

RECIPES FROM CELESTE LONGACRE'S TALK

PRESERVING THE FRUITS OF YOUR GARDEN THROUGH FERMENTATION AND OTHER MEANS

BEET KVAASS

- 2 large or 3 small beets
- 1 clove garlic
- 3 tablespoons whey (optional)
- ½ teaspoon salt
- 1 quart jar

Chop beets coarsely (do not grate), peel garlic & add other ingredients. Fill jar to within an inch with clean, pure water. Cover tightly. Shake. Leave on the counter for 2 or 3 days, shaking & letting the gases out each one, then put into refrigerator.

FRUIT KVAASS

Any amount of chopped up fruit. One of the beauties of this recipe is that it can be made with a lot of fruit or just a little. If using blueberries or grapes (anything with a skin), mash. Place in a 2 quart jar. Add whey if so inclined or cut up turmeric. If using turmeric, add a dash of pepper.

- 1 teaspoon salt

Bring all the ingredients together. Fill the jar with clean, pure water leaving 2 inches of air at the top. Cover tightly. Shake. Leave on a counter for 2 or 3 days, shaking each day and unscrewing the cap to let the gases out.

Pour through a strainer (eliminating the fruit) into other jars. Refrigerate.

FERMENTED BREAD AND BUTTER PICKLES

Shared with permission from Chapter Leader, Kim Lockard.

- 7 cups thinly sliced cucumbers or gherkins
- 1 cup thinly sliced mild onion
- 1 cup fresh lemon juice
- ½ cup homemade whey
- 1 cup honey or maple syrup
- 2 tablespoons salt
- 1 to 2 tablespoons whole celery seeds
- 2 teaspoons turmeric
- 1 tablespoon yellow mustard seed

In a large bowl, mix cucumber with onion & place in 2 quart-sized wide mouth mason jars, pressing down lightly with a pounder or meat hammer. Combine remaining

ingredients & pour over cucumbers, adding more water if necessary to cover. Keep the top of the liquid 1 inch below the top of the jar. Cover tightly & keep at room temperature for about 2 days before transferring to the refrigerator.

SPAGHETTI SAUCE

This recipe tastes fantastic with almost any amount of the ingredients. Because I garden, sometimes I have a lot of tomatoes and sometimes I have only a few. What you will need is: tomatoes, olive oil, onions, sweet peppers, beets, carrots, garlic, thyme, basil, oregano, tomato paste & salt.

Cover the bottom of a pan with oil. Dice the onions and peppers and & put them in the oil with a generous dash of salt. Cook until they are soft.

Fill a separate pan 3/4 with water & bring to a boil. Wash tomatoes & dip them into the boiling water for 30 to 40 seconds or until the skins start to peel. Remove & place in cold water to cool.

Slip the skins off of the tomatoes & either 1. (Betty Crocker method) slice them and place them in with the onions & peppers or 2. (my favorite) smooch them through your fingers and add to the pot. Keep a bucket or bowl handy to catch the skins and any tough parts.

Place on a low setting & be prepared to stir every few minutes.

Add a **small** amount of grated beet & carrot. You want the sauce to remain acidic so treat these as a spice. Wash, break up & add the basil, thyme & oregano, tearing the basil & pulling the leaves off of the stems of the thyme & oregano. I generally do this until I am tired of doing it; it always comes out fine. Squeeze some garlic cloves into a bowl & wait 5 to 10 minutes for the medicine to be made before adding it to the mix.

Now it is time to stir, stir, stir. It takes a few hours, generally 3 to 4, for the sauce to thicken. I usually get a book & bring the stool next to the stove. When it starts to stand up on the spoon and not just run off, it is time to add the tomato paste. Stir it in and you are done.

To can:

Get a water bath canner and fill $\frac{3}{4}$ full of water. Boil. Or get a steamer canner and fill the bottom up to the rack and boil. Using clean quart or pint jars, place 1 teaspoon of salt in the quarts and $\frac{1}{2}$ teaspoon of salt in the pints. Spoon the sauce into the jars using a funnel. Leave an inch of air at the top of each jar. The most important step is next: clean the top of the jar thoroughly with a clean rag. If there is any food particles on this rim, the jar will not seal. Put on a clean lid & band & place in the canner using a tool. Put on the lid. Once the water is boiling in the water bath canner and the steam coming out of the steam canner consistently goes out 8 inches, begin timing. Quarts should be processed for 45 minutes while pints take 35.

When done, remove lid so that the steam flows away from you. Gently take the jars out & bring them to a cooling rack again using a tool. Move them slowly. Do not place near an open window or in a draft. The glass will crack if it gets exposed to something too cool. Listen for the lids to pop as they seal. Once cool, take off the bands and wash them, label on the lid & put into storage.

I have consistently bought new lids every year as the manufacturer has claimed that the soft underneath part would be exhausted after one use. Of course they would claim that as they want you to buy more & more! Somebody told me that they used them many times so I decided a couple of years ago to try it out. So far I'm on year 3 & they are still fine. I leave the old label on so that I know how many times I have used it. I think that I will stop after 3 uses, but, still, that saves a bunch of money!