

Masterclass Guide: Preserve & Store Your Harvest



3 Strategies to Simplify Preserving and Storing the Harvest



A Grow Your Own Vegetables Production



Preserve & Store the Vegetable Harvest

Welcome to the Preserve Masterclass!

In this masterclass, you're going to discover just how fresh home preserved foods can be!

The Preserve Masterclass isn't just about flavor. It's about how to maximize the preservation of nutrients too!

The minute your food is harvested, it begins to lose precious nutrients and minerals. So by harvesting fresh and buying local, you're already getting foods that contain more health for you.

And by preserving the freshest food available, you're maximizing the flavor AND all those precious nutrients your body needs to thrive.

We're thrilled and honored to bring you this masterclass and support you on your fresh food journey..

To Your Thriving Life,

The Grow Your Own Vegetables Team





Preserve & Store the
Vegetable Harvest



The Preserve Masterclass is hosted by Grow Your Own Vegetables (GYOV), an online community that helps people all over the globe learn to grow their own food.

With thousands of students spanning six continents (sorry Antarctica, we got nothing 😂), our mission is to help reconnect you with nature through gardening and help you get the freshest, most nutrient-dense food possible so that you can live your healthiest, most vibrant.

For more information on how Grow Your Own Vegetables can support you on your garden journey, visit GrowYourOwnVegetables.org/courses.

We look forward to supporting you on your garden and fresh food journey!

Get Ready...

In this special Masterclass, you'll get the tools you need to empower you to move forward on your fresh food and preservation goals.

Nourishment

From the moment your food is harvested, it begins to die and lose precious vitamins, minerals, and compounds. There's no time for nutrients to be lost when your food comes directly from your garden.

Flavor

The flavor of garden fresh and locally grown produce is unmatched by depleted store offerings. Studies show a correlation between nutrients and flavor — the higher the nutrient density, the more flavor intensity.

Vitality

According to the Nature of Americans National Report, spending time outside “is not a dispensable amenity, but rather essential to the health, quality of life, and social well-being of all Americans.”

Connection

We all eat. So there is no better way to connect with your loved ones than food. By preserving together, you are strengthening your bonds and creating priceless memories with your loved ones.

Fun!

Preserving food can be a bit of a process when you're first getting started. That's why we recommend getting together with friends and family and having a preservation party!

Play music, have break time drinks and appetizers, share recipes and flavor ideas, start a preserve recipe party book, create fun games around preserving... the possibilities for fun are endless!

ENJOY the process!





Preserve & Store the Vegetable Harvest

Imagine Your Dream Pantry

1. For a few minutes, sit quietly and imagine your dream pantry. Imagine all the shelves chock full of fresh preserves.
2. Using the space below, make a list of what you see. Include everything you want. Include how much of each preserved goody you want. For now, don't worry about whether you can do it all. Not everything has to be done NOW. After all, this is your **ultimate** dream pantry — the journey you'll be going on.

In my ultimate pantry dream, I see:

Sample: 25 16 oz. jars of roasted heirloom tomato sauce, canned with garden fresh herbs for pastas

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

11. _____

12. _____

13. _____

14. _____

15. _____

16. _____

17. _____

18. _____

19. _____

20. _____

21. _____





Preserve & Store the Vegetable Harvest

Imagine Your Dream Pantry

See more items? Keep going!

In my ultimate pantry dream, I also see:

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____
- 9. _____
- 10. _____
- 11. _____
- 12. _____
- 13. _____
- 14. _____
- 15. _____
- 16. _____
- 17. _____
- 18. _____
- 19. _____
- 20. _____
- 21. _____
- 22. _____
- 23. _____
- 24. _____





Preserve & Store the
Vegetable Harvest



Masterclass Quiz



Stacey Murphy

1. In the presentation, Stacey Murphy talked about _____ strategies to simplify preserving and storing the harvest.
2. The main goal of the presentation is to:
 - a. Discuss the benefits of grocery shopping
 - b. Introduce new cooking techniques
 - c. Demystify food preservation and its benefits
 - d. Provide gardening tips for beginners
3. Preserving food is important for enjoying fresh, homemade food all season long, especially during _____.
4. Stacey introduced the concept of moving food from your fridge to storage methods that help prevent spoilage, such as _____, _____, and _____.
5. According to the speaker, preserving the harvest is important to:
 - a. Impress friends & family with home-cooked meals
 - b. Save money on grocery bills and boost immunity
 - c. Support local farmers and farmers' markets
 - d. Avoid cooking every day and eliminate food waste
6. The first secret Stacey shared was about how you can potentially save _____ on your grocery bill each year by preserving food.
7. The 3 main strategies the presenter discusses are:
 - a. Gardening, freezing, & pickling
 - b. Canning, dehydrating, & baking
 - c. Meal planning, food preservation, & cooking techniques
 - d. Saving time, saving money, & boosting immunity
8. Which of the following is NOT a reason why people might hesitate to start preserving food?
 - a. Lack of knowledge and experience
 - b. Fear of not finding the right ingredients
 - c. Overwhelm from gardening and cooking workload
 - d. Concerns about food safety and spoilage
9. Stacey mentioned that, on average, Americans throw away about _____ of their food.
10. The solution for addressing the issue of food waste is:
 - a. Buy less food from the grocery store
 - b. Store excess food in the freezer for later use
 - c. Empty the fridge every week and preserve leftovers
 - d. Only purchase food that can be preserved long-term
11. The student, Gina, realized she could also preserve food bought from _____, not just from her garden or farmer's market.
12. You can preserve smaller quantities of food rather than needing to have large _____ to make food preservation worthwhile.
13. What is the recommended approach for beginners starting with food preservation techniques?
 - a. Try all preservation methods simultaneously
 - b. Master one technique at a time before moving on
 - c. Begin with the most challenging technique
 - d. Focus solely on canning for the best results





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Masterclass Quiz



Stacey Murphy

14. Various methods of food preservation discussed include _____, _____, and _____, and it is recommend to start with one technique at a time.
15. What is one advantage of dehydrating vegetables?
- This method is the quickest of food preservation
 - These can be used as a natural sweetener
 - These foods regain freshness when rehydrated
 - It helps prevent wilting in the refrigerator
16. Which type of food can be chopped and frozen for later use?
- Leafy greens
 - Tomatoes
 - Onions
 - Peppers
17. Stacey highlighted the importance of following _____ for food safety, especially when it comes to canning.
18. What is the main benefit of making sauerkraut and other fermented foods?
- They provide a diverse range of flavors
 - They save time on meal preparation
 - They significantly reduce grocery expenses
 - They contribute to improved gut health and immunity
19. Strategy number two focused on the idea that, in just _____, you could have your pantry stocked year-round with fresh, healthy food options.
20. Allow your kids to help create these recipes as well. They're more likely to _____ it.
21. Think about creating 90 meals all at once. How much time are you gonna free up when you have 90 meals planned at a time? That's _____ worth of food!
22. Restaurants efficiently serve meals to many customers quickly by:
- Offering an extensive variety of dishes
 - Prepping & stocking staple ingredients in advance
 - Hiring specialized chefs for every dish
 - Avoiding food preservation techniques
23. What is the main benefit of creating a harvest preservation system?
- Increased garden yields
 - Improved flavor of preserved foods
 - Saving time and energy year-round
 - Reducing food waste
24. Many hands make _____ work. It's fun for the whole family. You make this a party, and everybody enjoys it.
25. What does the presentation suggest about becoming a "flavor ninja"?
- Experimenting with exotic flavors
 - Utilizing staple foods creatively
 - Adding more spices to every dish
 - Only using store-bought condiments
26. A _____ system not only helps you save time and energy preparing food year round, but it allows you to be creative.





Preserve & Store the Vegetable Harvest

Learn to properly cure, dry, dehydrate, freeze, ferment, and can your fresh food.

PLUS, Learn the 7 step food system that helps you plan meals tailored to your flavor preferences so you can save money and keep your meals interesting.

**SAVE
\$100**

100% DIGITAL ONLINE ACCESS

Videos, Worksheets, Guides, & Templates

- Save 40% on your grocery bill each year.**
- Stock your pantry with a year supply of fresh, healthy meals in 6 weeks.**
- Take advantage of your preserved food so you can enjoy meals in minutes.**
- Avoid the preservation overwhelm with step-by-step instructions.**
- Quickly build your confidence and safety skills while avoiding setbacks.**
- Learn the Harvest-Into-Meals 7-Step system**

Get the Course Special at:
**[harvestclub.growyourownvegetables.org/
preserve-store-offer/](https://harvestclub.growyourownvegetables.org/preserve-store-offer/)**





Preserve & Store the Vegetable Harvest



Why Food Preservation?

Gardens are seasonal. While it's fun to cook seasonally and enjoy the flavors of the day, it's also great to save some for later. Soup made from your own garden in the dead of winter can be so nourishing!

Plus, it's nice to know that we are getting the most out of our garden by saving what we can't eat fresh off the vine. And don't forget to get loved ones involved... taste tests are more fun together!

Before we get started:

I have taught hundreds of teens and adults how to cook and create recipes. This guide is meant to give you a brief introduction to the different methods of food preservation as well as their advantages and disadvantages. Keep it simple and try one new thing at a time.

Safety first:

1. For all methods, use only high-quality, unblemished food.
2. Wash your hands before handling food and sterilize all equipment.
3. Have fun! Take these guidelines and get creative!

You CAN do this!

You can make delicious garden-fresh recipes.

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Preserve & Store the Vegetable Harvest



Freezing

Advantages

1. Most veggies can be frozen
2. Retains color, flavor and nutrient value
3. Retains texture better than most methods
4. Less time than drying, canning, fermenting
5. Simple process with household items
6. Convenience—serving sizes & chop weeks worth at one time, stacks
7. Not as many long hours over the stove

Disadvantages

1. Costs of freezing
2. Freezer space
3. Under-blanching increases the enzymes that break down your food causing loss in texture, flavor and nutrients
4. Over-blanching causes loss in texture
5. Use of plastic bags, if you are avoiding them

Before we get started:

Blanching & freezing slows enzyme activity, which is how food decays. Most vegetables need to be blanched (heated in boiling water) first to remove enzymes all together. Check blanching times for each vegetable. Freeze quickly after harvest with freezer set to 0 ° F / -17 ° C (or set to -10 ° F 24 hours in advance). Temperature fluctuations of freezer can cause ice crystals, freezer burn, and deterioration of food. Deterioration is a quality issue not a safety issue—loss of texture, flavor, and nutrients. Wash and work with small quantities at a time to keep temperatures from fluctuating. Just chop and freeze onion and peppers without blanching and do not freeze cucumber, radish, lettuce, cabbage, or celery.





Preserve & Store the Vegetable Harvest



Drying / Dehydrating

Advantages

1. Food is small & lightweight
2. Easy to carry with you or store
3. Maintains nutrient value of food
4. If stored properly, can keep indefinitely
5. No water needed except for washing
6. Simple and fast with good equipment

Disadvantages

1. Does not always taste as good as fresh
2. Molds stored improperly (w/moisture)
3. Special equipment investment
4. Dried food can get exceptionally hard
5. Uses plastic bags

Basics:

- There are 3 ways to dehydrate: Food Dehydrator (UL seal of approval), Oven (if oven has a 140 ° F / 60 ° C setting), Sun Oven.
- Drying at higher temperatures can harden outside but leave inside moist which will mold eventually.
- Food Dehydrator should have a double wall or be made with high-grade plastic containing enclosed heating elements. Also look for a UL seal of approval, a dial for regulating temperatures, and easy to wash trays with a timer.
- Dehydrating reduces moisture content to 10%—bacteria, yeasts & molds cannot grow without moisture.
- Enzymes are slowed down, but are not rendered completely inactivate.
- Foods becomes smaller and lighter—will be crisp, chewy, or brittle.
- All vegetables can be dried—some like lettuce and spinach will turn to powders.





Preserve & Store the Vegetable Harvest



Canning

Advantages

1. Efficient storage on cool, dark shelves
2. Convenience for food prep—serving sizes
3. Food keeps 1-2 years, check recipe
4. Endless possibilities: salsas, chutneys, sauces, jams, hot sauces, pickles, or just canning veggies whole for later use.

Disadvantages

1. Time consuming
2. Glass jars can break
3. Seals can be broken causing spoilage
4. Standing over hot stove for hours
5. Lower nutritional value than frozen
6. Special equipment investment

Basics:

- Placing food in jars and heating or pressuring kills micro-organisms. As jars cool, air is driven out of the jar to create a vacuum seal that keeps food safe.
- Ensure all equipment is properly sterilized and use only non-reactive materials.
- 2 types of equipment: Boiling Water (High-Acid food) & Pressure Canning (Low-Acid food).
- There are 2 types of packing food. Raw (food going directly into jars) and hot (cooked food submerged in liquid before packing).
- Mason jars recommended. Do NOT use zinc lids.
- Follow recipe timing and headspace EXACTLY to ensure that food is properly sealed.
- To test the vacuum seal, listen for the popping sound. The lid will curve inwards & won't move when pressed.
- Some vegetable varieties become too mushy and bad bacteria may not be killed off.
- **AVOID** canning these vegetables unless they are pickled: broccoli, Brussel sprouts, cabbage, cauliflower, celery, eggplant, artichokes, summer squash and zucchini.
- **DO NOT** can mashed veg. (bacteria will not be killed): potato, squash, pumpkin, and refried beans.





Preserve & Store the Vegetable Harvest



Fermenting

Advantages

1. Good source of nutrients, vitamins, amino acids and healthy gut bacteria
2. Juice helps hydration & reduces cramps
3. Efficient storage—cool, dark shelves
4. Keeps for months
5. No water needed except for washing

Disadvantages

1. Takes a couple tries to master the process vulnerable to contamination, requires monitoring
2. Slow process: can take 8 weeks
3. 10 min. of kneading—can get tiring
4. Salt is required (may not be appropriate for low-salt diets)

Basics:

- Salt lowers pH, providing habitat for bacteria that consume sugars/carbohydrates and produce acid and alcohol. Salt selects right bacteria preventing harmful bacteria.
- Use only non-reactive materials: glass jar or fermentation crock are preferred.
- Use canning and pickling salt and look up correct proportion of salt to vegetable.
- Fermentation best achieved at 68-72° F, range of 60-78° F may work well. Spoilage can occur above 78° F.
- Keep veggies submerged below brine (add weight) to prevent surface molds.
- Sealing fermentation jar creates low-oxygen environment for good bacteria to grow.
- You can try your fermented food after 2 weeks, but fermentation may take up to 8 weeks. Fermented vegetables will last for months in fridge.
- Warning signs that your ferment has gone bad: cloudy brine, mold growth, and bad odor.
- Any vegetables can be fermented, but some find leafy greens, like kale, too strong for fermenting.





Preserve & Store the Vegetable Harvest



Curing / Storing

Advantages

1. No equipment needed
2. With cool storage < 45 ° F, can store for many months
3. No water needed

Disadvantages

1. Some cured vegetables only have increased shelf life of a couple weeks at room temperature or hotter
2. Just a few vegetables can be cured for storing: sweet potato, potato, winter squash, squash gourds, onions, and garlic

Basics:

- **Sweet Potato:** Brush off soil & handle gently. Lay in hot, dark, humid space 80-90°F (27-32°C) for 10 days. Store in cool, well-ventilated area 55-60°F. Don't store < 55°F (13°C) as it changes texture and color. Properly cured and stored in cool area will last months. Sweeter and more tender when stored for at least 6-8 weeks before cooking.
- **Potato:** Let vines die all the way back before harvesting to toughen up the skin. Brush off soil gently. Lay in dark, ventilated space 55°F (13°C) for 2 weeks to cure. NOTE: Higher humidity during cure will help them last longer and prevent shriveling. Store 40-45°F (7°C) out of sunlight (this causes greening) and do not store apples nearby. Potatoes store 2-3 months at room temperature and up to eight months at 45°F (7°C).
- **Winter squash & Squash Gourd:** Lay in sunny ventilated area, preferably 75-85°F (24-30°C) for 14 days (7 days each side) until outer skin is firm. Store in well ventilated space < 70°F (21°C) with low relative humidity (30-50%). Storing less than 50°F (10°C) will shorten shelf life! Stores 2-6 months variety dependent. NOTE: Curing also concentrates the natural sugars in squash making them sweeter.
- **Onion:** Hang or lay out of direct sunlight, warm, ventilated space > 80°F (27°C) for 2-4 weeks until necks completely dry. Cut dry stem off and store out of light. Keeps 6-8 months at room temperature 60-65°F (15-18°C) in moderate humidity and good ventilation.
- **Garlic:** Hang or lay out of direct sunlight, warm, ventilated space > 80 ° F (27 C) for 2-4 weeks. Will store 6-8 months at room temperature 60-65(7°C) F (15-18(7°C) in moderate humidity and good ventilation.
- **Carrots and Beets:** No curing required. Lasts in cold storage 35-40°F up to 5 months. Choose specific storage varieties.





Preserve & Store the Vegetable Harvest



Quick Pickling

Advantages

1. Quick and easy
2. Adds unique flavors
3. Extends life of food by many weeks
4. Can be as creative as you like with your recipe

Disadvantages

1. On a no-sugar diet? There are few options
2. Quick pickles last about a month in fridge. Longer than that and you will get flavor fluctuations

Basics:

- Immersion in vinegar lowers the pH of the food which is sufficient to kill most bacteria.
- Pickling may increase nutritional value of food by introducing B vitamins produced by bacteria.
- Chop your fresh vegetables into Mason jars.
- Heat brine to boil: typical recipe includes water, vinegar, salt, sugar, fresh and dried spices.
- Pour brine over vegetables, fill jars to within 1/2" (12 mm) of the top.
- Gently tap jars on counter to remove air bubbles.
- Seal jars with lids and cool in fridge.
- You can eat as soon as it's cool, but the flavors will improve with time—fully saturated after 1-2 day.
- Exciting note: mustard seed, garlic, cinnamon and cloves, often added to pickles are anti-microbial.
- Most vegetables can be quick pickled if you like the flavor and texture of your recipe.





Preserve & Store the Vegetable Harvest

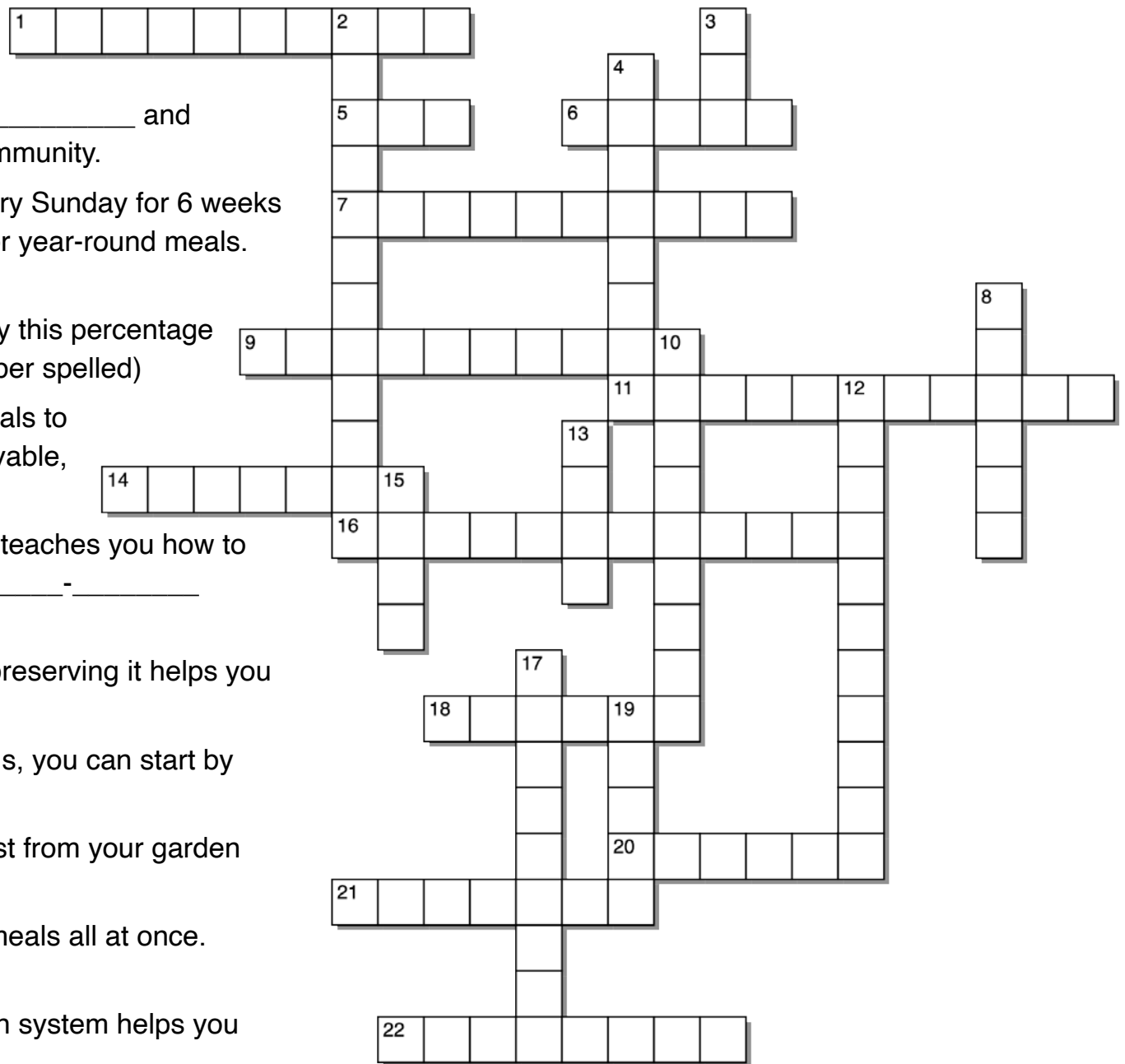
Key Points Crossword

Across

- 1) The presentation is about _____ and storing the harvest for boosting immunity.
- 5) Spending this many hours every Sunday for 6 weeks can help you stock your pantry for year-round meals. (Number Spelled)
- 6) You can reduce grocery bills by this percentage through food preservation. (Number spelled)
- 7) You want your preservation goals to be specific, _____, achievable, relevant, and time-bound.
- 9) The cheese and yogurt bonus teaches you how to make cheese and yogurt from _____ - _____ ingredients.
- 11) Growing your own food and preserving it helps you become more:
- 14) To overcome harvest paralysis, you can start by curing and:
- 16) You can preserve food not just from your garden but also from the:
- 18) Think about creating _____ meals all at once. (Number Spelled)
- 20) Having a harvest preservation system helps you save time and:
- 21) What sauerkraut is made of.
- 22) This type of pickle makes for great crunchy snacks.

Down

- 2) For beginners, food preservation might be
- 3) Fermented foods can improve _____ health and boost immunity.
- 4) Canning is a good option for preserving things like green peppers, onions, and:
- 8) When you batch basic ingredients and add different flavors each day, you become this kind of ninja.
- 10) The presentation promises to show you how to _____ food preservation.
- 12) A systematic approach to preserving the harvest helps you manage your time _____.
- 13) Many hands make this light.
- 15) Quantifying your goals and creating a future harvest plan helps you know how much you need to:
- 17) Blanching vegetables before freezing them helps deactivate this reaction.
- 19) Number of staple items recommended to start preserving year-round. (Number Spelled)





Preserve & Store the Vegetable Harvest

Vegetable	Freezing	Dehydrating	Canning	Fermenting	Curing/Storing	Quick Pickling
Artichoke	B	B	P	Sub Helianthus tuberosus	-	hearts
Arugula	Lay flat, then bag	Y	No	No	-	-
Asparagus	B	B	Pressure Can Hot or Raw / P	2	-	Y
Beans	B	B	Newbie's Choice!	1	-	Y
Beet	B	B	Pressure Can Hot / P	1	Store only	sliced
Bitter Melon	B	B	P	2	-	Y
Bok Choy	B	Y	P	2	-	-
Broccoli	B	Y	P	2	-	florets
Brussel Sprouts	B	B	P	2	-	sliced
Cabbage	-	B	Kraut	1	-	-
Carrot	B	Y	Newbie's Choice! Hot or Raw / P	2	Store only	sliced
Cauliflower	B	Y	P	2	-	florets
Celery	-	Y	P	3	-	-
Celeriac	B	B	No	3	-	-
Collard Greens	Lay flat, then bag	Y	Kraut	2	-	-
Corn	B	B	Pressure: Creamy Hot only!	3	-	-
Cucumber	-	Y	P	1	-	sliced
Eggplant	B	Y	P	3	-	-
Fennel	B	Y	No	2	-	as spice
Garlic	B	Y	Not For Beginners	3	Hot, dry, dark cure	cloves
Kale	Lay flat, then bag	Y	Kraut	2	-	-
Kohlrabi	B	B	Not Tested	1	-	sliced
Leeks	B	Y	Not Tested	3	-	sliced
Lettuce	-	Y	No	No	-	-
Okra	B	B	Hot / P	2	-	yes
Onion	Chop & Freeze	Y	P	1	Hot, dry, dark cure	sliced
Parsnip	B	B	Not Tested	2	-	-
Peas	B	B	Newbie's Choice! Hot or Raw / P	2	-	-
Peppers (HOT)	Chop & Freeze	Y	Hot / P or Marinade	1	-	sliced
Peppers (SWEET)	Chop & Freeze	Y	Hot / P or Marinade	2	-	sliced
Potato	B	B	Not mashed / Hot	3	Hot, humid, dark cure	-
Pumpkin	B	B	Not mashed / Hot	2	Hot & sunny cure	-
Radish	-	Y	P	1	-	sliced
Rutabaga	B	B		3	Store only	-
Spinach	Lay flat, then bag	Y	Not for Beginners	No	-	-
Squash (summer)	B	Y	P	2	-	sliced
Squash (winter)	B	B	Not mashed / Hot	2	Hot & sunny cure	-
Sweet potato	B	B	Not mashed / Hot	3	Hot, humid, dark cure	-
Swiss chard	B	Y	No	Stalks Only	-	-
Tomatillo	B	+	Newbie's Choice!	1	-	sliced
Tomato	Freeze whole	Y	Newbie's Choice!	1	-	green
Turnip	B	B	Not Tested	2	-	sliced

B = Blanch first for best results
P = Mushy unless pickled

Y = Successful method
No = Don't use method

Hot = Hot Pack Canning
Raw = Can Raw Pack

1 Easy
2 Medium
3 Hard

- * **NOTE:** For your safety, ALWAYS follow USDA recommended guidelines when preserving. If you're new to preserving, start with the easiest methods and vegetables. You want easy wins to start!
- * **IMPORTANT!!! FOR CANNING:** ALL veggies except tomatoes need to be either pickled in a hot water canning process or pressure canned.





Preserve & Store the Vegetable Harvest

Thank You For Joining Us For The Preserve Masterclass!

We are honored to be a part of your journey towards a healthy, vibrant life!

As a special thank you for being a fresh food and nature advocate, we're inviting you to OWN the Preserve the Harvest Course at a special savings.

To save \$100 on the Preserve Course and get additional bonuses!

[CLICK HERE](#)

To Your Thriving Life,

The Grow Your Own Vegetables Team

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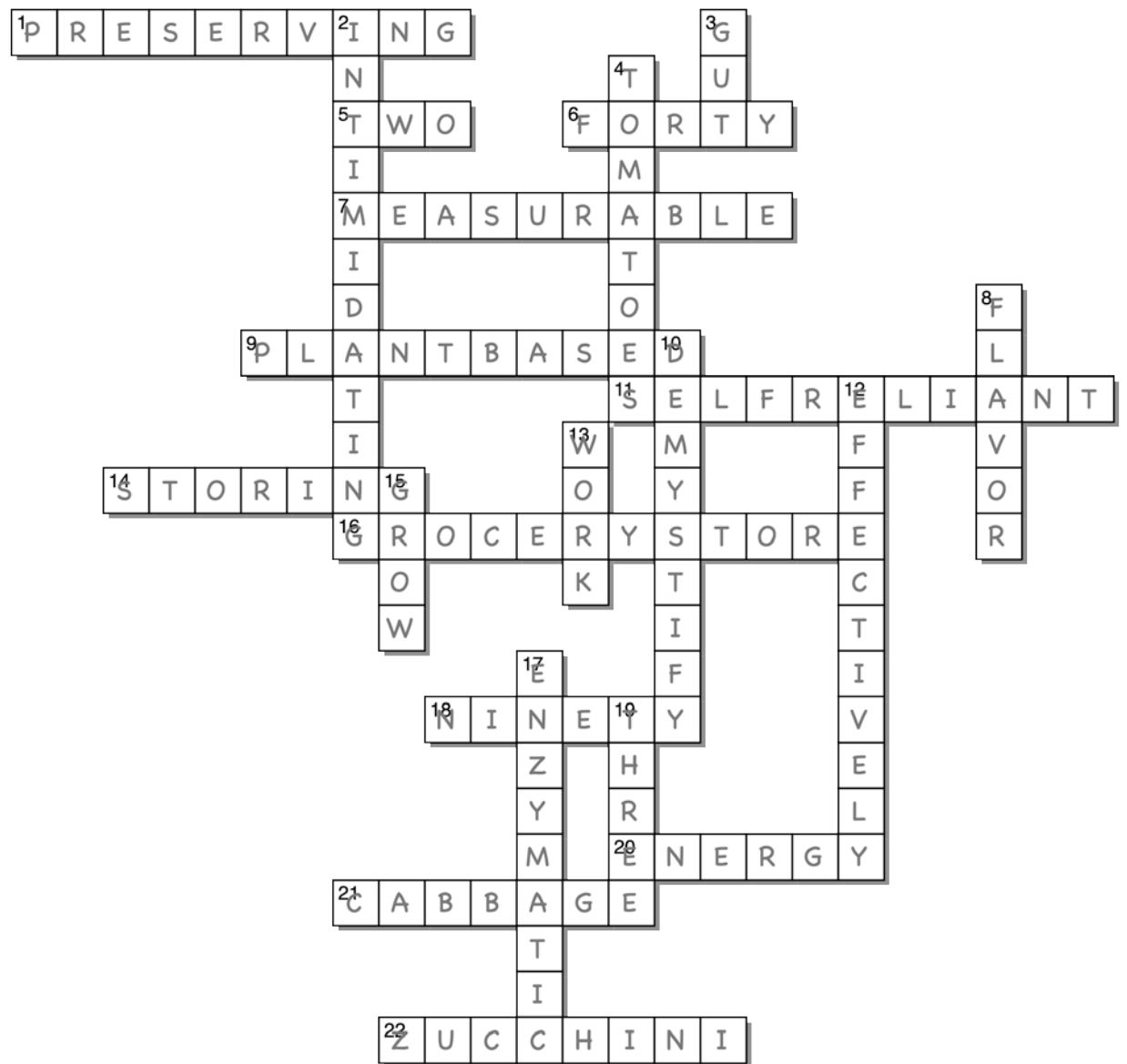
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Answer Key

Masterclass Quiz

- Three
- C: To demystify food preservation and its benefits
- Answer: uncertain or challenging times
- Dehydrating, freezing, quick pickling
- B: To save money on grocery bills and boost immunity
- 40%
- C: Meal planning, food preservation, and cooking techniques
- B: Fear of not finding the right ingredients
- 40%
- C: Empty the fridge every week and preserve leftovers
- Costco
- Batches
- B: Master one technique at a time before moving on
- Canning, dehydrating, freezing
- C: These foods regain freshness when rehydrated
- C: Onions
- Trusted recipes
- D: They contribute to improved gut health and immunity
- Six weeks
- Three months!
- B: By prepping and stocking staple ingredients in advance
- C: Saving time and energy year-round
- Light
- B: Utilizing staple foods creatively
- Harvest preservation

Crossword



Preserve & Store the Harvest!

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