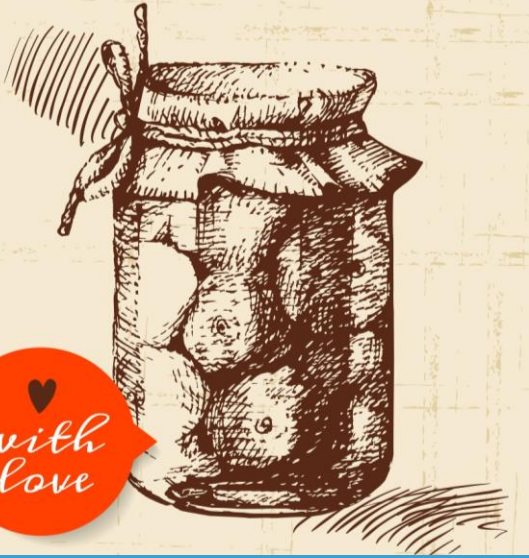


TIME FOR CHANGE

EAT LIKE IT'S 1899



Old-fashioned traditions are hard to find in this modern world. That includes our practices in the kitchen. In times gone by, families tended to gardens to grow their food, they harvested the bounty and cooked from scratch. What was left over was pickled, canned, dried or stored. These practices were not only rooted in survival, but also had a cultural, social, and economic significance. Today, those who carry on these traditional practices do so for many of the same reasons; however, with concerns around the ingredients in processed and convenience foods, traditional food practices can also control sugar, salt, additives and preservatives. These traditions can be a great form of preventative medicine!

GRANDMA'S KITCHEN: OLD TIME METHODS OF PRESERVING FOOD

Canning

Heating food to an extremely high temperature to kill bacteria, and sealing in an air-tight container for storage.

- The best method to preserve a food's colour, flavour, and nutrients.
- Start-up costs can be expensive: canning jars and lids, water bath, pressure canner, jar lifter.
- There is a risk of botulism if canning procedures are not properly followed.

Pickling

Fermenting food using a vinegar (acetic acid) or salt brine. This process produces lactic acid to prevent spoilage.

- Pickled foods can last for several years.
- It offers a new flavour for a favourite vegetable or protein such as eggs, meat, or poultry.
- There is less risk of botulism because of the acidic nature of pickling.

Dehydrating

Removes 90% of a food's moisture, which causes the growth of mold and bacteria.

- Results in some loss of nutrient content compared to other methods.
- Final product is lightweight, portable, and doesn't require the storage space of canning or pickling.
- Time-consuming (8-48 hours) depending on the drying method used (dehydrator, oven, etc.).

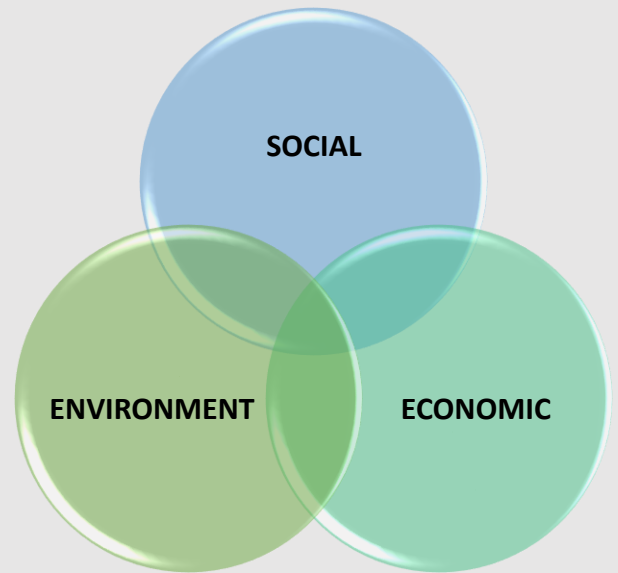
Always make food safety a priority. Consult a trusted source such as The National Centre of Home Food Preservation: <https://nchfp.uga.edu/> for learning and instruction.

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TRADITIONAL FOOD PRACTICES AND SUSTAINABILITY

- With increasing public health concerns over food safety, preserving is a great way to **control the ingredients** in the food we eat.
- Picking fruits and vegetables at peak season encourages eating **fresh, local, nutrient-dense** foods, year-round.
- Who isn't on a tight budget these days? Rising food costs at certain times of the year make preserving an ideal way to **save on the grocery bill**. Buy food on sale, stock up, and preserve it!
- With a loss of traditional food practices, we have also lost a relationship with our food and where it comes from. No time for a garden? **Support a local farmer** and give back to your community and local economy.
- Preserving reduces package waste and limits your carbon footprint. It can be an excellent way to **reduce your environmental impact**.
- Following traditions can bring your mind and heart back to a **simpler time**, when gifts were homemade, time in the kitchen was relaxing and created memories, and food was made with heart.



You don't have to become a part-time homesteader to integrate some of these traditional practices into your life. Choose a preservation method that works best for you, make it a hobby, or schedule some time on a weekend. Consider starting with an easy "quick pickle" recipe like these quick-pickled beets.

QUICK-PICKLED BEETS

Ingredients

6-8 beets
½ cup vinegar
¼ cup sugar
¼ cup water
½ tsp cinnamon
¼ tsp salt
3 whole cloves

Directions

Cut roots and tops off beets and boil for 15 to 20 minutes. Drain and pour cold water over them to easily remove the skin. Place the remaining ingredients in a saucepan and stir. Add beets and bring to a boil. Simmer for 5 minutes. Remove from heat and allow to cool. Pour into glass jars with tight-fitting lids and store in the refrigerator.



Sources: <https://homesteadsurvivalsite.com/canning-vs-dehydrating/>
<https://www.canada.ca/en/public-health/services/food-safety/fact-sheet/botulism.html>
<https://www.food.com/recipe/easy-pickled-beets-13606?photo=221388#activity-feed>