



## Saving the Seasons: How to Can, Freeze, or Dry Almost Anything

By *Mary Clemens Meyer, Susanna Meyer*

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You can't get much closer to the source of your food than canning or preserving it yourself, and *Saving the Seasons* shows you how through clear instructions and step-by-step pictures. Loaded with helpful tips, charts and user-friendly recipes for beginners and experts alike, you will enjoy the season's bounty all year long!

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### Editorial Review

#### Review

*A must-have follow-up to *Simply in Season*, *Saving the Seasons* takes eating locally and seasonally to the next step beyond fresh. Now one can eat locally and seasonally year round with the knowledge of how to preserve or save the seasons. With the aid of the simple steps and photos, the novice will feel quite comfortable saving the seasons, and the experienced will learn new tricks. All will have wonderful recipes to try.*

**--Mary Beth Lind, co-author of *Simply in Season***

*With the voice of a trusted friend, *Saving the Seasons* offers comprehensive guidance and easy-to-follow instructions to the lost art of food preservation. It's the next best thing to having Mom or Grandma in the kitchen with you possibly even better (sorry, Mom).*

**--Cathleen Hockman-Wert, co-author of *Simply in Season***

*As a mother-daughter team with many years of farming between them, including both rural and urban agriculture, the Meyers are well-placed to present this updated guide on preserving food. They provide simple instructions and a great selection of recipes, from basic jam, pickles, and relish to international favorites like kimchi and chutney. Their tips offer terrific extra tidbits geared toward beginners while useful notes are included on foods for babies and kids.*

**--Kristi Bahrenburg Janzen, organic, sustainable, and local food/agriculture writer**

*Saving the Seasons* is the newest cookbook from the publishers of the trifecta of beloved Mennonite cookbooks: *Simply in Season*, *More with Less*, and *Extending the Table*. This new work lives up to and expands the ideals of its predecessors.

In the nearly 35 years since *More with Less* first appeared on the scene, American kitchens have undergone some big changes, and not just in the shift from autumn harvest appliance colors to stainless steel. In much of the country, the locavore movement is in full swing, folks are prioritizing where their food comes from and how it gets to them. They are looking for farmer's markets and buying up farm shares. Vegetable gardens, chicken coops and beehives are popping up in urban neighborhoods, and with the current DIY climate, and the financial necessities many families are facing, the *More with Less* approach to homemaking has new relevance.

The upsurge in interest in various arts of domesticity and homesteading means this book comes out at exactly the right time for a new group of novice gardeners who are wondering what exactly they are supposed to do with the 10 pounds of pickling cucumbers they accidentally grew.

It is wonderful to have the basics of canning, freezing, stock making, drying, pickling and basically any method of preserving you might think of laid out simply in one place. The volume of information could be overwhelming, as in larger encyclopedic style cookbooks, but the easy style, lovely photography, and directness and simplicity of the instructions take away the intimidation factor. The book begins with a Guide to the Harvest that lays out produce alphabetically, with photos, descriptions, notes on season, recommended

preservation methods and an index to recipes in the book.

--Kristi Bahrenburg Janzen, organic, sustainable, and local food/agriculture writer

Each following section is interspersed with notes on preserving in general, some of which are particularly helpful, such as the commentary on what kinds of produce work best for preserving baby foods, and which crops tend to be sprayed more often with pesticides on commercial farms. The authors include the approximate yields you can expect for canning and freezing specific fruits and vegetables, which takes some guesswork out of the process, when you are first getting started. There are brief notes troubleshooting common problems for novice canners, or sharing --Kristi Bahrenburg Janzen, organic, sustainable, and local food/agriculture writer

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Throughout the book, I appreciated the focus on the genuine basics and necessities for canning. It's no more than I should expect from a book with this book's Mennonite pedigree, but the simplicity of the instructions definitely distinguishes this guide from the other books out there. There is no nitpicking about perfect techniques, and no insistence on using specific new products or trendy cookware. And yes, there is such a thing as trendy canning equipment.

Whether you have a couple of acres of tomatoes or simply an urge to try making Apple Cake in a Jar (59), this book has something for you. The blueberry jam recipe was delicious, the strawberry freezer jam was indescribably easy, and so far the only fault my family has found is with the salsa recipe. We are born and bred Texans though, and have very specific ideas about what constitutes good salsa. Our dissatisfaction probably has more to do with the fact that the lovely authors, based in Pittsburgh and Ohio, haven't been raised on habañeros and probably still have their taste buds intact. Next time I make that particular recipe I may leave the jalapeno seeds IN.

Overall, this book is a useful addition to the library of experienced canners and preservers, and absolutely indispensable for novices.

--Englewood Review of Books --Kristi Bahrenburg Janzen, organic, sustainable, and local food/agriculture writer

As a mother-daughter team with many years of farming between them, including both rural and urban agriculture, the Meyers are well-placed to present this updated guide on preserving food. They provide simple instructions and a great selection of recipes, from basic jam, pickles, and relish to international favorites like kimchi and chutney. Their tips offer terrific extra tidbits geared toward beginners while useful notes are included on foods for babies and kids. --Kristi Bahrenburg Janzen, organic, sustainable, and local food/agriculture writer

About the Author

**Mary Clemens Meyer** and her husband, Ron, raise certified organic vegetables and fruits, grass-fed beef, and pastured poultry on their farm near Fresno, Ohio. They also sell produce at a local farmers' market and

run a 35-household CSA (Community Supported Agriculture) group. Mary and Ron often field questions from CSA members and market customers about cooking and preserving fresh produce. They are members of First Mennonite Church in Sugarcreek, Ohio.

**Susanna Meyer** works for the nonprofit organization Grow Pittsburgh, growing organic produce and seedlings in the city for restaurants and residents. She also educates children, teenagers, and adults about growing their own food, and will be happy to direct them to this book when their gardens overflow. She and her husband, Neil Stauffer, live on a quiet wooded block in Pittsburgh; they started preserving produce on their own during the years they worked as co-managers for Mildreds' Daughters Urban Farm, also in Pittsburgh.

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