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**6 ways to preserve fruits or vegetables besides canning and freezing**

Seattle, WA – August 15, 2012 – Canning and freezing are the most popular home preservation methods today. However, there are many other ways to preserve foods, and most are easier and less expensive than these modern methods. In addition to her experience as a professional in the food industry, Chef Carole Cancler has decades of practice in preserving food at home, which she shares in her new book, **The Home Preserving Bible**.

“In the past, people preserved food because they didn’t have any other choice. Unlike today, they lacked a year-round supply of fresh food and mechanical refrigeration.” says cookbook author and chef, Carole Cancler. “In times of pestilence, war, famine, tsunamis, and earthquakes, people wanted to make sure they had some food ‘put by.’ Preserving methods go well beyond freezing food in an electric appliance or canning it with special equipment.”

Here are Carole’s suggestions for 6 more ways you can preserve local produce for use throughout the year, besides canning and freezing:

* **Pickle vegetables quickly and simply by soaking in an acidic liquid.** The simplest way you can pickle vegetables is to toss or immerse shreds, slices, or chunks in an acidic liquid such as vinegar or lemon juice. Other mildly acidic ingredients that you can use for pickling, include whey (drained from yogurt), pomegranate juice, verjuice (underripe grape juice), soy sauce, and miso. Acid-pickled foods are a great alternative to fresh salads and can add a lot of interest to your meals. Think of them as crunchy, mouthwatering fast food.
* **Ferment fruits or vegetables into wine or vinegar.** When you have a bumper crop of fruits or vegetables, that’s the time to make wine. Ferment almost any type of fresh or dried fruit to make a delicious “country” wine. Popular fruit choices include pears, peaches, or plums, and even vegetables with a sweet nature, such as beets, carrots, corn, sweet potatoes, tomatoes, or winter squash. To make vinegar, reclaim fruit and vegetable peels before you discard them in the compost bin. Exploit apple peelings left over after making applesauce, and other refuse that is normally discarded, such as orange peels, pineapple peels, and potato peels. Wine or vinegar making is also a good method to make use of culls, seconds, overripe, or fallen fruit. Just make sure that any of the produce you use is free of any mold, trimmed of any bruises, and thoroughly washed.
* **Pickle or ferment vegetables with dry salt.** Easy, practical, and inexpensive, you can use dry salt either to pickle or ferment a wide variety of vegetables. High salt concentration prevents fermentation and preserves vegetables in a near-fresh state. Use this method for cauliflower, cooking greens (spinach, kale, chard), shelled fresh peas, and snap beans. People familiar with this method consider dry-salted vegetables to be far superior in taste and texture to canned or frozen ones. In contrast, using a low salt concentration causes the vegetables to ferment, creating products like sauerkraut or kimchi from cabbage. The sauerkraut method also works on turnips, rutabagas, and kohlrabies, for delicious wintertime sandwich and burger toppings or garnish for charcuterie, vegetarian meals, or roasted meats.
* **Macerate fruits with alcohol.** Macerating fruits in alcohol is a form of pickling that is very common in cultures throughout Eastern Europe. It is an easy process that you can do at home with fresh fruit and vodka. You can add spices to the soaking liquid and use other types of liquor (such as rum or brandy), as long as it is at least 80 proof. Brandied peaches or maraschino cherries are common examples of macerated fruits, and the resulting fruited liquor is a delicious beginning or end to any meal.
* **Cellar root vegetables.** Cellaring is any form of storage that holds food in optimum condition for an extended period. Today’s modern “root cellar” is the refrigerator. However, a cold food cellar can be accomplished by using something as simple as a cool basement closet or fashioned using a clean metal or plastic, food-safe container that is partially buried in the ground. Root crops are the ideal cold cellar inhabitant, such as beets, carrots, turnips, and parsnips. Use these cellared vegetables throughout winter as a roasted side dish, shredded for latkes, simmered in soups and stews, or baked into muffins and breads.
* **Dry fruits and vegetables** as people have done for centuries. Drying is easy to do and makes shelf-stable foods (nonperishables that you can store at room temperature). Pliable dried fruits may be eaten as is for snacks. Vegetables dried crisp may be ground into powder to make sauces or soups. Dried foods may also be rehydrated before using in recipes. Many people find dried foods more useful and flavorful than canned ones. Oven drying is a good choice if you are drying for the first time. There is little or no investment in equipment and you don’t have to depend on the weather like some other methods do.

**The Home Preserving Bible** by Carole Cancler, New York: Alpha Books, 2012, Paperback, 464 pages, ISBN-13: 978-1615641925 is available nationwide beginning September 4, 21012 from booksellers and canning supply retailers with a suggested retail price of $21. This practical guide details the techniques for ten essential methods for preserving foods. With over 300 recipes, it is one of the most comprehensive books about food preservation among popular canning and preserving books of today. For each preserving method, Chef Carole provides the latest information on procedures, equipment, and safety issues, giving the reader a range of preservation options, whether she likes the do-it-yourself approach or is interested in the latest in modern technology.

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