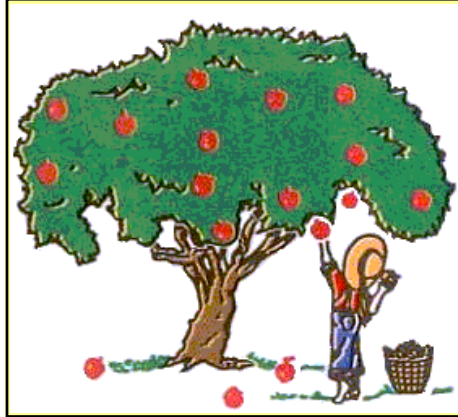


# Preserving the Bounty



Paulette Millis  
Registered Nutritional Consultant



Fresh  
is  
Best

How to Preserve  
our Saskatchewan Bounty

Focus on the Best Nutritional Choice



- Dehydrating
- Root cellars
- Freezing
- Canning



**Dehydration**  
*The oldest form of  
food preservation*





## Why Dehydrate?

*Drying retards bacterial growth, the common causes of spoiling. Without water, food cannot spoil.*



## Foods to Dry

*Fresh Fruits*  
*Fresh Vegetables*  
*Herbs*  
*Sprouted Foods*  
*Trimmings (such as peels, leaves and seeds)*  
*Thick soups & sauces*  
*Solid leftovers*  
*Seeds & Grains*  
*Meats & Fish*  
*Breads & Crackers*  
*Cheese*  
*Bargain Foods*



## Advantages of Dehydration

*Drying removes water.*  
*Dehydrating involves less work.*  
*Less equipment needed.*  
*No power required to store finished product.*  
*Dried food is less expensive.*  
*Dried food is available at your convenience.*  
*The space needed to store dried food is less than freezing or canning.*  
*Many dried foods become sweeter, such as fruits.*  
*Herbs become stronger and more flavourful.*  
*Dried foods are more versatile.*



## How to Dehydrate

*Sun drying*  
*Oven drying*  
*Air drying*  
*Dehydrator*



## Rehydration

*The Process of Restoring Water to Dried Food*

*To reconstitute before using:*

*One cup dried food and one cup pure water or liquid of any kind.*

*Soak and add more liquid until desired texture is obtained.*

*Save liquid and use for soups, beverages or cooking.*

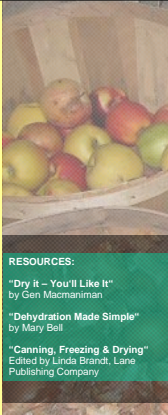
*Time required is usually one to two hours, but small pieces may take fifteen minutes, large solid pieces up to eight hours.*

*Soak overnight in the refrigerator if necessary.*



## Recipe Handouts

*Dried Sweet Corn*  
*Granola*  
*Tomato Paste*  
*Banana Peanut Butter Leather*

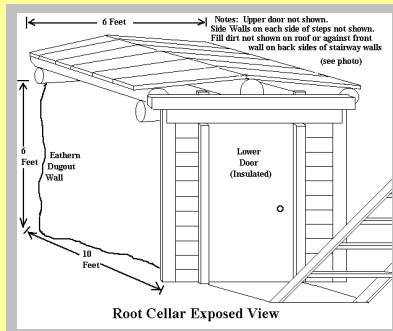


## What is a Root Cellar

*A simple cold storage area.*  
*Under an outside stairway.*  
*A rectangle of bales of hay.*  
*An underground dugout, or in a dirt bank.*  
*An elaborate structure built with concrete,*  
*having fans and pumps to control humidity.*



## Root Cellar



## What Can Be Stored In A Root Cellar

*Potatoes*  
*Cabbage, Parsnips, Turnips, Carrots, Beets*  
*Fruits, such as apples*



## How to Store in a Root Cellar

*Air circulation around produce is necessary.*  
*Temperature needs to be slightly above freezing.*  
*Use wooden boxes or bins.*  
*May alternate layers of food and dry leaves, hay or straw.*



## Freezing

*Freeze fast and keep at 0°F or 17.8°C.*  
*Bacteria and enzymes become inactive and food cannot spoil.*  
*Ice crystals form in frozen foods and these puncture cell walls.*  
*Faster freezing equals smaller ice crystals.*  
*Avoid thawing and refreezing.*



## Important Notes About Using Freezers

*In the event of a forewarned power failure - turn freezer to coldest setting.*

**DURING** a power failure, if possible, add dry ice.

*When thawing frozen foods, leave in the sealed package to preserve nutrients.*

*Thaw in fridge or under running cold water.*



## Freezer Packaging

**Rigid Containers**

**Freezer Bags**

**Freezer Wraps**



## How to Freeze Fruits

### Unsweetened

*Slice or crush fruit in its own juice.*

*Spread blueberries, saskatoon berries, raspberries and strawberries on trays, freeze, and pack in containers or heavy ziplock bags if desired.*

*Make applesauce with a little water and a splash of lemon juice and freeze in rigid containers.*

*Use ascorbic acid or lemon juice in water as a wash for fruit pieces to maintain colour (eg. Peaches).*

*Cook prepared rhubarb for one minute in boiling water, drain, cool in icewater and pack.*



## How to Freeze Fruits

### Sweetened

*Use stevia powder or liquid sparingly in fruit syrups, to taste.*

*Use honey syrup and make sure temperature stays below 0°F or 17.8°C to prevent crystallizing.*

*Experiment with raw blue agave nectar and brown rice syrup.*



## How to Freeze Veggies

*Fresh picked for best flavour.*

*Blanched for quality preservation.*



## Freezing

**Hints, Helps & Questions...**



# Canning

## Two Methods:

**Water bath** – used safely with fruit, tomatoes and pickles (180°F to 190°F or 82°C to 88°C)

**Steam pressure** – must be used with all vegetables, meat, fish and poultry, to avoid botulism. (240°F or 116°C)



# Canning Tips

**Can fruits without sweeteners.**

**Can jams and jellies without sugar (see recipe handout).**

**Honey, agave, brown rice syrup or stevia in place of sugar.**

**Use a light syrup – 1 cup honey to 10 cups water.**

**Tomatoes – cooked tomatoes contain more lycopene.**



# Summary

**Enjoy dehydrating our Saskatchewan fruits and vegetables.**

**Fashion a root cellar to allow fresh root vegetables in the diet.**

**Freeze immediately after picking for highest nutritive value.**

**With some exceptions, use Canning as a last resort.**



# Your Presenter

**Preserving**  
the Bounty

Paulette began her struggle with health issues at age 8, when she was diagnosed with hypothyroidism. Several operations for kidney stones followed shortly thereafter. Twenty years of coping with many symptoms, followed by a diagnosis of Sjogrens Syndrome in 1987, Reynaud's Syndrome, and Lupus in 1991, all of which are auto-immune diseases.

When following conventional dietary and medical methods did nothing to improve her health, she turned to studying natural healing. This, coupled with the struggle of raising 2 sons with asthma and allergies, has been the impetus to continue learning, to teach others, and to write to bring information to anyone who desires to heal their body.

Paulette is a Registered Social Worker; a Registered Nutritional Consulting Practitioner; and a Registered Holistic Nutritionist. She is Reality Therapy Certified and began her journey in the entrepreneurial world as a counselor and facilitator in 1992. Realizing that her education in Natural Nutrition was a great service to her clients, she began studies to become a Nutritional Consultant. She has three self-published books, "Cook Your Way to Health", "Eat Away Illness", and "What Your Doctor Doesn't Tell You About Foods". She writes regular articles for *WHOLIE Magazine*, *Neighborhood Express*, and others, and has 15 "Cooking for Health" spots being aired on SCN television.

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