

Well Preserved

The Well Preserved column is prepared by Lancaster County Cooperative Extension. It includes food preservation information and questions.

Preserving Unusual Vegetables

Have you grown any of these vegetables in your garden? Here are some suggestions for preserving some of the less commonly grown vegetables.

Eggplant can be frozen or dried. It should be harvested before the seeds become mature and when the color is uniformly dark. To prevent oxidation, wash, peel and slice 1/4-inch thick only enough eggplant for one blanching at a time. For freezing, water blanch 4 minutes in one gallon of boiling water to which cup lemon juice has been added. Cool, drain and package, leaving 1/2-inch headspace. Seal and freeze. Pack the drained slices with freezer wrap between the slices if you plan to use it for frying.

Red beets to be canned are commonly pickled because the added vinegar allows them to be processed in a boiling water

bath. Plain beets must be processed in a pressure canner at 11 pounds pressure for 30 minutes for pints and 35 minutes for quarts. Younger red beets that are 1 to 2 inches are preferred for preserving because they are tender. Beets larger than 3 inches in diameter are often fibrous. To prepare beets, cut off tops, leaving an inch or two of stem and the root to reduce color loss. Scrub well and cover with boiling water. Boil about 15 to 25 minutes or until skins slip off easily. Cool, remove skins and trim off root and stem. Do not use the cooking liquid for canning or in the pickling solution—that water is dirty. Use clean water to fill jars or in the pickling brine. For canning or pickling, small beets can be left whole. Larger beets can be cut into slices or 1/2-inch cubes. Halve or quarter very large slices.

Cooked beets may be frozen but most people prefer them canned. Make a test batch to see



if you like the texture before freezing a large quantity. To freeze them, cook the beets as you normally would, skin, slice or dice and freeze.

The thickened base of the kohlrabi stem is the edible portion that is used. Select stems when fully grown but tender—about 2 to 3 inches in diameter. Cut off tops and roots. Wash and peel off the tough bark. Leave whole or dice in inch cubes. Water blanch whole kohlrabi 3 minutes and cubes 1 minute. Cool, drain, and package, leaving 1/2-inch headspace. Seal and freeze.

The smooth varieties of okra

freeze as well or better than the ridged varieties because they do not split as easily. Wash and remove the stems at the end of the seed cells, being careful not to expose the seed cell. Water blanch small pods 3 minutes and large pods 4 minutes. Cool promptly and drain. Leave whole or slice crosswise. Package, leaving 1/2-inch headspace. Seal and freeze. To freeze okra for frying—after blanching, slice crosswise and dredge with cornmeal or flour.

Spread in a single layer on shallow trays, freeze just long enough to become firm, and package quickly, leaving 1/2-inch headspace. Seal and freeze. Turnips can be pressure canned by hot packing sliced or diced turnips that have been boiled 5 minutes. Allow 1-inch headspace. Process pints 30 minutes at 11 pounds pressure and quarts 35 minutes. Turnips can be frozen by water blanching 1/2-inch cubes for 2 minutes. Don't forget the turnip greens. They can be frozen by water blanching the young tender greens for 2 minutes.

All the above vegetables can be dried with fair results. Select young tender produce the same

as for canning or freezing. Pre-treat the vegetables by steam or water blanching (except the beets, which are already cooked.) Slice eggplant 1/2-inch thick and steam blanch 2 to 3 minutes or water blanch minute. Dipping the eggplant in an ascorbic acid or lemon juice mixture will help to maintain its color. Cooked beets can be sliced into 1/4-inch strips. Kohlrabi that is cubed or sliced 1/2-inch thick should be water blanched 3 to 5 minutes or steam blanched 5 to 8 minutes. Okra that has been blanched for 3 to 4 minutes can be sliced 1/4 to 1/2-inch thick. Most of these vegetables will take 8 to 12 hours to dry in a dehydrator set at 135F. They are dry when they are leathery or brittle. Store these dried vegetables in an air tight container because they will draw moisture from the air very quickly.

If you have food preservation questions, a home economist is available to answer questions on Wednesdays 10:00 a.m. to 1:00 p.m., call (717) 394-6851 or write Penn State Cooperative Extension, Lancaster County, 1383 Arcadia Rd. Rm.1, Lancaster, PA 17601.

2003 Gratz

RTE 25

Sun., Sept 14 thru Sat., Sept. 20

Fair

2003 Fair Schedule

Admission \$6 (six dollars) - includes parking, small stage shows, fireworks, midway shows, carnival rides & all main stage shows except as noted below. Gates Open Sun at 11AM, Mon & Tues at 4PM, Wed at 3PM, and Thurs thru Sat at 9AM. Fair generally ends each day between 10PM and midnight.

SUNDAY, SEPT. 14

1PM Queen Contest
3PM STEVE HALL/SHOTGUN RED & The Shotgun Red Band (country) - "free"
sponsors - Big Country Radio-WYGL FM, The Gratz National Bank
7PM DEMO FIGURE 8 RACING (grandstand \$5, bleachers \$3)
sponsors - Allen B Chubb Ins Agency, Big B Mfg, P&M Candle Shop, Klinger Chevrolet
added special feature - school bus demo

MONDAY, SEPT. 15

1PM... Breeding Sheep Show
6:30PM Market Lamb, Market Swine Shows
7:30 PM... DEMO DERBY (grandstand \$5, bleachers \$3)
sponsors - Engle's Rentals, Pine Creek Structures, Troutman's Chevrolet/Buick (Mbg) & Pontiac/GMC (Halifax), Mackley's Limestone Products

TUESDAY, SEPT. 16

10AM... Dairy Cattle Show (all but Holstein)
6PM... Rabbit & Guinea Pig Shows
6:30PM Dairy Cattle Show (Holstein)
7:30PM... THE HICKORY PROJECT (bluegrass) - "free"

WEDNESDAY, SEPT. 17

3PM... Harness Horse Racing
6PM... Goat, Dairy Beef & Beef Cattle Shows
7PM... Exhibitor Awards
7:30PM TALENT NIGHT - "free"

THURSDAY, SEPT. 18

Free admission to Seniors age 60 & over until 4 PM
sponsor - Michael Foods - Egg Products Co

1PM... Harness Horse Racing (music by Dan & Galla)
7:30PM... JIMMY STUFF and His Orchestra (polka) - "free"
sponsors - Bill's Toy Shop, Valley Ag & Turf, Zerbe's Refuse, Highspire Homes

FRIDAY, SEPT. 19

1PM... HIGH SCHOOL BANDS (grandstand-\$3, bleachers-"free")
sponsors - The Gratz National Bank, Halifax National Bank, Mid Penn Bank, The Citizen-Standard, Tulpehocken Spring Water
7:30PM... Rabbit, Lamb, Swine, Goat, Dairy Beef, Steer Sale (4-H, FFA)
7:30PM RYAN PELTON (Tribute to Elvis) - "free"
10PM FIREWORKS
sponsors - Wenger's Feed Mill, Mt Home Products

SATURDAY, SEPT. 20

9AM... Stockyard Sorting "free"
7:30PM... DEMO DERBY FINALS (Grandstand-\$5, Bleachers-\$3)
sponsors - Engle-Rissinger Auto Group, Lisi Texaco (Gratz), Valley View Auto collision, Frank Krammes Excavating

DAILY MIDWAY SHOWS (times subject to change)

Steeple Wild West Bears sponsors - Shade Electric, Klinger Lumber Co
Sun 2:30 5:30 & 8:30 Mon Tues Wed 6 8 & 10 Thurs 1 5 & 8:30 Fri 11 3:30 & 7, Sat 1 4 & 7
Giraldo Family (high wire) sponsors - Kroh Wood Products, MI Home Products
Sun 1 4 & 7 Mon Tues Wed 5 7 & 9 Thurs 12 3:30 & 7 Fri 12 5 & 8:30 Sat 2:30 5:30 & 8:30
"small" stage acts sponsors - Tower Sales, West RV, C Sittler & Sons, Deppens Farm
Sun - TBA 2 5 & 8 Thurs - Dan & Galla (variety) 12:30 5 & 7 Fri - TBA - 2 4 & 6 Sat - The Wehry Family (gospel) 3 5 & 7:30

Cowtown Rodeo

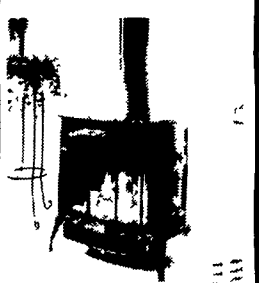
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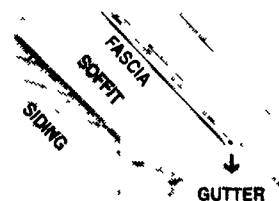


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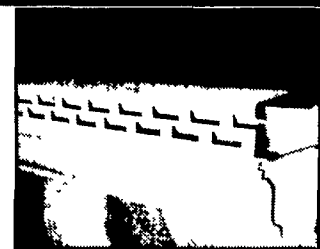
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