

# NUTRITION To Go

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# Loaves & Fishes



FOOD PANTRY

**Did you know? Now you can visit the pantry two times per month to pick up food.**

¿Lo sabías? Ahora puedes visitar esta despensa dos veces al mes para conseguir comida.

## Make the most of the summer glut!

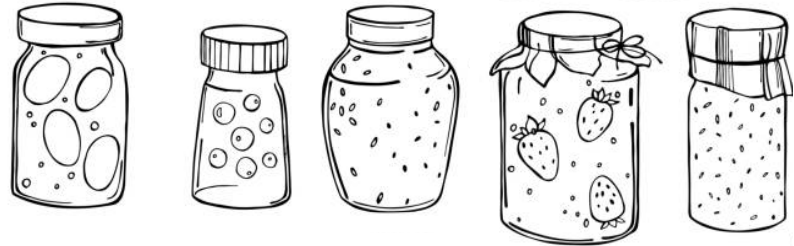
Summer harvest brings fruits and vegetables galore! What to do if you can't eat it all right away? Preserve food for later by freezing, canning, drying or pickling.

**Freezing:** Freezing is one of the easiest ways to preserve vegetables for winter, and almost all vegetables are suitable. Blanch first for best results. Vegetables that are usually eaten uncooked (ex. avocados) should not be blanched; just cut in half and sprinkle with lemon juice. Do not freeze cabbage, potatoes, celery or cucumber as they will become limp.

**Canning:** Most foods can be canned using glass jars and canning lids in a simple boiling water bath. For low-acid foods such as peas, corn, carrots and mushrooms, a pressure-canner is required.

**Drying:** An electric food dryer is the easiest method for drying, but you can also dry vegetables and fruits in the oven.

**Pickling:** Pickling involves adding the vegetables to a jar with boiled vinegar and spices. In addition to cucumbers, you can also pickle beets, carrots, cabbage, beans, and peppers, etc. Many pickled items can be stored in the fridge for up to 1 month, or canned for longer-term storage.



## ¡Aproveche al máximo la cosecha del verano!

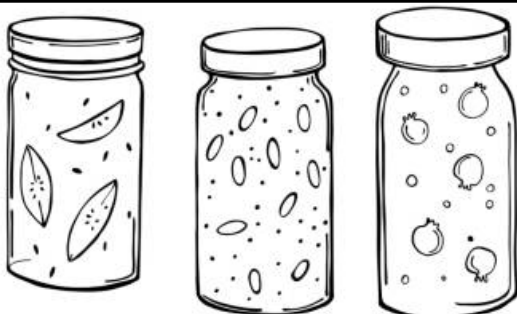
¡La cosecha de verano trae frutas y verduras en abundancia! ¿Qué hacer si no puede comerlo todo de inmediato? Conserve los alimentos congelando, enlatando, secando o en escabeche.

**Congelación:** la congelación es una de las formas más fáciles de conservar las verduras para el invierno, y casi todas las verduras son adecuadas. Escaldar primero para mejores resultados. Las verduras que generalmente se comen crudas (por ejemplo, aguacates) no se debe escaldar; simplemente córtelo por la mitad y espolvoree con jugo de limón. No congele repollo, papas, apio o pepino, ya que se volverán blandos.

**Enlatado:** La mayoría de los alimentos se pueden envasar usando frascos de vidrio y tapas para envasar en un simple baño de agua hirviendo. Para alimentos bajos en ácido como guisantes, maíz, zanahorias y champiñones, se requiere una envasadora a presión.

**Secado:** Un secador de alimentos eléctrico es el método más fácil de secar, pero también puede secar verduras y frutas en el horno.

**Encurtido:** El encurtido consiste en agregar las verduras a un frasco con vinagre hervido y especias. Además de los pepinos, también puede encurtir remolachas, zanahorias, repollo, frijoles y pimientos, etc. Muchos artículos en escabeche se pueden almacenar en el refrigerador hasta por 1 mes, o en lata para un almacenamiento más prolongado.



## How to Blanch and Freeze Vegetables

Blanching and freezing works well for many vegetables including broccoli, green beans, peas, corn, carrots, and peppers. Cabbage, celery and cucumbers will get waterlogged and limp, so use a different method for those items.

1. Cut vegetables to the desired size
2. Boil a large pot of water
3. Working with about 1lb of cut vegetables at a time, submerge the vegetables in the boiling water, cover the pot and blanch for 3 minutes.
4. Scoop out the blanched vegetables and place immediately in a bowl of ice water to stop the cooking.
5. Spread pieces in a single layer on a cookie sheet and place in freezer until frozen through.
6. Store frozen vegetables in air-tight Ziploc bags.

## Easy Peach Preserves

Ingredients:

- 4 ripe peaches, peeled, seed removed, and chopped
- 2 Tablespoons fresh lemon juice
- 1 cup granulated sugar

Method:

1. In a medium-sized sauce pan over medium-high heat, combine chopped peaches, lemon juice, and sugar and stir. Allow peach mixture to boil for about 1 minute while you stir constantly. Reduce heat to medium.
2. Cook mixture on medium heat, stirring often, until liquid is reduced by about  $\frac{1}{3}$  (about 10 minutes). Reduce heat to a very low simmer and let jam reduce by half until you can see the bottom of the pan when you run a spatula across the bottom. (The jam should be slightly more liquidy than the consistency you want in your jam because it will firm up slightly when cooled.)
3. Remove from heat and let cool for about 30 minutes before placing in an airtight jar or container in the refrigerator. Let jam continue to firm up in the fridge for about 30 minutes to an hour before using.

## Loaves & Fishes



FOOD PANTRY  
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## Did You Know?

Tomatoes are best stored on the counter. If you refrigerate them, they won't have as much flavor. Can't eat them fresh? Try canning or freezing!

## Easy Quick-Pickled Onions

- $\frac{1}{2}$  cup apple cider vinegar
- 1 tablespoon sugar
- 1 $\frac{1}{2}$  teaspoons kosher salt
- 1 red onion, thinly sliced.

Whisk first 3 ingredients and 1 cup water in a small bowl until sugar and salt dissolve. Place onion in a jar; pour vinegar mixture over. Let sit at room temperature for 1 hour, or cover and chill. These can be made 2 weeks ahead. Drain onions before using.