice in 1/8 inch cubes or circles for stews and dips. To store carrots for up to 3 mos , it is not necessary to steam blanch them ; but for longer storage time to preserve the carotene it is necessary to pretreat by steaming til tender. Leathery 6-10 Hrs

Celery: Wash thoroughly.Separate leaves and stalks. Cut stalks into 1/4 inch strips and dry.Spread leaves out and lay flat on tray to dry whole for use in stews. Grind or chop fine for seasonings.Leathery 4-10 Hrs.

Corn: Husk corn. Trim and steam on cob until milk is set.Cut off from cob and spread on tray stirring several times durning drying cycles. Brittle 6 -10 Hrs

Cucumber: Wash. cut into 1/8 inch slices and dry,Choose mature cucumbers with small seeds. Leathery 5-8 Hrs

Eggplant:

Wash , Peel, Slice 1/4 inch thick and dry Leathery 5-8 hours

Greens: Wash thoroughly, trim, removetough stems. Steam until wilted.Spread over tray so leaves are not matted together.For more even drying stir several times. Brittle 4-6 Hrs

Mushrooms: Brush off dirt or wipe with damp cloth. Slice in 3/4 inch slices from cap through stem end. Lay in single layer on tray. Leathery 4-6 Hrs

Okra: Wash trim and slice in 1/4 inch circles. Leathery 5-7 Hrs

Onions: Remove root, top and skins. Slice in 1/4 inch slices, 1/8 inch rings, or chop.Dry in 145 degree F. Stir several times durning drying cycle for better color and to shorten drying time. Leathery 4-8 hrs

Peas: Shell peas, wash and steam just until they indent. Rinse with cold water. Blot with paper towel and dry. Brittle 5-7 Hrs

Peppers: Remove seeds, wash and dry. Chop or cut into 1/4 inch strips or rings.

## Leathery 5-7 Hrs

Hot Peppers: Caution: Wear rubber gloves to protect hands when preparing several peppers. wash and dry whole. Leathery 5-7 Hrs

Potatoes: Use new potatoes. Do not peel. Potatoes may be cut french fry style, in 1/4 inch circles or grated. Blanch or steam until tender or translucent. Cut into 1/8 inch circles for chips for dips and dry only to the leathery stage. Brittle or Leathery 7-9 Hrs

Pumpkin: Cut into pieces. Remove seeds. Bake or steam until tender. Scrape pulp from skin and puree. Two cups of pumpkin makes one 9 inch pie. Measure puree before pouring onto plastic wrap to dry. Do not add spices until making pie because they go rancid when stored. Leathery 8-10 Hrs

Squash: ( Winter) Follow directions for Pumpkin. Squash may be cubed to add to soups. Leathery 8-10 Hrs

Squash: ( Summer) Wash slice 1/4 inch thick. It is not necessary to peel. To make vegetable chips for dips it should be sliced 1/8 inch thick. Leathery 10-14 Hrs

Tomatoes: To prevent darkening, choose a tomato with high acid content. Wash and remove stems. Slice in 1/4 inch circles and dry. To remove skins before drying, dip the tomato into boiling water and then into cold water. The skin slips off easily. Leathery or Brittle 6-8 Hrs

Yams: Wash, steam, peel and slice in 1/4 inch discs Brittle 8-10 Hrs

Zucchini: Wash, remove seeds from larger squash and grate for baking, or cube for stews. Small tender squash make delicious chips for dips when sliced 1/8 inch thick and dried, Brittle 8-10 Hrs

## Preparation Guide For Fruit For Dehydrator

Food	Preparation	Test	Time
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Apples:	Pare, core, and cut in 3/8 inch slices or rings.	Pliable	10-24 Hrs
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Apricots:	Apricots may be cut in halves.	Pliable	24-30 Hrs
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Avocado:	When skin peels off easily, peel, pit and slice in 3/8 inch slices.	Brittle	12-14 Hrs
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Bananas:	Peel and cut in 1/8 inch slices	Crisp	12-18 Hrs
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Berries:	Leave whole ( except strawberries they should be sliced in 3/8 inch slices)		
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wax coated berries require a boiling water bath for 1-2 mins ( check skins) Leathery & Crisp 10-15 Hrs

Cherries: Remove stems and pits. Cut in half and place skin side down on tray. reduce temp on cherries to 135 degrees F and watch closely do not let them over dry. they should be like raisins Leathery, Sticky . 16-20 Hrs

Cranberries: Pretreat in boiling water for 1-2 mins., or grind for faster drying Pliable 10-12 Hrs

Figs: Wash, cut out blemishes, quarter and spread one layer deep, skin side down. To do them whole requires boiling water bath. Pliable 24-30 Hrs

Grapes: Leave whole, remove stems. dip in boiling water for 1-2 mins. to craze the skins and eliminate the natural wax. The Green Thompson seedless grapes makes golden raisins. The Black Thompsons seedless makes a sweet monukka raisin. Pliable 24-30 Hrs

Nectarines: It is not necessary to peel. Dry with skins down on screen. Cut in 3/8 inch slices or circles. Pliable 14-18 Hrs

Peaches: Peel if skin is objectionable. Slice in 3/8 inch slices or circles. Pliable 24-30 Hrs

Pears: Peel if desired, remove core, cut into 3/8 inch slices, quarters or eights. Use a firm pear but one that has started to turn yellow. Pliable 24-26 Hrs

Persimmons: Wash, remove caps, slice in 3/8 inch circles. The fruit is ready just as it starts to turn translucent and before it becomes mushy. It is not necessary to peel the fruit. Leathery 14-18 Hrs

Pineapple: Remove core, cut in slices or wedges, and remove eyes because they do not look appetizing after they are dried. Pliable 24-30 Hrs

Plums: wash, cut in half, remove pits slice in 3/8 inch slices and dry. Cling stone plums make excellent fruit leather. Simmer for 5 mins and place in colander to remove skins and stones. Place puree on plastic wrap and dry. Leathery 24-30 Hrs

Prunes: Prunes dry faster when cut in half. Remove pits and place skin side down. To dry whole they must be dipped in boiling water for 2 mins to check skins. dry at 135 degree F Leathery 24-30 Hrs

Rhubarb: Wash, cut in 1 inch lengths and place on tray to dry Leathery 8-10 Hrs

Watermelon: Cut into wedges or long 1/4 inch slices. Cut off rind, remove seeds and dry. Pliable, sticky 8-10 Hrs

Pickled Beets:

Select small, young beets, Leave a little green top and the root part on ( so they will not bleed out) cook until tender, dip into cold water. Peel off skins. Make the following syrup:

2 Cups sugar

2 Cups water

1 Teaspoon cloves

1 Teaspoon allspice

1 Tablespoon cinnamon

Pour over beets and boil 10 mins. Pack into jars and seal at once.

You can also slice, dice, chunk or leave whole just depending on what you like.

Sauerkraut:

Use good sound heads of mature cabbage. 1 lb of salt with 40 lbs. of cabbage; 2 oz. (3 1/2 Tablespoons) with 5 lbs. cabbage. 1 lb fills pint jar.

Remove outside green and dirty leaves. Quarter the head and shred cabbage finely. Put 5 lbs. cabbage and 2 oz. of salt into large pan and mix with hands. Pack gently into the crock with potato masher. Repeat til crock is nearly full. Cover with cloth, plate and weight. During the curing process, Kraut requires daily attention. Remove scum as it forms and wash and scald the cloth often to keep free from scum and mold. Fermentation will be complete in 10-12 days.

As soon as kraut is thoroughly cured, pack into clean jars, adding enough of the kraut juice, to fill jars within a 1/2 inch from top of jars. Put on cap, screwing the band firmly tight. Process in water bath for 15 mins.

Save all those greens, You can freeze them or can them.

GREENS OF ALL KINDS:

For Canning:

Wash Thoroughly, Steam or Boil To Wilt. Pack Loosely

Add water to Jars, just til it is a 1/4 inch from top of jar, after fill jars w/ greens.

Process in Pressure cooker 70 mins for Pints and 90 mins for Quarts at 10 lbs of pressure.

GREENS OF ALL KINDS

FOR FREEZING:

Wash well, Discard old leaves and tough stems.

Blanch 2 to 3 mins and pack into Freezer bags w/ out any liquid

Piccaililli:

1 Quart chopped cabbage

1 Quart chopped green tomatoes  
2 sweet red bell peppers  
2 sweet green bell peppers  
2 large onions  
1/4 Cup salt  
1 1/2 cups vinegar  
1 1/2 Cups water  
2 Cups firmly packed brown sugar

1 teaspoon dry mustard  
1 teaspoon turmeric  
1 teaspoon celery seed

Chop cabbage, tomatoes, red and green peppers, and onions.

Mix with the salt and let stand overnight.

Next morning drain and press in cloth to remove all liquid possible. Boil vinegar, water, sugar and spices 5 mins. Add the chopped vegetable mixture, bring to boil and pour into jars and seal at once.

### **Green Tomato Pickles:**

**1 Gallon Green Tomatoes( 16 cups sliced)**

**1/4 Cup Salt**

**1/2 Tablespoon Alum**

**3 Cups Vinegar**

**1 Cup Water**

**4 Cups Sugar**

**1 Tablespoon Pickling Spices**

**1/2 Teaspoon Cinnamon**

**1 Tablespoon Celery Seed**

**1/2 Teaspoon Allspice**

**1 Tablespoon Mustard Seed**

**Slice tomatoes. Sprinkle with salt and allow to stand overnight. Next Morning drain and pour 2 Qts. boiling water with 1/2 Tablespoon alum over tomatoes and let stand 20 mins. Drain**

**and cover with cold water and drain. Combine vinegar, water, sugar, and spices( tie spices loosely in bag)**

**and bring to a boil. Pour this over the tomatoes. Let stand overnight. On the third morning bring the pickles and solution to a boil. Pack into jars and seal at once in boiling water bath for 5 mins.**

### **Dilled Pickled Okra:**

**3 lbs. Okra**

**3 Cups Water**  
**3 Cups Vinegar**  
**6 Tablespoons Salt**  
**12 heads Green Dill**

Use small tender pods of okra, cut with as much stem as possible. Wash and drain. Prick okra and pack into clean jars. Place a small bunch of green dill in each jar with okra. Boil water, vinegar and salt together until salt is dissolved. Fill jars with boiling hot brine. Put on cap, screwing the band firmly tight. Process jars 5 mins. in boiling water bath

#### **Dill Pickles:**

Clean Cukes, prick with a fork and let stand overnight in cold (very cold) water. Pack cukes (whole or sliced) in jar with:

**1 red pepper**  
**1-2 Cloves of Garlic Or ( 1 Teaspoon garlic powder)**  
**2 Large heads of dill**  
**1/2 Teaspoon dill seed**

**Boil:**

**3 Qts. Water**  
**1 Qt. Vinegar**  
**3/4 Cup Pickling Salt**  
**1/4 Teaspoon Alum**

Keep boiling hot while pouring over cukes in jar. ( Seal)  
Process in boiling water bath for 5 Mins.

#### **Sweet Pickles:**

Wash and prick with fork and let stand overnight in cold water.

Fill Qt jar with small cukes.

To each Qt Add:

**1 Tablespoon Plain Salt**  
**1/4 Teaspoon Alum**  
**1 Tablespoon Pickling Spice**  
**1 Cup Vinegar and water to fill**

Seal and shake to dissolve salt set aside for 2 mos.

Day before you want to use them drain off brine. Wash pickles and jar. Cut or slice pickles and return to jar.

Sprinkle 1 Cup sugar over sliced pickles in jar. Seal and shake to dissolve sugar. Shake often ( the best and easy sweets ever)

Green Tomato Mincemeat:

1 1/2 Pints Chopped Apples

1 Pint Chopped Green Tomatoes  
2 Teaspoon Cinnamon  
1 Teaspoon each Salt, Allspice, Cloves  
3 Cups Sugar  
1 Lb. Raisins  
1/4 Cup Vinegar  
1 Cup Chopped Suet

Peel and chop apples. Mix all ingredients together, bring to rapid boil and simmer till thick. Pour into clean jars within 1 inch from top of jar. Put on cap, screwing band firmly tight. Process in water bath for 25 mins.

#### Mixed Pickles:

1 Cup Salt  
4 Qts. Water  
1 Qt 1 inch slices small Cucumbers( about 10)  
2 Cups 1 1/2 inch pared Carrots ( 3-4)  
2 Cups 1 1/2 inch slices Celery  
2 Sweet Red Peppers, cut into wide strips  
1 small to Med. cauliflower, broken into flowerets  
2 Cups peeled Pickling Onions  
1/4 Cup Mustard Seed  
2 Tablespoons Celery Seed  
1 Hot Pepper  
2 Cups Sugar  
6 1/2 Cups Vinegar

Dissolve salt in water. Pour over prepared vegetables. Let stand 12-18 Hrs. in a cool place. Drain thoroughly.

Add spices, hot pepper and sugar to vinegar ;boil 3 mins. Add vegetables; simmer till thoroughly heated. Pack into jars leaving 1/8 inch space to top of jar. Seal and water bath for 10 mins.



#### Chili :

Make Chili however you like it .

Then pack jars and seal , Pressure cook

75 mins for Pints or 90 mins for Qts at 10 lbs of pressure.

#### Stew :

Make Stew however you like it.

Then pack jars and seal. Pressure cook

75 mins for Pints or 90 mins for Qts at 10 lbs of pressure



Fish :

Fish of all kinds

Bleed well, wash and pack raw into jars without liquid

100 mins for Pints or 100 mins for Qts at 10 lbs of pressure



Dilly Beans:

2 lbs Green Beans trimmed

1 Teaspoon Cayenne Pepper

1 Clove Garlic

1/4 Cup Salt

4 Heads Dill

2 1/2 Cups Water

2 1/2 Cups Vinegar

Pack beans lengthwise into jars leaving 1/4 inch head space. To each pint add 1/4 teaspoon cayenne pepper, 1 clove garlic and 1 head dill. Combine remaining ingredients and bring to boiling.

Pour boiling hot over beans. Leaving 1/4 inch head space. Adjust caps. Process pints and qts 10 mins in boiling water bath. Yields: 4 pints

NOTE: Let beans stand for 2 weeks before tasting to allow the flavor to develop.



Pickled Asparagus:

Wash and trim Asparagus

2 lbs Asparagus

1 Teaspoon Cayenne Pepper

4 Cloves Garlic

1/4 Cup Salt

4 Heads Dill

2 1/2 Cups Water

2 1/2 Cups Vinegar

Pack Asparagus lengthwise into jars. Leaving 1/4 inch head space.

To each pint add 1/4 teaspoon cayenne pepper, 1 clove garlic, and 1 head dill. Combine remaining ingredients and bring to boiling. Pour boiling hot over Asparagus leaving 1/4 head space. Adjust caps.

Process pints and qts 10 mins in boiling water bath.

Yield : 4 pints

NOTE : Let Asparagus stand for 2 weeks before tasting to allow the flavor to develop



## Bread & Butter Pickles

25-30 Medium Cucumbers

8 Large Onions

2 Large Sweet Peppers

1/2 Cup Salt

5 Cups Vinegar

5 Cups Sugar

2 Tablespoons Mustard Seed

1 Teaspoon Turmeric

1/2 Teaspoon Cloves

Wash cucumbers and slice as thin as possible. Chop onions and peppers ;Combine with cucumbers and salt ; Let stand 3 hrs and drain. Combine vinegar, sugar and spices in large pot, bring to a boil. Add drained cucumbers heat thoroughly but do not boil. Pack into jars and seal, process for 5 mins in water bath.

## What Herbs Go Best With.....

Asparagus :

Chives, Lemon balm, Sage, Savory, Tarragon, Thyme

Beans, Dried :

Cumin, Garlic, Mint, Onions, Oregano, Parsley, Sage, Savory, Thyme

Beans ,Green :

Basil, Caraway, Clove, Dill, Marjoram, Mint, Sage, Savory, Thyme

Beef :

Basil, Bay leaf, Caraway, Cumin, Fenugreek, Garlic, Ginger, Marjoram, Onion, Oregano, Parsley, Rosemary, Sage, Savory, Tarragon, Thyme

Broccoli :

Basil, Dill, Garlic, Lemon balm, Marjoram, Oregano, Tarragon, Thyme

Cabbage :

Basil, Caraway, cayenne pepper, Cumin, Dill, Fennel, Marjoram, sage, Savory

Carrots :

Anise, Basil, Chervil, Chives, Cinnamon, Clove, Cumin, Dill, Ginger, Marjoram, Mint, Parsley, Sage, Savory, Tarragon, Thyme

Cauliflower :

Basil, Caraway, Chives, Dill, Garlic, Marjoram, Parsley, Rosemary, Savory, Thyme

Chicken :

Anise, Basil, Bay leaf, Borage, Chives, Cinnamon, Cumin, Dill, Fenugreek, Garlic, Ginger, Lovage, Marjoram, Onion, Oregano, Parsley, Rosemary, Saffron, Sage,

Savory, Tarragon, Thyme

Corn :

Chervil, Chives, Lemon balm, Saffron, Sage, Thyme

Eggplant :

Basil, Cinnamon, Dill, Garlic, Marjoram, Mint, Onion, Oregano, Parsley, Sage, Savory, Thyme

Eggs :

Anise, Basil, Caraway, Cayenne pepper, Chevil, Chives, Corriander, Dill, Fennel, Marjoram, Oregano, Parsley, Rosemary, Saffron, Sage, Savory, Tarragon, Thyme

Fish :

Anise, Basil, Borage, Caraway, Chervil, Chives, Dill, Fennel, Garlic, Ginger, Marjoram, Oregano, Parsley, Rosemary, Saffron, Sage, Savory, Tarragon, Thyme

Fruit :

Anise, Cinnamon, Clove, Ginger, Lemon balm, Mint, Rosemary

Lamb :

Basil, Bay leaf, Cinnamon, Corriander, Cumin, Dill, Garlic, Ginger, Lemon balm, Marjoram, Mint, Onion, Parsley, Rosemary, Saffron, Sage, Tarragon, Thyme

Mushrooms :

Coriander, Marjoram, Oregano, Rosemary, Tarragon, Thyme

Parsnips :

Basil, Dill, Marjoram, Parsley, Savory, Thyme

Peas :

Caraway, Chervil, Chives, Rosemary, Savory, Tarragon, Thyme

Pork :

Anise, Caraway, Cardamom, Dill, Garlic, Ginger, Oregano, Rosemary, Saffron, Sage, Tarragon

Potatoes :

Basil, Caraway, Chives, Corriander, Dill, Fennel, Lovage, Marjoram, Oregano, Parsley, Rosemary, Sage, Tarragon, Thyme

Rice :

Basil, Fennel, Lovage, Saffron, Tarragon, Thyme

Spinach :

Anise, Basil, Caraway, Chervil, Chives, Cinnamon, Dill, Rosemary, Thyme

Squash :

Basil, Caraway, Cardamom, Clove, Dill, Ginger, Marjoram, Oregano, Rosemary,

## Sage, Savory

### Stuffing :

Garlic, Marjoram, Onion, Parsley, Rosemary, Sage, Thyme

### Tomatoes :

Basil, Bay leaf, Chives, Corriander, Dill, Garlic, Lovage, Marjoram, Oregano, Parsley, Rosemary, Sage, Savory, Tarragon, Thyme

### Turkey :

Basil, Garlic, Marjoram, Onion, Oregano, Rosemary, Saffron, Sage, Savory, Tarragon, Thyme

### Veal :

Basil, Bay leaf, Chervil, Chives, Ginger, Marjoram, Mint, Onion, Parsley, Rosemary, Sage, Savory, Thyme

## Salt -Free Blends.....

Are you one of the millions who monitor salt intake for health reasons?

Don't despair! You aren't doomed to a tasteless diet. If you are thinking "bland," you're right. But you can achieve high flavor levels without salt. By raising the flavor levels of sweet, sour, and bitter. You can create wonderful flavors that will stimulate your taste buds. Here are some salt free flavor combinations for marinades, sauces, and for sprinkling.

### Beef :

\*lemon juice, minced fresh rosemary, freshly ground black pepper

\*minced fresh thyme, ground cloves, grated orange peel, and freshly ground black pepper

\*garlic, herbed vinegar, freshly ground black pepper

\*mashed green peppercorns, minced onion, minced fresh marjoram

### Poultry :

\*minced fresh ginger, freshly grated orange peel, minced fresh sage

\*minced fresh marjoram, minced fresh thyme, apple cider vinegar

\*minced fresh tarragon, minced shallots, lemon juice

\*minced fresh basil, white wine vinegar, garlic

### Fish :

\* minced fresh dill, lemon juice, mustard seed

\*minced fresh lovage, celery seed, lemon juice, fresh ground pepper

\*fennel seed, mustard seed, bay, grated lemon peel

### Green Vegetables :

\*minced fresh savory, minced fresh chives, minced onion

\*minced fresh dill, bay, rice vinegar

\*minced fresh basil, fresh grated nutmeg, minced fresh marjoram

### Yellow & Orange Vegetables :

- \*cinnamon, nutmeg, orange juice, minced fresh thyme
- \*minced fresh ginger, cinnamon, apple cider vinegar, minced fresh lovage or celery leaf
- \* minced fresh beebalm, minced fresh thyme

### Cheese & Eggs :

- \*minced fresh dill,minced fresh chives, minced fresh parsley, paprika
- \*freshly grated nutmeg, dry mustard, freshly ground black pepper
- \*minced fresh oregano, garlic, minced fresh thyme

### Beans ,Rice, & Other Grains :

- \*Chilies,cumin seed, minced fresh oregano, garlic
- \*saffron, garlic, minced fresh parsley
- \*minced fresh mint, minced fresh parsley, grated lemon peel, caraway seed

### Sweetness Enhancers.....

Many herbs and spices sweeten the foods around them without adding calories. Use them alone --- Cinnamon to sweeten tomatoe sauce., or in combinations with traditional sweeteners. Cardamon adds extra sweetness to cakes & cookies.Experiment with these natural sweetners :

- \*Angelica stem in salads
- \*Beebalm in beverages
- \*Costmary and mint is sparkling waters
- \*Lemon balm and lemon verbena in frozen desserts
- \*Violet and rose in condiments
- \* Vanilla ( just a drop) in savory sauces
- \*Rosemary in fruit salads, fruit compotes, and fruit tarts

### V-8 Juice

15 lbs. ripe , red tomatoes, coarsely chopped, to measure 8 qts.

1 Large green bell pepper , finely chopped

2 Large onions, finely chopped

1 1/2 Cups diced celery

2 Bay leaves

12 Fresh basil leaves or teaspoons dried basil

1 Tablespoon salt

1/2 Teaspoon freshly ground black pepper

2 Teaspoons prepared horseradish

3 Tablespoons sugar

2 Teaspoons Worcestershire sauce

1/2 Cup lemon juice or to taste

Place measured tomatoes and all other ingredients except lemon juice in a 12 qt or larger pot and simmer for about 30 mins, or until all of the vegetables are soft.

Remove basil if fresh basil was used.

Press vegetables through a fine sieve or put through a food mill to remove seeds,

skins and fibrous material, Return juice to pot, stir in lemon juice to taste, and bring to boil.

Pour into clean qt . jars leaving 1/2 inch head space, seal, Process in boiling water bath for 30 mins.

Yields 6-7 qts

### Neck Coolers

Polymer ( At garden shops)

Tightly - woven cotton material

Cut a rectangle 35 x 4 1/2 inches. Mark the material at both 7 and 9 1/2 inches from short ends. You can taper the short ends to a curved point about 6 1/2 inches, so you end up with something looking like a surfboard, these ends are used as ties.

Finish the raw edges from one 9 1/2 inch mark around the point, to the other 9 1/2 inch mark, either with an overlocked / serged rolled hem or with bias binding.

Fold the rectangle wrong sides together and sew along long sides, between the 7 inch marks, using a small stitch and 1/4 inch seam allowance. Turn right side out and sew a double row of small stitches across one end at the 7 inch mark. Place 1 -2 teaspoons polymer beads in and sew across other end at 7 inch mark , making sure there are no gaps.

Then when done place in cold water until puffed up . Then tie around neck to stay cool, when it feels warm again to you place in cold water again.

### Braided Rugs

Use those old fabric scraps !

Materials needed :

In order to create your own braided rag rug, you will need only a few supplies. The most important of these supplies is a variety of left over scrap material. The scraps can be of any type and any pattern. The only requirement is that the scraps must measure 2 inches wide. Scraps wider than 2 inches should be cut into 2 inch strips and set aside for easy use. For those who don't have many scraps, I suggest checking with area thrift stores before purchasing new fabric. They can be bought for very little at these type stores. You will also need thread either either a clear nylon or a color to match the color of your material. A thick sturdy needle ( a curved upholstery needle works best, but any thick needle will work).

Putting it all together :

The first task necessary before braiding can commence is to prepare the strips for braiding. Make sure you have cut all fabric into 2 inch strips. Then sew each strip together end to end with right sides facing until you have 3 long strips. The longer the strips the larger the rug will be and vice versa. You may use more than 3 strips if you are familiar with this process. If you are worried about frays along the cut ends, spray the ends with spray adhesive or Fraycheck. In the event that neither of these are available to you, clear finger nail polish will also work when applied to the edges; however, this method takes a of time and patience. It is perfectly ok to braid the strips with no treatment. The frays that eventually evidence themselves add character to the rug and add more country flair to the finished work.

Next, tie the 3 strips together. Place something heavy on the tied end ( or have someone hold it for you ) to make the braiding easier. Being braiding using the method that is most familiar to you. You can remove the heavy object ( or release

your helper from holding onto the other end) when you feel you've braided enough to prevent the tied end from twisting as you go.

When you have all your strips braided, sew loose end together, Carefully coil the braid on the floor, starting from the center and working your way outward. For a circular rug, simply coil in a circle, starting with a very small coil. For an oval, lay approximately one foot of braided strips along the floor, Holding the strip down firmly, begin the coil around the foot of braid.

When you have finally shaped the rug into the pattern you desire, start sewing the rows to each other, keeping all stitches on the top side of rug. Once secured tightly fasten off.