

# *The Fruits of Your Labours*



*A Cheapskates Club guide  
to bottling and freezing food for your family*

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## Introduction

If you think back to your younger years it probably seemed normal for Grandma to grab a jar of jam or a jar of tomatoes that had been preserved. Thanks to the Simple Living Movement, preserving (bottling) and freezing is enjoying a renewed popularity and with the help of this guide you can join in the fun and preserve beautiful food for your family.

This guide was created to help you learn the basics about bottling and freezing. From what equipment you'll need to foods that preserve and freeze the best, this guide will teach you.

So, let's jump right in.

## A Guide to Bottling and Freezing

If you haven't ever preserved food before, but are interested in bottling and freezing, it can feel like a daunting task. Even if you've done a little bit of bottling and freezing before, it can be overwhelming if you haven't ever made it a point to feed your family on these foods through the winter. Hopefully, the short, basic guide provided below will help you get started.

### **What are the best foods to preserve and when should you preserve them?**

If you enjoy fresh produce, then you're in luck because pretty much any type of produce can be preserved by bottling and freezing. You may think you have to have a garden, but you don't. You can buy the produce from markets, the supermarket or you're your local greengrocer (who may be willing to do you a deal for a bulk purchase) but the fresher the produce the better they are for preserving.

Look for sales at the end of the growing season from your local farmers and orchardists and at the grocery store. Tomatoes and capsicums are often on sale as they can be picked and ripe towards the end of summer and farmers want to make some money with these still!

Buy the foods that are in-season and watch for sales to save the most money. You can also freeze fish and other meats, so keep that in mind also.

### **What will you need?**

Here is a list of the basic items you will need for canning:

- Large tongs with rubber coating (aka: jar lifter)
- Wide-mouth funnel (needs to fit the jar sizes you prefer)
- Large, deep pot or bottling outfit (the most common brand in Australia is Fowlers Vacola)
- Kitchen timer

Below are the basic items needed for freezing:

- Wax paper or go-between (recycle cereal box liners, washed first of course)
- Zip top freezer bags
- Biscuit sheets/trays
- Ice cube trays (if you plan to freeze chopped herbs and/or purees)

\*\* A thorough book regarding how to bottle and freeze foods is also a great thing to have (and read) to get an idea for what you want to do before you do it. Plus these books often have canning recipes in them also.

### **Essential Tips**

- Sterilize everything by boiling for 10 minutes before using (tongs, jars, lids, etc.)
- Heat preserve low-acid foods. This will ensure the foods are bacteria-free.
- Use trays when freezing foods in plastic bags to keep the bags from sagging between the freezer shelves and freezing in that form (the base of a green bag is ideal for this, or thin, plastic cutting boards – usually 3 for \$2 at discount stores, cut to size).

## **Bottling and Freezing: Why You Should Start**

- Bottling and freezing food are both time-honoured traditions for preserving foods. They are a little time consuming, but definitely have benefits that make the extra time worth it (and it doesn't take as long as you think, especially if you batch preserve). If you are considering starting bottling and freezing your own food, but aren't quite sure if the benefits outweigh the drawbacks, keep reading! Below are the benefits you'll receive when canning and freezing your foods.

### **Keeps Money in Your Pocket**

- When you start bottling and freezing foods, you will want to buy the foods that are in-season because this is when they are the cheapest. It doesn't matter if you buy the produce from the supermarket or if you buy it from local farmers at the farmers' market; you'll save money buying them in-season. Buy extra so you'll have what you need in the near future, but also have plenty left over to preserve and freeze. Then when the produce is out-of-season, you'll have it on hand and won't have to spend any money on it at the store, when the prices go up.

### **Better Nutritional Benefits**

- One of the best benefits associated with bottling and freezing your own food is the fact that you know exactly what is in the jars. When you buy canned and frozen foods at the store, you don't have this luxury. So, if you want your food to be preserved or frozen with less sugar or salt, you have the power to control just how much goes in the jars when you do it yourself.
- In addition, when you do it yourself, the processing time is a lot shorter as you don't have to wait for it to make it to the supermarket's shelves nor do you have to drive to the supermarket to pick it up! Finally, foods that you preserve and freeze yourself don't have all of the preservatives, artificial flavours and artificial colours in them those at the supermarket do.

### **It's Good Year Around!**

- It doesn't matter when you get the notion to eat strawberry shortcake or whip up some fresh green beans with almonds and garlic, when you bottle and freeze your own produce, you'll have these items in stock no matter the season. If you want these items and others like them (tomatoes, corn, peaches, plums, peas etc.) in the colder months, you're going to have to pay a pretty penny for them...and they won't taste nearly as good as yours!
- **Great Christmas Gift Ideas**  
A lot of people make their Christmas gifts while they're preserving their foods in the summer months. For example, homemade jam and herbal vinegars are wonderful Christmas gifts to give to family and friends because they are inexpensive and usually well-received.

## **Which Foods are great for Freezing?**

Freezing, like bottling, is another preferred method for preserving food for many people. Many people actually prefer freezing over bottling because they believe it does a better job of preserving the freshness and nutrients within the food. In addition, it's faster and easier than bottling and you don't need anything special, other than the freezer of course. So, which foods are good for freezing?

### **Cabbage**

Yep, that's right – you can freeze cabbage! All you have to do is either shred or cut the cabbage into wedges and freeze in freezer ziplock bags. To draw the air out of the bag, insert a straw in the corner and zip the bag (while pressing air out) then suck the remaining air out through the straw and finish zipping.

## **Tomatoes**

Tomatoes are another freezable food that often surprises people. To freeze them whole, core the tomatoes and place on a biscuit tray in the freezer. Once frozen, place in the freezer in a ziplock bag. You can peel the tomatoes before freezing if you wish, but once you thaw them, the skin easily peels off. They can be used straight from the freezer for sauces, the skin will come off during cooking and you can either skim it out or run a stick blender through the sauce to mince it up.

Another method for freezing tomatoes is to cook them and cut into quarters. Then, simmer in their own juice in a covered pot until softened and cool. Finally, freeze the tomatoes in freezer-safe jars or freezer bags.

## **Green Beans**

To freeze green beans you need to wash them and cut off the ends. Cut the beans to your preferred length or leave whole. Blanch for approximately three minutes in a pot of boiling water, and then plunge into ice water to the end of cooking. Finally, drain and freeze in plastic bags.

## **Capsicums**

Capsicums are another easy food to freeze. All you need to do is remove the seeds and stem and slice or dice the capsicum. Place washed and cut capsicums on a biscuit tray and freeze. After frozen, move to a freezer bag.

## **Berries**

If you like blueberries, raspberries and/or strawberries all you have to do is wash them and place on a wax-paper covered biscuit tray and freeze. When frozen transfer to freezer. You can also freeze mashed or pureed berries in freezer safe jars or plastic containers.

## **Peaches**

Freeze peaches the same way you do berries (there's no need to peel first).



## **Apples**

Apples can also be preserved through freezing. Cut and wash the apples and place them in freezer-safe 2 cup freezer containers. Next pour one-third to one-half of filtered water over apples. Leave at least an inch of space between the lid and the water to allow for expansion when freezing.

## **Fresh Herbs**

Herbs are easy to freeze. All you need to do is wash the sprigs and place the clean sprigs in a freezer zipper bag. Make sure all the air is drawn out of the bag before completely sealing and freezing.

## **The Best Foods for Bottling**

Bottling food is a practice that has been done since the 1800s and it has been proven to be a great way to preserve the foods we love. However, a lot of people don't know all of the foods that can be bottled. If you are interested in bottling, but aren't sure which foods are best for it, the list below will get you off on the right foot!

### **Wild Game**

Believe it or not, venison can be bottled. Generally, the meat is either chopped or minced first and then cooked, but it can be packed in raw also. Tomato juice, broth and water are added next to fill in the space, but leave 1 ¼ inches of space at the top of the jar before sealing. If you have a hunter in the family, this is a great way to preserve the kill.

### **Chicken**

Yes, you can also bottle chicken! However, the only safe way to bottle chicken is with a pressure canner because chicken is a low-acid meat. The only way to make sure all of the bacteria is killed is to use a pressure canner. When you bottle raw chicken, it is recommended that you pack the meat in loosely and periodically tap the jar against a

hard surface to help the meat settle. You don't have to worry about removing the bones; simply cut the meat into pieces that will fit in the jar(s) you have. Also, liquid doesn't have to be added first if you bottle raw meat.

Other options for bottling chicken include stewing or boiling the meat, followed by cutting the meat into pieces and packing it in broth together. Always leave 3cm of space at the top.

### **Fish**

You may be surprised to learn that it is possible to bottle fresh fish! Again, because of the low acidity levels in fish, you need to use a pressure canner to ensure the food is safe for consumption. Fish is another meat that you don't have to worry about adding liquid to the pieces. All you have to do is place the fish in jars with the skin on (facing out).

### **Carrots**

A pressure canner needs to be used with carrots because carrots are also low-acid foods. You can chop, slice or place carrots in the jars whole. You also have the option of whether you want to pack them in raw or steam them first.

### **Corn**

Again, corn is another low-acid food so a pressure canner is needed. One of the best ways to can corn is to pack it raw, add salt and fill with purified water (leaving 3cm at the top).

### **Citrus Fruits**

If you enjoy oranges, grapefruits, tangerines and other citrus fruits, you will enjoy bottling them. These are all high-acid foods so instead of using a pressure canner, a boiling water bath is all that you need to do (the traditional Fowlers Vacola style of preserving). Put the raw pieces in jars with a sugar syrup or fruit juice covering them (leaving 3cm from top) and seal!

## How to Bottle Different Foods

Believe it or not, there are a number of different ways to bottle food, not to mention thousands of different recipes to use! The difficult task is deciding what method is the best one for you. It is something you want to carefully consider because if you choose the incorrect method, your food may spoil or be unsafe to eat, which costs you additional time and money. Below are a few types of bottling methods to help get you started.

### Pressure Canning

While many of our grandparents didn't use pressure canners, it has been shown that pressure canning should be used for many types of food, especially low-acid foods because the high temperatures ensure the harmful bacteria is killed during the process, making the food safe for consumption. Some pressure cookers can be used as pressure canners, which could save you the expense of buying one if you already have a pressure cooker. For more information, refer to your instruction manual for information and instructions.

Below are some of the foods that need to be bottled with a pressure canner:

- Meat
- Fish
- Corn
- Asparagus
- Cabbage
- Potatoes
- Carrots
- Green Beans
- Spinach
- Kale
- Apples
- Peas

- Pears
- Beans (Kidney, Pinto, etc.)

### **Hot Water Bath**

There are some types of high-acid foods that work great with the “hot water bath” method. Basically, all you do is fill the jars with the foods and place in a deep pot, pour water in it and simmer for about 10 minutes, or whatever time your recipe states. Below are some of the high-acid foods that this canning method works for:

- Citrus Fruits
- Berries
- Cucumber Pickles
- Pineapple
- Tomatoes

### **Freezer Bottling**

One of the quickest ways to preserve foods is to put them in freezer-safe jars (either glass or plastic). It doesn't matter if you want to put whole foods in the jar or pieces/chunks of food in the jar – you simply pour sugar-syrup, water or broth around the food and freeze the jars. This method works well for pureed food too, simply cook the food down into a jam or sauce and freeze it that way. Just make sure that you have about an inch and a quarter left for air space between the jar top and the food. Below are some foods that freezer-canning works for:

- Corn
- Citrus Fruits
- Berries
- Meats
- Tomatoes
- Strawberries
- Homemade Salsa

## **Vinegar and Oils**

Some people consider this preserving and others do not, I believe it is a form of bottling as it's a great way to preserve some types of foods, as well as spices and herbs. For this method, you pour vinegar or oil around lightly-packed foods. Some of the foods you can "bottle" this way include:

- Garlic (Vinegar or Oil)
- Raspberries (Vinegar)
- Herbs like mint, basil, lemon balm, sage and rosemary (Vinegar)
- Semi-dried tomatoes (Oil)

## **Microwave Preserving**

I love microwave bottling. It is super-fast, meaning I can be preserving fruit while dinner is cooking. It's also ideal for small batches of produce. A great resource is Isabel Webb's book "5 Minute Microwave Bottling".

## **Sauces**

You have some freedom when preserving sauces because they can be bottled using a pressure canner, freeze-canning or a hot water bath! Simply make your favourite sauce using one of your favourite recipes and bottle it! Some popular sauces include apple sauce, tomato sauce, spaghetti sauce and salsa.

## **Tips for Preserving Foods through Bottling and Freezing**

As you probably know bottling and freezing are two popular ways for people to preserve the foods they love. In addition, these time honored traditions help you save money and prevent waste also! However, if you don't know what you're doing, it's possible to ruin the foods you're trying to preserve as you can and freeze. Below are some tips to help you achieve success with canning and freezing!

**Buy Fresh, Seasonal and Local if Possible.** When you buy foods that are in-season and fresh (they haven't been sitting for a while), and come from a local farmer then you're more likely going to get food with a higher nutritional value. Better yet, use food from your own garden – you can't get much fresher. These foods are less likely to have been sprayed with chemicals and preservatives and haven't had to make the long commute from the field to the grocery store either, making them a better quality of food.

**Always Sterilize.** When you bottle food, it's incredibly important that you sterilize everything first. Always sterilize your equipment and make sure your recipe is current. For example, if your recipe calls for a hot water bath, make sure that this is still an effective method for killing all the bacteria. If not, you will need to use a pressure canner.

**Blanch When Freezing.** If you prefer to freeze fresh foods, then consider blanching them first as this will improve your freezing success rate. Basically, all you have to do to blanch foods is to dip them in boiling water for 3-5 minutes, take the food out of the boiling water and immediately dip into ice water. This stops the cooking process and many say it is effective in keeping the food's taste, colour and texture.

**Check Out Sales.** If you notice some sales going on at your local supermarket, check into it, even if you don't need the food right now. You can save money with sale items. Bottling and/or freezing these foods will ensure that you have them on-hand when needed and eliminate a trip to the store.

**Get All Air Out.** It's important that you get all the air out of the jars and freezer zip bags when canning and freezing. For freezing, simply place a straw in the corner of the bag, zip the bag up to the straw, then suck out all the air in the bag. Remove straw and seal. For bottling, gently tap the jar on the kitchen table to get the air bubbles out.

**Bottle/Freeze in Small Quantities.** It's best to bottle and freeze items in small quantities. Why? This helps eliminate the time available for bacteria to harbor as food dries. Plus, the bottling and freezing task doesn't seem so overwhelming if you do a little at a time.

**Get the Equipment.** The last thing you want to do is start a bottling or freezing project and be right in the middle of it when you realize you don't have all the equipment you need. Therefore, get all the equipment you need out and sit on the bench or table before you start bottling and/or freezing.

**Invest in a Deep Freeze.** If you don't have one and are able to afford one, you won't regret investing in a deep freeze for the frozen produce you're trying to preserve. Why? The colder the temperature, the better it is for foods. An individual deep freeze will allow you to adjust your temperature at a cooler rate than the freezer attached to your refrigerator will let you. This will help your frozen foods keep longer.

## Tips for Freezing Herbs

If you like cooking with herbs, then you've probably thought about how you can preserve them to make them last longer. Freezing is a great option. You may think the flavour will get lost when freezing herbs, but many herb-freezing believers say just the opposite. Believe it or not, frozen herbs generally taste and act more like fresh herbs in recipes than dried herbs do...and you don't even have to thaw them before using! Below are some tips for freezing herbs.

**Leave the stem on.** Yes, you can freeze herbs by placing the entire sprig(s) in a freezer bag (in a single layer). When sealing, suck all the air out with a straw. You can double layer sprigs by placing single layers between individual sheets of wax paper or go between too. To use, all you have to do is break off a piece, chop it up and re-seal the bag! Parsley is one herb that works well with freezing the entire stem since you use the stem and all when using parsley.

**Freeze just the leaves.** There are some herbs that have hard or woody stems, making it best to just use the leaves in recipes. In order to freeze these herbs, cut the leaves off first. You may find it easier to use small freezer bags for re-sealing purposes.

**Chop the herbs first.** You can also chop your herbs before freezing, if you prefer. Place the chopped herbs in ice cubes, add a small amount of boiling water and freeze. Once frozen, pop the frozen herb cubes out of the trays and places in a freezer bag.

**Harvest herbs at their peak.** The best time to harvest and freeze herbs is when they are at their peak...or in their best state. Don't wait until they begin to wilt or turn brown. Also, if you are cutting them directly from your herb garden, cut them in the morning for the best results. Make sure your scissors are sharp and you don't smash the stem.

**Should you wash herbs before freezing them?** This depends. If you have grown the herbs yourself or know they have come from a garden where no chemicals have been used on them, it's okay to freeze them without washing them first. However, if you suspect that chemicals have been used on the herbs during the growing season (or you don't know) then it's best to wash and dry the herbs before freezing. Another idea is to blanch the herbs in boiling water for a few seconds before freezing.

## Equipment Needed for Bottling and Freezing

While it's not difficult to bottle and freeze foods, there are some specific types of equipment that you will need to do it successfully. Some of the equipment is necessary and other pieces are optional. The good news is that some of the equipment can be used for both bottling and freezing, making the investment worth it. Below is a list of the equipment you need for both bottling and freezing.

### Freezing

- Wax Paper or freezer go-between: In order to prevent sticking, you will need wax paper or go-between to place the food on before freezing.
  - **Hint: save the liners from cereal boxes. Split them along the bottom and one side, wipe clean and cut to size.**
- Biscuit trays: Biscuit trays are needed for flash freezing (particularly berries) and to ensure bags of food don't freeze between the bars of the freezer shelves.



Additionally, for certain types of foods, wax paper should be used to line the cookie sheets.

- ***Hint: Use the base from green bags or plastic chopping mats cut to size as separators in your freezer.***
- Ziplock Plastic Bags: When freezing non-liquid foods such as chopped veggies, berries and herbs, ziplock bags come in very handy. Make sure to buy the freezer bags as these are specifically made for freezing.
- Glass Jars: Another great way to freeze foods is with glass jars (Mason jars are wonderful). All you have to do is add the food to the jar, liquid (if required by the recipe) and leave a little room for expansion (3 – 4 cm) and then put in the freezer!
- Separate Freezer: While any freezer will work to freeze food in, if you plan to do a lot of freezing, then you will want to get a separate freezer specifically for your preserved (frozen) foods. Another benefit of having a separate freezer is the ability to set the temperature lower than you can with the freezers attached to refrigerators.

## **Bottling**

Below are some of the pieces of equipment you'll need when canning foods:

- Bottling Outfit – either stove top or electric. Electric are almost set-and-forget, with the stove top units you need to keep an eye on the water levels and the temperature. Either will do the job and both are readily available both new and used for under \$200.
- Pressure Canner: Low-acid foods need to be canned with a pressure canner to ensure the food is completely sanitized and all bacteria are killed. Pressure canners are able to cook foods at a higher temperature than boiling hot water, which ensures more germs/bacteria are killed.
- Glass Canning Jars: The most preferred glass canning jars are Fowlers Vacol jars. These jars come in a wide variety of sizes, with the 600ml size being the most popular. The wide-mouthed jars are generally the best ones to use.

- **Wide-Mouth Funnel:** Bottling can be messy as you will be pouring liquids from a pot to a jar. In order to save yourself a lot of time, stress and mess, it's recommended that you use a wide-mouth funnel.
- **Rubber-Tipped Tongs:** Rubber-tipped tongs make lifting glass jars out of pressure cookers a breeze...and safe! They need to be rubber-tipped to ensure a good grip on the jar is achieved.

## The Pros and Cons of Bottling and Freezing

Every year, a lot of people bottle and freeze foods to ensure they have the foods they love on hand when winter rolls around and they are out of season. You may be wondering which method is best for preserving food. Well, there are pros and cons associated with both canning and freezing, so let's look at both of them.

### Freezing

#### **Pros:**

- **Simple:** Freezing foods is not nearly as complicated as bottling is as you don't have to worry about long cooking times or sterilizing containers.
- **Equipment:** Because freezing is such a simple way to preserve food, the type of equipment you need is limited to biscuit trays, wax paper, freezer bags and a freezer. You can also freeze some foods in Fowlers Vacola bottling jars too.
- **Longevity:** While freezer burn occasionally occurs, freezing foods often keeps food in edible condition for the entire time it's in the freezer.
- **Safer:** When you freeze foods, you don't have to worry about long boiling water baths or using a pressure canner, making this also a safer method for preserving foods.

#### **Cons:**

- **Affects Texture:** Freezing foods does affect the texture of the produce being frozen due to water swelling during the freezing process. Basically, because

most produce contains a lot of water, the water inside the produce expands as the produce begins to freeze. Sometimes, this can cause the cell walls to burst, resulting in “limp” produce.

- **Takes Space:** Many people who freeze food have a separate freezer to put the food in, but if you don't then you'll notice a lack of space due to the foods you're preserving.
- **Electrical Concerns:** One issue you run into when freezing foods is losing your preserved foods if the power goes out for long and the freezer begins to thaw.
  - **Hint: Check your contents insurance to see if your freezer contents are covered, and how much for, in case of an accident – they do happen, and not just through power outages.**

## **Bottling**

### **Pros:**

- **Storage:** Storing bottled goods is easy because you don't have to have a particular place to store the foods (like a freezer). Instead, you can store the foods in a pantry, the garage, on shelves etc. and if the electricity goes off, there's nothing to worry about.
- **Freedom:** Bottling your own foods gives you a lot more freedom as you are able to choose the ingredients, and amounts used, that go in the jar with the foods you're preserving. You can also mix and match foods (think green beans, corn and carrots) that you may not be able to buy at the store too.

### **Cons:**

- **Equipment:** If you do much bottling, you'll find that it's essential to have a good bottling outfit, which aren't cheap. You will also need additional tools like a wide-mouthed funnel, tongs and glass preserving jars.
- **Nutrients:** Some experts believe that the process of bottling foods (cooking and heating) destroys many of the nutrients within the food. In contrast, this doesn't happen with you freeze foods.

- **Safety:** Safety is a con here because it's much more difficult to be safe when bottling foods. Not only are you working with glass jars and boiling water baths, but you also have to make sure the food is cooked well and safe before preserving. Additionally, you must sterilize your bottling equipment before each and every use too.

## Tips for Using Bottled and Frozen Foods

So, you think bottling and freezing foods may be something you're interested in because not only will the practices help you save money, but these foods are also healthier than the preserved foods you buy at the supermarket. However, you don't know what you can do with the frozen tomatoes, bottled corn and other foods you plan to preserve. Below are some ideas to help you get started.

**Frozen Fruits** – There are many things you can do with frozen fruits including using them for ice-cream toppings, adding them to yoghurt and making sauces with them to use over various types of meats. They can be used in pies and crumbles, added to muffins, cupcakes and pancakes or made into ice blocks.

You can also make some pretty great fruit smoothies with frozen fruits too. Here are some recipes you might enjoy.

- Frozen bananas, wheat germ, peanut butter and vanilla nut milk
- Frozen strawberries, unsweetened cocoa powder, vanilla almond milk and ground flax
- Frozen raspberries, grapes and blueberries mixed with unsweetened apple juice

**Frozen Veggies** – Frozen veggies can be used for a number of things such as pizza toppings, soups, side dishes and much more. If you like soup, then you may be interested in the recipe below.

Ingredients:

- 1.5l chicken stock

- 500g tomatoes (or 2 large whole tomatoes, frozen)
- 600ml tomato juice
- 2 cups frozen green beans
- 2 cups frozen corn
- 1 cup frozen carrot slices
- 1 cup frozen cooked lima beans
- 2 cups shredded chicken
- 1 medium onion, chopped (fresh or frozen)
- Salt and pepper to taste

Method:

Place all ingredients together in a large pot and bring to a boil. Reduce heat and simmer for 45 to 60 minutes. If necessary, add water.

**Bottled Fruits** – Bottled fruits are great for things like fruit salads, homemade pies and cobblers, yoghurt and ice-cream toppings and even jelly desserts. You can also spoon your favourite bottled fruits over shaved ice for a cool, healthy treat.

**Bottled Vegetables** – Again, the options are endless for bottled vegetables. One of our family favourites is green beans and onions. Here's how you make them:

Ingredients:

- 2 cups green beans (bottled)
- 1 small chopped onion
- ½ cup slivered almonds, toasted

Method:

Sauté the onion in a little oil for approximately 2-3 minutes, add the green beans next and heat through. Finally stir through the toasted almonds and serve immediately.

If you have bottled some whole baby carrots or sliced carrots, take a 2 cups and drain the liquid. Place the carrots in a casserole dish (shallow), add one or two teaspoons of

brown sugar and a half teaspoon of salt (if you left the salt out when canning). Cut small pieces of butter and place on top of the carrots throughout the entire casserole dish.

Bake at 190 degrees Celsius (uncovered) for roughly 20-30 minutes.

## Conclusion

Now that you have finished reading this e-book you should have enough information and knowledge to get started. You've learned about the foods that will bottle and freeze best as well as tips on how you can freeze herbs.

You've also learned about the different equipment needed for your bottling and freezing needs as well as some pros and cons of bottling and freezing. And you even learned some tips about how to use your newly preserved and frozen foods.

So, what are you waiting for? Don't you have some bottling and freezing to get started?