

# Preserving the Harvest - Can, Dehydrate, or Freeze?

by Monique Kinney

Kaninchen Farm

[www.kaninchenfarm.com](http://www.kaninchenfarm.com)

<u>Vegetable</u>	<u>Can</u>	<u>Dehydrate</u>	<u>Freeze</u>
Artichoke			X
Asparagus	PC	X	X
Beans, Green	PC	X	X
Beans, Dry	PC		
Beets	PC	X	X
Broccoli		X	X
Brussels Sprouts			X
Cabbage	PC		X'
Carrots	PC	X	X
Cauliflower		X	X
Corn	PC	X	X
Garlic		X	
Greens	PC'	X	X
Herbs		X	X
Onions		X	X
Peas	PC	X	X
Peppers	PC'	X	X
Potatoes	PC'	X	X
Radish		X	X'
Rhubarb	WB		X
Rutabaga		X	X
Sweet Potato	PC'	X	X
Squash	PC'	X	X
Tomato	WB	X	X
Turnip	PC'	X	X
Zucchini	PC'	X	X

' Not the best way to preserve this item. Try small batchest first to ensure you like them processed this way. They may become mushy or off flavored.

<u>Fruit</u>	<u>Can</u>	<u>Dehydrate</u>	<u>Freeze</u>
Apple	X	X	X
Apricot	X	X	X
Berries*	X	X	X
Berries - Aggregated**	X'	X	X
Currants	X	X	X
Cherry	X	X	X
Cucumber	X	X	X'
Grape	X	X	X
Kiwi	X	X	X
Melons	X	X	X
Nectarine	X	X	X
Peach	X	X	X
Pear	X	X	X
Plum	X	X	X
Quince	X	X	X
Strawberry	x	x	x

\* Includes blueberries, cranberries, elderberries, goji berries, gooseberries, honeyberries, and strawberreis.

\*\* Includes blackberries, marionberries, mulberries, salmonberries, raspberries. These must be raw packed or they will break apart when heated.

<u>Miscellaneous</u>	<u>Can</u>	<u>Dehydrate</u>	<u>Freeze</u>
Meat	X	X	X
Mushrooms	X' C	X	X
Sauce	X	X	X
Soup	X	X	X

C Caution. Never can wild mushrooms.