

Put A Little Green In Your Life

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Featured Business

Mady's Makings is a crafty business offering decorative journals created with recycled and "found" materials that are handmade and YOUnique. No two are alike, so let your personality shine while you're writing or decorating your home!

[Website](#) | [email](#) | Phone: 417.597.4025



If you own or operate a business in the Green Hills area of Northern Missouri that produces green, natural, or organic products, please contact us so we can feature your products! Certain restrictions apply, please contact Terri Henderson for details!

Harnessing the Wind

If you've ever dreamed of going "off-grid" (living without reliance on outside utilities), a personal wind turbine might be a good fit for you.

Residential turbines are simply smaller versions of the giants you spot dotting the countryside. There are many models available on today's market. To learn more about wind power, please visit the [American Wind Energy Association](#) website.



Tips for Preserving Your Harvest

As gardens begin to bear fruit (no pun intended), many gardeners are left wondering how to best preserve their bounty for the coming winter. **Canning, freezing, and drying** are the three main ways to store your fresh produce for later months.

Canning There are two common methods of canning: hot water bath and steam-pressure canning. Each are used for specific types of food. Water bath canning is used for foods that have a high acid content, like tomatoes or pickling. Steam-Pressure canning is needed for foods that are low acid such as meats, beans and corn. Start with fruit, meat and vegetables that are at their peak of freshness. Vegetables that are little past prime can result in iffy canned veggies. Make sure you fill your canning jars to the recommended level. Make sure there are no air bubbles present by sliding a rubber spatula around the sides of the jar and gently pressing in the center. Wipe the rim of the canning jar with a clean, wet cloth to remove any juice on the rim. Place heated lid on jar and screw the band on finger tight. After processing, place jars on towel with at least 1" distance between jars to allow for cooling. Do **not** retighten bands! Resist the urge to check for a seal while the jars are still hot. Pressing on a lid before the jar is cooled may interrupt the sealing process. Besides, listening for the 'pop' of the lid during cooling (meaning another jar just sealed) is most gratifying sound! After 24 hours, check the seal by pressing the center of the lid. If it does not move up and down, you have been successful! If it does, refrigerate jar or remove band and lid, wipe the rim again and reprocess. Remove the bands from the jars, wipe down the jars and store them in a dry, cool, dark place. Wash the bands in hot soapy water, dry thoroughly and store for next year's harvest! Try to use your canned foods within one year's time.

Freezing Most all foods can be frozen. The faster the food is frozen, the better the results. Use fresh foods, and try to cut away any bad places, wash, prepare, and pat dry before freezing. Using heavy plastic bags will result in better long-term storage, or use two regular bags. Labeling and dating frozen items is always a big plus too (because come December, you won't remember what date you froze that bag of corn!).

Drying Drying can be done in a couple of different ways, either using your oven on low heat with the door slightly opened for moisture to escape, or you can use an actual dehydrator. Whichever method you choose, try to slice your food ¼" thick and use fresh food with no icky parts. Cool everything down completely before storing



[Canning Resources](#)

[Freshpreserving.com](#)

[Videos on Canning](#)

[National Center for Home Food Preservation](#)

[Canning 101](#)

[Mother Earth News Canning Safety Tips](#)

[Books on Canning from Amazon.com](#)