



Quick Reference

For Food Preservation

There is too much to remember, especially since some skills only happen seasonally, and a whole year may pass before your next year to practice the skill again! Don't waste time trying to figure it out, and certainly don't waste the food by getting it wrong.

Pantry Paratus surveyed over 4,000 people and asked, "What food preservation skills do you need to learn better?" and "What is your greatest challenge to food preservation?" We heard some recurring themes in the responses, so maybe you share some of those same concerns.

Sorted by food preservation style, we've assembled links to our very best "how-to" help for easy reference. Find the method & click the links to get quick answers.

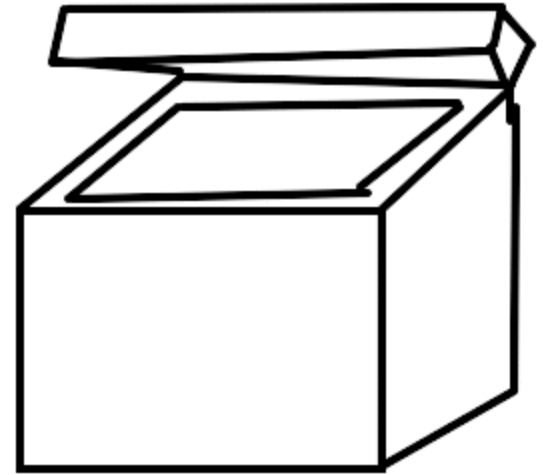
You don't have time to waste because you don't have food to waste.

Our passion is to help you make the most of the harvest so that you can nourish your family and help a neighbor in need. Let us know how we can help.

--Pantry Paratus



The Freezer



Is it cost effective?

[“The 9 Tray vs. the Deep Freeze: What does it really cost to store food?”](#)

Freezer Burn & Defrosting

[Rubber Chicken: Insights into freezer burn](#)

Freezing Meals &
Cooking for One Person

[5 Baby Steps to Cooking Healthy Food](#)

Blanching (quick-boiling)

[To Blanch or Not to Blanch: That is the food preservation question](#)

Too many tomatoes?

Put them directly on a cookie sheet for freezing! They'll freeze into something resembling a red billiards ball, but when you are ready to thaw it, the skin will peel off with only 1 swipe. Easiest way to peel tomatoes you've ever tried!

Quick Tip:

Always store both yeast and home-milled flour in the freezer, but let them sit at room temperature about 30 minutes prior to use.



Canning



The Basics: There are 2 different types of canning—water bath canning & pressure canning. Water bath canning is when you submerge the jars under boiling water to create a seal, and can only be done with highly acidic foods not prone to botulism. Pressure canning requires a pressure canner (not pressure cooker) designed to seal jars at an extremely high temperature, killing all botulism spores. **You must follow an approved canning recipe** to ensure that you are using the correct method and time for safety. See the [Pantry Paratus “How-To’s & Why-To’s” section](#) for many great canning books.



Need more confidence, safety information, or to watch a pro?
Get [“At Home Canning for Beginners & Beyond”](#) for \$19.95.

Choosing The Right Canning Method

[Why Does a Canning Jar Lid Seal? The Science Behind the “Pop!”](#)

Tip: Pressure canners come with 2 types of gauges. Weighted gauges do require maintenance & operate by created a “rattle & hum” effect that you hear. Dial gauges should be checked at your local county extension office annually to ensure accuracy.



Canning

Blanching

[To Blanch or Not to Blanch: That is the food preservation question](#)

Canning a Family Recipe & What Cannot be Canned Safely

[Canning Chicken Noodle Soup \(sans Noodles\)](#)

Proper Canning Tools

[Canning Chat: The Right Tool for the Job](#)

Why Learn Pressure Canning?

[10 Reasons You Should Learn Pressure Canning](#)



Shelf Life & Pantry Storage

[Signs of Spoilage in Food Storage](#)

Canning Meat

[Canning Ground Beef](#)

Low-Sugar or No Sugar Jams & Jellies

[How to make jam with only natural sweeteners](#)



Dehydrating

Dehydrating is the most economical way to preserve food. It is the longest-lasting food in storage, most things can be dehydrated (eggs & dairy are the only real exclusions), and you can do large or small batches.

In our survey, though, it was the **#1 method where people experienced initial failure!** If that's you, give it another try! There is some trial-and-error, but there are also some basic things you can try:

Lots of Questions (or past mistakes)

[Dehydrating: A Simple Q & A](#)

Apples, Zucchini, Onions, Carrots

[Preserving Summer's End Part 1](#)

[How to Dehydrate Carrots](#)



Why Bother?

[Kitchen Self-Sufficiency Skills: 11 Places to Start](#)

MORE Zucchini...

[No Such Thing as Too Much Zucchini: 10 Great Uses](#)

Homemade Candy?

[How to Make Watermelon Taffy](#)



Dehydrating

Should you blanch first?

[To Blanch or Not to Blanch...](#)

The Trick to Dehydrating Herbs

[Preserving Summer's End Part 2](#)

Equipment

[Is the Excalibur Worth It?](#)

[9 Tray vs. Deep Freeze: What does it really cost to store food?](#)

Salmon Jerky

[Salmon Jerky: A Whole-Food Snack](#)

Dehydrating Tomatoes

[Tomato Paste & Sauce](#)



Rhubarb

[Rhubarb Harvest: Dehydrate It!](#)

Pears

[3 Dehydrator Recipes for Spiced Pears](#)

Vegetable Powders

[Vegetable Powders: Making Them, Using Them, and Long-Term Food Storage](#)

Fruit Leathers

[Fruit Leathers for Food Storage](#)



Dehydrating



Pineapple

[How to Core & Dehydrate a Pineapple](#)

Apples & Potatoes

[The End of the Harvest: Dehydrating Apples & Potatoes](#)

Storing Dehydrated Food

[Recycling a Glass Bottle Pantry Paratus Style](#)

Cookies? Oh, yeah.

[Dehydrator Recipe: Coconut Sesame Cookies](#)

With a decade of food storage experience, I can safely say that dehydrating is the simplest method to master, and yet people experience frustration with it. Most of this is due to the individual nature of various foods; some get blanched, some don't. Some should be marinated, some shouldn't. To peel or not to peel?

Leave room for personal preference, and don't be afraid to experiment! With that said, the best place to start is with a quality dehydrating book.

[Pantry Paratus](#) sells several books, even including one for free with every dehydrator purchase. A good book is a great jumping-off place to get started successfully. It's worth the investment.



PANTRY



PARATUS



means kitchen self sufficiency

Continue to visit [our store](#) and blog, where new articles and tools appear every week!

Do you still have questions? Drop us an email & ask? If we don't know the answer, we'll find out (and you might find it the subject of the next new article)...

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