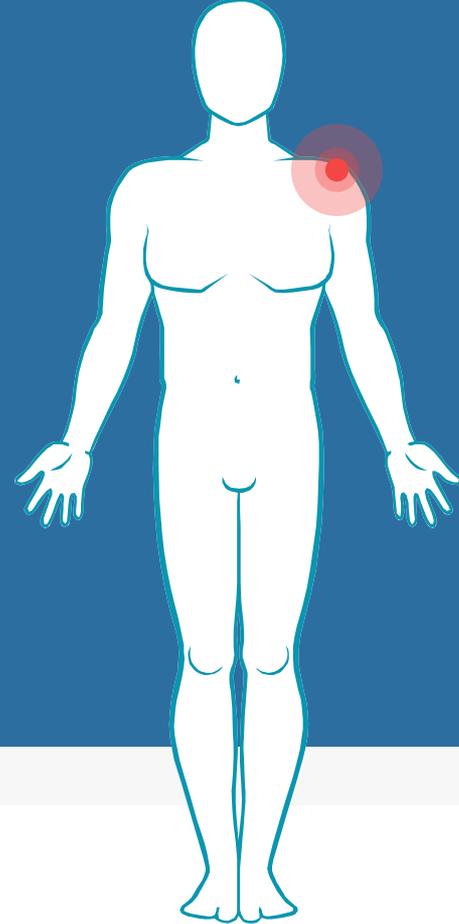


On-Call

Digital Resources

Food storage and
preservation



Advantages of food preservation



- Food preservation helps you :
 - Safe money,
 - Prevent food from spoiling,
 - Eat more various food,
 - Enjoy fruits and vegetables in winter.

What to store in cellar

- Keeping food in cool, dark place like cellar or basement, is an easiest way of preservation, you can storage this way:
 - Potatoes
 - Carrots
 - Cabbage
 - Beets
 - Apples
 - Onions
 - Garlic



What foods to dehydrate?

- Drying food is one of the oldest way of food preservation, yet no all kind of food dehydrates well. What to dehydrate:
 - Vegetables
 - Apples and other seasonal fruits
 - Eggs
 - Jerky
 - Yogurt



Canning

- ▶ **Water bath canning** preserves high acid foods as:
 - ▶ Fruits
 - ▶ Jams, jellies and other spreads
 - ▶ Pickles and relishes

- ▶ **Pressure canning** preserves low acid foods as:
 - ▶ Beans
 - ▶ Carrots
 - ▶ Corn
 - ▶ Meat
 - ▶ Soups
 - ▶ Sauces



Freezeing

Freezing foods helps to preserve flavors and nutrishments and requires little specialized equipment.

You can freeze most kinds of food like bread, eggs, meat, fruits, vegetables etc.

Some of those products needs to be raw, other blanched or cooked before freezeing to ensure best quality.



Other ways of preservation

- Preserving in salt and sugar- was popular before canning, changes texture and taste of preserved food
- Immersion in alcohol- alcohol withdraws water from foods preserving them almost immediately



Other ways of preservation

- Vinegar pickling – thanks to high acid environment vinegar can be used for food preservation without additional treatment
- Concentrating - we can preserve some kind of foods by adding sugar and concentrating them by evaporation





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