Nutritional Menu Items
A How to Manual: Preserving Local Produce

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Seasoned Spoon Cafe
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Foraging for the Future

This project is intended specifically for the purposes of the Seasoned Spoon. However, the framework may be useful else wise.

The Seasoned Spoon is a small vegetarian cafe established as an alternative food source at Trent University. The Spoon started as a TCCBE project and after much debate, and negotiation it gained a presence in the Aramark monopoly by having a very specific menu.

In order to serve food on campus, the Spoon's food has to be different than Aramark's. The Spoon's main distinctive qualities are defined in its sourcing mandate; which is to source food that is: *local, organic, healthy and ethically produced.*

Aramark just isn't able to provide food which meets the above mentioned mandates; thus why the Spoon is allowed to exist.

For many reasons, I feel the Spoon has somewhat lost sight of this goal. So that the mandate does not fade out of our vision, we are stepping back to an *ancient art* of preserving the fall harvest.

Many of those who eat at the Seasoned Spoon believe that the food which is served is 100% local and organic. In fact, the Spoon has wandered slightly off-path when it comes to meeting these goals. As quoted in the Seasoned Spoon documentary, "people are going to have to get used to eating potato and leek soup in February, every single day." Although potatoes and leeks are not the only produce available locally in the mid of winter, the point remains: this is Canada and a local diet means getting used to what is available, which can seem rather limited at times.

Peterborough is blessed to have a market which runs all year. By walking into this market mid-winter you can truly gain an appreciation for winter hardy vegetables. Even the market strays by allowing vendors to bring in exotics from the South. However, there are some farmers who bring only what they grow on Ontario soil and it is these roots and fruits which we should be buying and relying on.

Such is the case when eating a 100-mile diet, which is gaining popularity in the 'green' world. What this diet entails is quite simple; you eat food grown within a 100-mile radius of your home, you eat seasonally, you eat a lot of parsnips in February. This was a reality that the Seasoned Spoon established itself upon 6 years ago (in February). Those who established the Spoon, created the first meals with donations from the Farmer's market.

The Seasoned Spoon was based on the idea of the Stone Soup Project; you invited everyone to a delicious soup feast, telling them to each bring what they can. You actually have but a rock and a pot of water. With each coming body comes what the person can offer. In goes a loaf of crusty bread, in goes a questionable squash, a pile of carrots, a handful of beans and rice...and you get the idea. A filling and delicious soup is born out of what seemed as nothing and which becomes filling and wholesome for many.

It was this thinking which the creators wished to capture. They wanted to bring what people could offer from the community, specifically the farmers. “Farmer's Feed Cities” is a slogan which can be seen on the walls of the cafe. It is very important to those who care about food security, that those who grow our food are supported. Seeing as how we have such opportunity to purchase locally grown food in Peterborough, it is pertinent that the Spoon explore and support these farmers.

This is why it is necessary to do a project like this. The Spoon staff needs to ensure that the food they are purchasing is locally grown when possible. It has become the case that in mid winter we are preparing the same recipes that we do all year. However, the food we are using is no longer local; it is fulfilling our second mandate, to be organic, and in doing so comes from wherever we can get the organic produce. Our wraps, spices, coffee, sugar, chocolate, coconut milk, etc. are by no stretch of the imagination local, and they never will be. Yet the other produce we source mid-winter—the apples, squash, carrots, sweet potatoes etc.—could have been stored in fall and we wouldn't need to look to the south to fulfill our winter menu.

Do as the Squirrels Do

Storing food is intelligent, at least I think so. If we store food we will be better able to meet our mandate of local food, we can choose who we want to purchase certain crops from and thus know how the plants were raised and if they are truly organic. We can minimize/eliminate packaging, and hopefully drastically reduce the number of miles our food is traveling, by making bulk purchases from nearby sources.

This project looks at 4 different methods of preserving; cold storage, freezing, canning, and drying. There are benefits and downfalls to each. Let us briefly examine them.

Cold Storage:

To utilize this method, the Spoon needs access to a nearby root cellar. At this point we are attempting to actualize this goal (more on this later). A root cellar is arguably the best option for the Spoon. This method requires only the initial energy involved in the creation of the cellar, after which the natural systems of the earth are able to keep the cellar cold and humid. Many of the root vegetables the Spoon frequently uses would remain edible throughout the winter and into the spring (the main operating times of the spoon). The vitamin and enzyme content of the vegetables are not destroyed as they are when blanched or preserved during canning. According to Bubel & Bubel 1980, the vitamin A content in pumpkins and squash actually increases during storage. They also suggest that B vitamins have a stable storage life, and that Fiber and mineral content are unchanged during storage. Vitamin C content will decrease as the produce wilts.

A down fall of root cellaring is that none of us are too familiar with the art and thus run the risk of failing to meet the necessary conditions for a storing environment. Meaning we could potentially lose a lot of produce and a lot of money. However if we are able to keep the vegetables at the optimal temperature range and humidity while keeping the place properly ventilated, we may very well be able to eat locally all year long, solving an important sourcing problem for the spoon.

It may also be slightly inconvenient to go out to the cellar to get what we need and it will take a bit of time to prepare the vegetables for storage, but once we get used to the process we will be prepared for food price increases and potential food shortages, at least for the short term.

Freezing:

This is a good option for the Spoon. In the past we have used our one large freezer to store fruits, soups, wraps, greens, desserts etc. My grandma is donating her large freezer which we will be able to keep in the senior common room kitchen (downstairs from the spoon). This means we have a convenient way to keep fall harvest, which is nearby and ready for cooking. To freeze most vegetables it is first necessary to blanch them. The required time for blanching each vegetable is listed in the freezing section (which also includes other specifics such as how to prep the vegetables and the appropriate quantity to store). See instructions on blanching p.8.

Blanching destroys a lot of the vitamin content of the vegetable, but usually no more than would be lost during cooking. Another perk is that once the produce is removed from freezing, it need only be cooked quickly to prepare it for eating.

Freezing doesn't necessarily stop the deterioration of the food by enzymes, however it does significantly slow it, making most frozen produce good for at least one year.

Freezer burn is a common problem, but using storage bags specifically for freezing it is possible to avoid such food burning.

Drying/Sun Drying;

This was probably the first method used to store food. It may have been discovered when meat was left out in the sun and later it was established that it still smelled good, why not eat it, and lo and behold the meat was edible, making it easier to travel with (Schwartz, 1996).

The Spoon can use this method for herbs, seeds, beans and grains. Though chances are we will be buying our beans and grains already dry- for this year at least. If we make a solar dehydrator we will exponentially increase the amount of food we can sustainably store for the following year. If we aren’t able to do so this summer it is something to be done in the future. We can also sun dry small batches of tomatoes, beans and seeds (sunflower, pumpkin, sesame, squash etc).

There is plenty of room around the Spoon to hand dry herbs (cut the plant at the base of the stem and hang large groups upside down by strings from the ceiling- the label and put them in a paper bag. The restaurant is closed in August, so seeds and beans can be spread to dry on the tables. Tomatoes could be dried in the over (lowest heat for 8 hours), on the dashboard of a car, or in the pending dehydrator.

Canning:

This is an art which can produce excellent timeless preserves, or a weapon of mass destruction, depending on the skill level of the canner. It is too easy to bestow a case of botulism upon an unsuspecting number of people by improperly canning something.

If you succeed in creating the recipe and properly sterilizing and sealing the can, then the Spoon will be benefited because:

- Food requires no further energy input once sealed.
- Saves the cooks time (pre-made sauces, salsas, pastes)
- Adds diversity to the menu mid-winter
- Decorative appeal (jars of colourful canned goods on the shelves)
- We will have peaches in the winter!!!

Canning is an art which is beginning to come back into popularity and this summer the intention is to have canning workshops, where volunteers help us pack away tons of produce and in doing so learn how to can themselves (as well they take away a few jars).

Canning Essentials (**equipment needed in bold**):

1. Large Pot (not aluminum) - Deep enough that 1-2" of water can cover the the top of the jars as well as another 1-2" from the surface of the water to the lip, as to avoid water boiling over.

2. A **small pot** for boiling the lids for sterilizing.

3. **Circular Rack** - To prevent the jars from touching the bottom and to aid in the removal of the jars from the water.

4. **Pressure Canner** - Used to can any vegetables aside from tomatoes with acidity over 4.6. A pressure cooker isn't large enough to substitute. (A rack is also needed for the bottom of this device).

5. A pair of **Jar Tweezers** - used to remove jar from water- and so that you do not contaminate the jar with your innate human dirtiness.

6. **Pint or Quart sized Jars** - ensure there are no cracks, chips, mould, etc. The jars must be properly sterilized (see instructions).
A wide mouth jar is more practical. Jars should not touch- they may crack due to heat expansion and will slow cooling if touching when out of water.

7. Lids and Outer Screw Bands - It is recommended that lids are used only once (as stated by McClure, 1995). However, my family members and those whom I have spoken with do use the lids for multiple generations, proceed with caution and seek expert advice, i.e a long time canner. The out ring can be used as many times as necessary so long as it is free from RUST.

8. **Measuring Cups & Measuring Spoons**

9. **Wooden Spoons** (some for savory food and some for sweet)

10. **Colander/ Sieve**

11. **Food Processor**: Helps to speed up the process

12. **Large Knives** & **Cutting Boards**

13. **Labels & Permanent Marker**.

14. **Timer**

15. **Patience**

Potentials: Hand grater, food mill, Peeler, skimmer, coffee grinder, candy thermometer.

Head Space: The amount of room left at the top of jar: 1/2"- 1" should remain. This will allow for expansion, while also minimizing the amount of oxygen present. p22.

How to sterilize your jars

* Preferably this should coincide with when the food to be canned is prepped and ready*

1. Keep it clean: It is so important that the area be as clean as possible, and that you obsessively wash your hands and use fresh clean towels to handle equipment.

2. Wash jars and utensils you will use in warm soapy water, or a dish washer.

3. Cover the washed jars with warm water in the large pot and bring to boil for 10 minutes: the lids should boil in their own smaller pot.

4. Put the oven on low heat and turn the jars upside down in pan which has a small layer of water.

Instructions for Weighting Down

This is done to keep the canned produce under the liquid

This is quite a simple process: It may require some ingenuity to find something which is sterile and will fit in the jar, on top of this you could fill a jar with water – which will be heavy enough to weigh the produce. Ensure that there is enough liquid that the produce is well covered (at least 1" over.

How to Blanch

*You can steam or boil the vegetables, but steaming is preferable, because fewer nutrients are absorbed into the boiling water. *

To steam blanch; boil 2"of water in a pot, put a colander of veggies hooked onto the rim, cover tightly and steam for the recommended amount of time.
To boil blanch: Set a large pot of water boiling, put the vegetables in a wire basket and lower it into the pot for the required time.

When blanching time is up, gently roll in a towel to absorb moisture, or dunk first in an ice bath. (Source: Mc.Clure, 1995).

Recipes for Canning

* These recipes assume that the above mentioned steps have been followed- i.e jar preparation and sterilizations and that all necessary equipment is clean and readily available.

1. Tomatillo Mexican Salsa

1/2lb	tomatillos (about 7 tomatillos)
2	Hot green chile peppers seeded and chopped
2	cloves garlic, minced
½ cup	chopped sweet red pepper
½ cup	chopped onion
½ cup	chopped carrot
¼ cup	apple juice
¼ cup	apple cider vinegar
¾ tsp	pickling salt
½ tsp	ground cumin
½ tsp	ground oregano
1tbsp	granulated sugar

1. Remove outer husk from tomatillos (save for soup stock). Wash and coarsely chop by hand or in food processor. Transfer to a medium saucepan; add chiles, garlic, red pepper, onion, carrot, apple juice, vinegar, salt, cumin and oregano. Bring to a boil over high heat, reduce heat, cover and boil gently for 10 minutes.
2. Stir in sugar, return to a boil and boil gently, uncovered, for 20 minutes or until mixture is thickened. Remove from heat.
3. Remove hot jars from canner and ladle salsa into jars to within ½ inch of rim (head space). Process 20 minutes for half-pint and pint (jars.
Makes 2 cups (You can multiply this Recipe by 4).

*Process by putting the filled jars (with lids on), wrapped in newspaper, into the large pot of water, bring to a boil and begin timer when the water is boiling. When the contents are cooling they will retract and pull the seal of the lid down- thus properly sealing it.

2. Hot Peppers

5lbs	Hot Banana Peppers (a variety of peppers can be used)
1	Jalapeno
1	clove of garlic (per jar)
6 cups	Vinegar
2 cups	Water
1 tbsp	Salt (plus another of pickling salt)

Wash peppers and cut into rings. Pack one clove garlic and the peppers tightly into clean, hot, sterilized jars, leaving 1/2-inch headspace. Combine vinegar, water, salt and sugar in a pot. Bring to boil and reduce to simmer. Pour hot pickling solution over peppers, leaving 1/4-inch headspace. Remove air bubbles. Readjust headspace to 1/4 inch. Wipe jar rims. Add pre-treated lids and process in boiling water bath for 10 minutes. For best flavor, store jars five to six weeks before opening.
I would make two batches of this recipe

3. Pickled Cumbers (Dill Pickles)

2lb	small, firm, pickling cucumber
5-6	fat garlic cloves
2-3	dill flower heads and stalks
3-4	chiles
2-3	bay leaves
	salt
	grape leaves

1. Put the cucumbers in a saucepan of boiling water and blanch for 1 minute.
2. Arrange the cucumbers, garlic, dill, chiles, and bay leaves in the sterilized jar. Fill the jars with water, then drain into a measuring cup. Add 1 ½ tbsp of salt for every 2cups of water (stirring until dissolved).
3. Pour the brine into the jar, place the grape leaves on top, then weight down (see instructions). Cover with a clean cloth and leave in a warm ventilated place for 1-2 weeks to ferment. When fermentation starts the brind will turn cloudy.
4. When the liquid starts to clear, indicating that fermentation is over, seal the jar tightly and store. The cucumbers are ready to eat immidiately.

4. Preserved Peaches

1¼ cups of sugar
10- ½ cups of water

Continue to make this syrup as necessary for boiling the peaches in.

Dip the peaches in boiling water for 30 to 60 seconds or until the skins loosen.
Followed by a quick dip in cold water; slip off the skins.
Cut the peaches in half, remove the pits, and slice if desired.
Cover peaches with the light syrup.

To make a light syrup*:* Mix the sugar into the water and heat slightly to dissolve.

To make a hot pack*:* In a large saucepan, place the drained fruit in the syrup, juice, or water, and bring to a boil. Fill the clean jars with hot fruit and the cooking liquid, leaving ½-inch head space.

To process in a boiling-water canner*:* Preheat the canner filled halfway with water to 180°F : for hot packs. Load the sealed jars onto the canner rack.
When the water boils vigorously, lower the heat to maintain a gentle boil and process for 20 minutes.

5. Strawberry Vinegar

5cups cider vinegar or white wine vinegar
2lb ripe, full flavoured strawberries
A few wild strawberries and basil leaves are optional

1. Bring the vinegar to boil in a non-corrosive saucepan and boil rapidly for 1-2minutes. Remove from the heat and let cool to 104 degrees Fahrenheit.

2. Hull strawberries; finely chop in food processor; transfer to a large glass bowl.

3. Pour the warm vinegar over the strawberries and mix well. Cover with a clean cloth and let stand in a warm place for 2 week, stirring occasionally (a sunny window is ideal).

4. Strain the vinegar through the jelly bag, and then filter. Pour into the sterilized bottles, seal.

5. To intensify the flavour of the vinegar, skewer a few wild or small cultivated strawberries and some basil leaves alternatively on thin wooden skewers. Insert a skewer in each bottle.

6. Mustard

¼ cup yellow mustard seeds
¼ cup brown mustard seeds
½ cup white wine vinegar
1 bay leaf
1 tbsp liquid honey
1 tbsp canola oil
¼ tsp salt

Combine: mustard seeds, vinegar and bay leaf and refrigerate for 24 hours. (then remove bay leaf and compost).
Place seeds and their liquid with the honey, canola oil and salt in the food processor. Process until seeds are broken and mustard is pasty.

Seal tightly and place in refrigerator for up to one month, or place in freezer.

7. Basil Oil

4 cups light olive oil
5 cups basil

Heat the oil gently until it reaches 104F. Lightly bruise the basil and put it in the warm, sterilized jar or bottle. Pour the warm oil into the jar, then seal. The oil will be ready to use in 3-4 weeks.

After it is ready, filter the basil out and re-seal so it will last much longer (the basil leaves can be come slimy otherwise).

How to Make a Root Cellar

In order to actually create a root cellar on Trent University Property, we first need permission from Trent. To get this, we will need to do an Environmental Assessment; have Enbridge come to see if there are any gas lines in the way, and hire a crew.

The crew would consist hopefully of volunteers, but we also need a person who would be over-seeing the entire project. As Trent is unionized, the first bid at this position would go first to a Trent employee. It is possible that we can get around this by having someone step in as a volunteer, who is both keenly interested and licensed.

Secondly we would need an ideal design for Trent. There are two size options to negotiate with Trent. We could build a small storage space that would be accessible only to the Spoon, providing just enough space to store produce for 8 months. Or we promote the idea of investing in food security and create a large root cellar which could be used as part of the new agriculture program and potentially by Aramark, should they be so interested. We may even mention that said root cellar could double as bomb shelter, should the need arise.

If we are interested in the first option, we will need a team of diggers and one of those big digging machines. The floor will be left as a dirt floor, which we will compact down.
The walls will be built up with Earth Blocks, created by the Weirsma family, who have an earth block machine and a business creating them. The Earth Blocks are quite inexpensive. Tires can be used as well.

Their would need to be a ladder or stairs leading down to the root cellar, with a double set of doors. The doors could be made with a pine frame. A piece of plywood board would be nailed to once side, then insulation would be layered in and a piece of plywood would be nailed on to seal and finish the door. Having a double set of doors creates a space to trap air from the outside world.

Ventilation is extremely important and this could be arranged by putting a screen window with a cover on the door or the roof. The roof will be plywood, covered in dirt. A max and min thermometer will need to be purchased and a humidity gauge.

Most of the root cellar vegetables require a temperature between 32F and 40F, with a humidity of 90-95%. If it is not humid enough it may be necessary to put trays of water on the floor of the cellar.

A committee is being formed to see if it is possible to create this root cellar. We have already applied and been denied one grant, but the application was brilliant and could therefore be used again. I have contacted Paula Anderson and Tom Hutchison, so as to involved their knowledge and sway in the university bureaucracy.

Concluding thoughts: We need to become more self-sufficient. In doing so we are creating important links and supportive networks with the farmers and the community. The art of preservation is not lost. Hopefully this will help the Spoon become an example, of how to eat locally and store enough food to run a small café, throughout the winter and into the spring.

You Are What You Are: You Are What You Eat

(The following is referenced in full from Purves et al. 2004)

We are complex creatures, with complex dietary intakes and needs. Similar to the tiny hair like roots of a new seedling, the insides of our stomachs fold and form tiny root structures called villi, whose branch into ever more tiny structures known conveniently as microvilli. These microvilli provide our guts with a way in which to absorb nutrients, in a substantial way. But where do these nutrients come from, how do they come into a form which is readily available for our absorption? How do we move this food through our stomach? I must forewarn, the following information blew my mind.

The stomach is lined with mucus, otherwise, in its very essence it would digest itself. The purpose of the stomach is to be a midway point, in the long journey through the tubular gut (type of gut in most animals). From the mouth opening, the anterior of the tubular gut, to the anus, stretches a long complex digestion system. This allows for the intake of food, which is first decimated by the teeth, passes into the stomach for temporary storage and further digestion, into a

miracle of an environment, known as your mid gut or rather –large intestine. At several points where the food moves from one area to the next, a sphincter is present, mediating the foods movement. Before passing from Esophagus (food tube) to the stomach, from the stomach to the intestine, and surrounding the anus; these sphincters are present.

At each stage of gut, there are highly specific layers of tissue (4 sub layers) which are always present in each area, but play a varied role dependant on where they are located.

If it helps, think of a long earth worm representing our tubular gut, The innermost layer of the worm is synonymous to that which surrounds our guts lumen-the open passageway.

The first layer deals with the nutrient absorption and enzyme secretion; this is the mucosa layer (it is also responsible for the secretion of the protective lubrication lining the lumen of the gut). At the base of the mucosal cells (so moving away from the inside of the gut) we find smooth muscle cells. Just beyond this is the sub-mucosa. Here lie the tissues with blood vessels which will facilitate the travel of the absorbed nutrients to the other parts of the body, through the blood stream. The next layer conjures of image of the earth worm inching along. Two layers of smooth muscle cells line the exterior of the before mentioned tissues. These work in conjunction to contract, flex and shorten, moving the food through the gut towards the rectum.

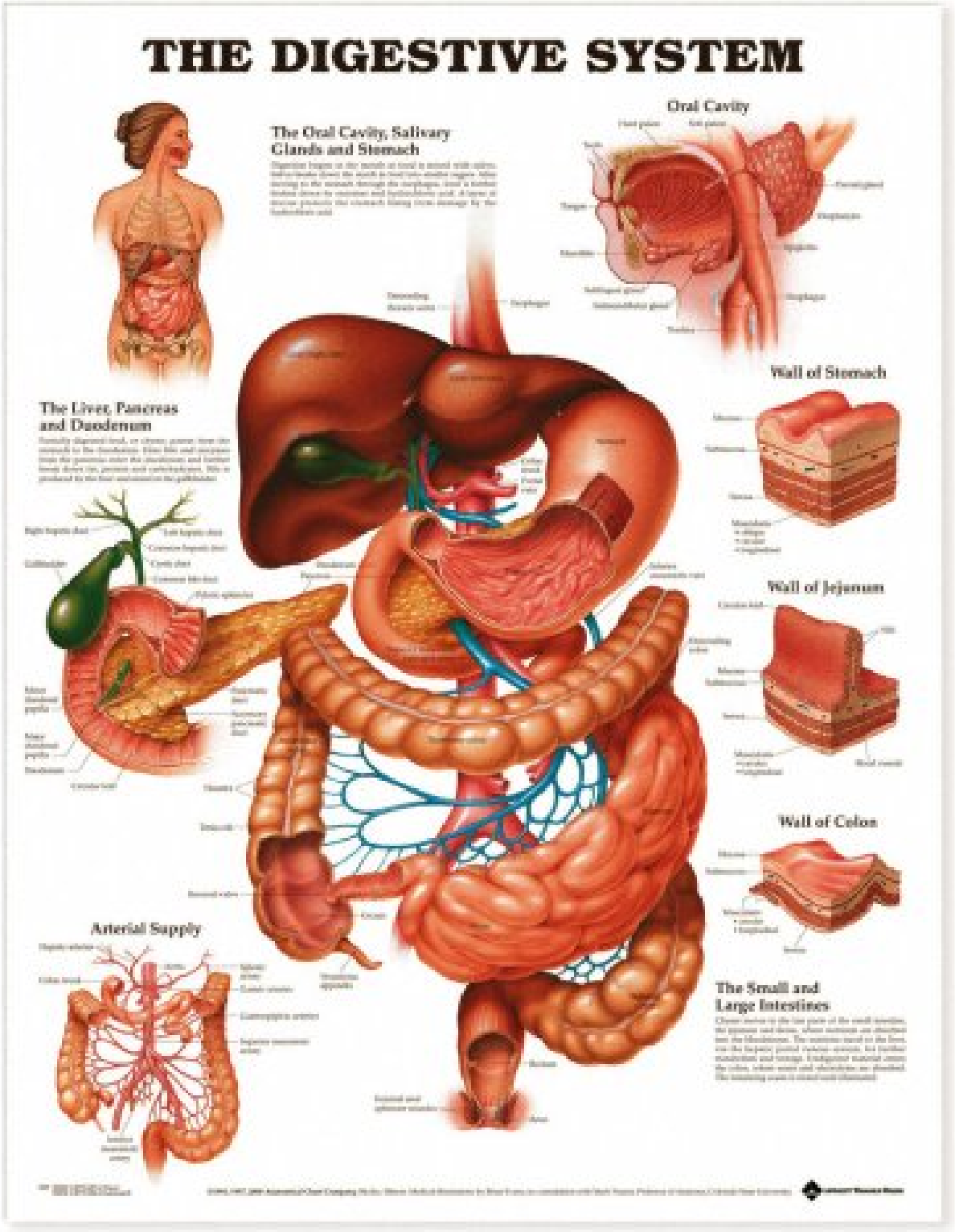
Let me bring this back to food storage. The stomach is in a way synonymous to food preservation. We have our interior method of food storage, and being the complex thinkers we are, we have developed intuitive ways of storing food in our exterior environment, which mimics the nature of the food itself. What happens to this food, from the time it is harvested- to the time it is eaten, is complicated at best, and worthy of its paper. Here I will talk briefly about food deterioration and nutrients. First however, let us jump back to the biology of the gut; to see what we do with these stored nutrients, and the role enzymes plays in this intertwining network.

As I mentioned above, the interior of the gut is not digested by the digestive enzymes it secretes. Partly due to protective mucus, and partly because enzymes are often secreted in a dormant form known as a zymogen.

Zymogens are activated by the low pH of the stomach fluid. Hydrochloric acid in the stomach fluid creates a pH between 1 and 3, quite low indeed. This pH level coverts the zymogens from their inactive state into an active state, and this pH is the correct pH level for pepsin (zymogen=pepsinogen) to function as an enzyme.

Finally I understand why cell biology focused so intently on the cleavage of amino acids and their winding through the membrane. According the Purves et al, 2004, pepsinogen is activated by having cleaving a string of amino acids 40 long from its N-terminus end. I believe this is a bit too much to get into for this paper. The point being that dormant enzymes become active and cleave amino acids into small monomer groups, so that we can absorb them and use them for energy, Otherwise, the food which enters our system is in an absorbable form, and thus useless to our energy system and its requirements.

The food when churned and partly digested in the large intestine is called chyme and is spewed out slowly into the small intestine (controlled by a sphincter), to be gradually broken down further. The pancreas is of major assistance in this process (especially in a non-fat diet) in secreting the necessary enzymes to help break down food. The microvilli are responsible for the final stages of digestion and nutrient absorption.


THE DIGESTIVE SYSTEM
The Oral Cavity, Salivary Glands and Stomach
Oral Cavity
The Liver, Pancreas and Duodenum
Wall of Stomach
Wall of Jejunum
Wall of Colon
Arterial Supply
The Small and Large Intestines

Why Do We Eat?

According to Purves et al 2004, “every animal requires certain basic molecules that if cannot synthesize for itself, but needs as building blocks for its own complex organic molecules.

Essential amino acids, are necessary to build protein, as we cannot create enough of these ourselves, they serve as an example of something we must obtain by eating. For humans our eight essentials amino acids are; isoleucine, leucine, lysine, methionine phenylalanine, threonine, tyrptophan and valine. All eight are available in milk, eggs, meat, soybean and hemp hearts. However, all eight cannot usually be obtained from one food source, so it is necessary to source from multiple food groupings to obtain a ‘balance diet’. Brown rice and kidney beans compliment each other to provide all needed amino acids. Legumes go with seeds and nuts or grains and grains paired with milk, should provide the essential eight.

This is why it is necessary to source a variety of fresh produce and for the spoon to attempt to created a balanced menu which reflects necessary dietary requirements. To further this project, the next step would be to address the subcategories are listed below.

Understanding Food Deterioration

Enzymes in stored food and their activity

Bacteria

Ideal Temperatures/ Environment

What is really happening to Preserved Food

Nutrition Content –break down, sustenance

Balanced Menu Planning- Amino Acids Complementing Foods.

Unfortunately, I was not able to address these topics in their full scope. It is a project I will be working on this summer, both for my own personal interest, and hopefully as a benefit to the spoon. As stated on the cover page- this is work-in-progress, and the hopefully this paper will build, because it is quite and exciting and important topic.

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Freezing: Current Space = 1 large freezer with the potential of a second in the senior common room.

Produce to freeze	Amount	# of Bags	Blanch time	Prep	Source From	Cost	Available
Green Beans			2-3min (steam=4)	Snip ends	Woolerdale		
Peas			steam for 2 min	shell, no wash			
Tomatoe Paste							
Kale	45 stalks	3	2 min (3 steam)	stem seperate or not all			
Spinach	Enough to fill	13	2min (3 steam)	stir and chop			
Corn	100 cobs	20	4min(size dependant)	Blanch - cool -scrape			
Asparagus	medium sized	5	3-4min (thin-thick)	Young- rinse, chop to size			
Zucchinni	6 small	3	quick blanch?	no seeds - shredded			
Peppers	100 mixed	10	no blanch (or broil til char)	cut in 1/2 remove seeds			
Brocolli	40 heads	20	3 min- cool 3min	Soak in Salt water to debug			
Dill	lots	10	N/A	chop & freeze	C.Bruni		
Parsley	lots	15	N/A	chop & freeze			
Basil	lots (pesto)	20	N/A	chop & freeze	C.Bruni or Paula		
Lemon Grass	2 handfuls	2bags	N/A	chop & freeze			
Chives	lots	10	N/A	chop & freeze			
Strawberries	10 trays	10-12	N/A	take off green - freeze on tray	McCleans		
Rhubarb	40-50	4	1 1/2 min steam	remove woody ends and cut			
Apple Sauce	1/2 Bushel	containers	N/A	Boil and sive			

Note: No local seeded grapes

Most of the information on how long to blanch, and how to prep comes from either personal experience or McClure, S et al., 1995.

Priority	Notes	Bl
	Pick b4 seeds develop freeze same day picked	
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***		
**	if yellow flowers -to old	
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