

PRESERVE YOUR AUTUMN HARVEST

Delicious recipes and tips on cooking
and storing your fruit and veg

EXPERT ADVICE

HOW TO
FREEZE YOUR
PRODUCE

MAKE HEALTHY
SNACKS – DRY
YOUR VEG

CREATE
SCRUMPTIOUS
TOMATO PUREE

**BOTTLE IT,
FREEZE IT,
DRY IT...**

**TASTY TIPS ON
STORING YOUR
FRUIT AND VEG**



KG CHEF ANNA PETTIGREW'S RECIPES INSIDE

GARDEN PICKLE ★ BEETROOT CHUTNEY ★ APPLE JUICE ★ PICKLED PUMPKIN

**Kitchen
Garden**



We grow all the mulberries we can
but there's just never enough

Mulberry trees are rare because they take around 25 years to bear fruit and we only have twelve here at Tiptree, some of which are over 120 years old. We don't know how much it actually costs to make a single jar of

our Mulberry Conserve, or if we even make a profit on it, but what we do know is that we love it passionately, and so do our customers. When you find some, try it and you'll discover why there's never enough to go round.

Tiptree

The preserve of good taste

WELCOME

Autumn brings new delights from the fruit and veg plot and in this supplement we offer you some exciting recipes and ways of preserving these late harvests.

Our *Kitchen Garden* chef, Anna Pettigrew, has created delicious pickles, chutneys and juices all using seasonal produce. Also look out for our four page special on freezing and drying your excess produce to provide tasty, healthy snacks throughout the leaner months of winter. Delicious!

Emma



Emma Rawlings,
Deputy Editor

HARVEST 'N' STORE NOW

There is still plenty to pick from the plot during autumn. Some veg can be left in the ground and lifted when needed while other crops are best harvested and eaten fresh or preserved.

APPLES AND PEARS

Store in a cool, frost-free place. Wrap each fruit in paper or in a single layer on trays or boxes.

SWEDE

Leave in the ground and cover with straw or lift and store in boxes of potting compost or sand in shed or garage.

ORIENTAL CABBAGES

Roughly slice, blanch for two minutes and freeze.

BRUSSELS SPROUTS

Remove any damaged outer leaves, blanch for three minutes and freeze on a tray. Place frozen leaves in bags and return to freezer.

TURNIPS

Can be stored like swede in boxes of sand placed in a shed or garage.

WINTER SQUASH

After harvesting place in a warm room such as a conservatory for a couple of weeks then ideally place somewhere cooler but frost-free.

BEEETROOT

Leave beetroot in the ground and cover with 30cm (1ft) of straw or bracken. Harvest when required. Alternatively lift and store as turnips.

LEEKS

These will remain fresh in a fridge for many days but they can be frozen. Simply cut into chunks, there's no need to blanch them if you are eating them within six months. Freeze on an open tray and when frozen place the hard chunks in bags and put back in the freezer.





CLEAN JARS WELL

When following all the recipes mentioned in this supplement it is important to properly clean your storage jars and bottles before filling them. Prepare them by either running the jars and lids through a short, hot wash in your dishwasher, or wash thoroughly by hand, then put in a hot oven to sterilise for 10 minutes.

Kitchen Garden magazine cannot be held responsible for failure to follow these instructions.

GARDEN PICKLE



Recipes by
Kitchen Garden
chef Anna Pettigrew

This recipe is a great versatile recipe, good for any garden vegetable you have a surplus of which needs using up. As long as you stick to the correct quantities, you can substitute any of the veg for what you have available in your garden right now. You can for example switch the cauliflower with cucumber or squash with turnip.

INGREDIENTS

MAKES 4X 250G JARS

- › 3 large carrots, diced
- › 1 medium onion, diced
- › 5-6 medium runner beans
- › 1 medium courgette diced
- › ½ cauliflower, chopped into small florets
- › 2 garlic cloves, minced
- › 150g dark brown sugar
- › 50g raisins
- › 2 tsp salt
- › 1 lemon, juiced
- › 180ml malt vinegar
- › 1 tsp ground allspice
- › 2 tsp mustard
- › 1 tsp ground black pepper

HOW TO MAKE

- 1.** Combine all the ingredients in a large jam pot and bring to the boil.
- 2.** Reduce the heat to a simmer and cook until the carrot is cooked, but still remains firm, about 1½ hours.
- 3.** Stir well now and again to stop the pickle from sticking.
- 4.** Bottle and seal in sterilised jars.
- 5.** Allow the pickle to age for a week before using. Store in a cool place.



MULLED BEETROOT & CARROT CHUTNEY

A warming chutney to make ahead for the coming winter months, this chutney is great served with cheese or cold meats.

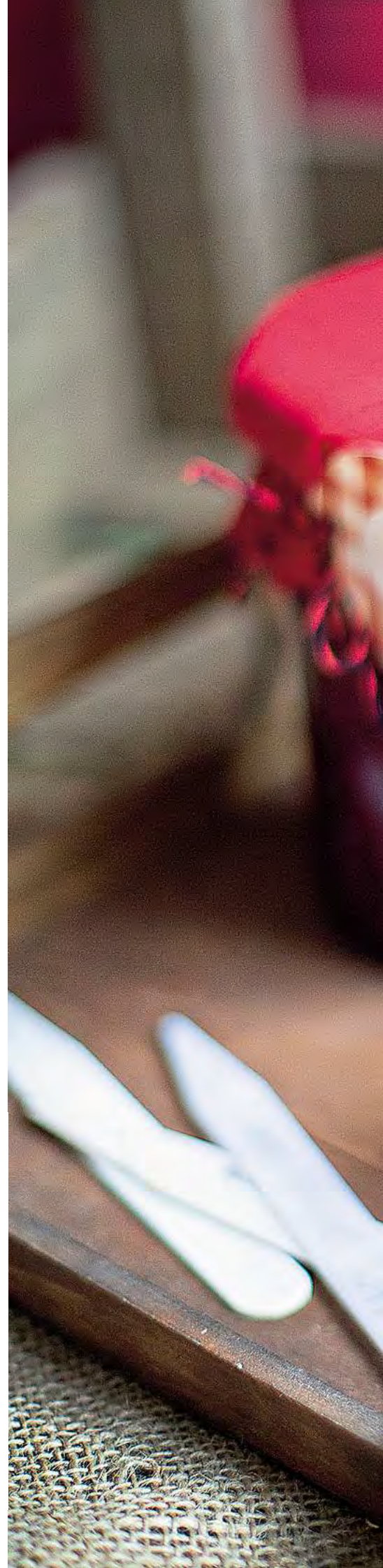
INGREDIENTS

MAKES 4X 250G JARS

- > 500g beetroot, grated
- > 250g carrot, grated
- > 1 apple, peeled, cored and grated
- > 1 onion, finely chopped
- > 1 orange, juice and zest of
- > 300ml cider vinegar
- > 300g granulated sugar
- > 1 cinnamon stick
- > 1 tsp ground cloves
- > ½ red chilli, finely diced

HOW TO MAKE

1. In a jam pan or large saucepan, combine all the ingredients well.
2. Bring to a gentle boil, then cook for an hour, stirring occasionally, until the chutney is thick and the beetroot and carrot are tender.
3. Prepare your jars by either running the jars and lids through a short hot wash in your dishwasher, or wash thoroughly by hand, then put in a hot oven to sterilise for 10 minutes.
4. Once the chutney is cooked, let it cool for 10 minutes, fish out the cinnamon stick, spoon into jars, and seal.
5. Store in a dark place, once opened, refrigerate and eat within two months.







Sweet Pumpkin

Kitchen
Garden

SWEET PICKLED PUMPKIN WITH VANILLA

This is a simple but highly satisfying way to preserve pumpkins. This recipe is sweet and tangy, and is great served alongside roasts or with a slice of quiche.

INGREDIENTS

MAKES TWO LARGE 500G JARS

- › 500g pumpkin, peeled and chopped into thin slices
- › 300g granulated sugar
- › 300ml water
- › 300ml white wine vinegar
- › 1 vanilla pod
- › 2 tsp salt
- › Boiling water

HOW TO MAKE

1. Boil the kettle with enough water to cover the sliced pumpkin. Place the pumpkin and salt in a bowl and pour the boiling water over it. Set aside for 20 minutes.
2. In a large pan, bring the vinegar, 300ml water, sugar and vanilla pod to the boil.
3. Drain the steeping pumpkin and add to the vinegar mixture. Simmer for 20 minutes until the pumpkin is tender.
4. Place the pumpkin into sterilised large glass jars, and pour over the hot vinegar mixture, then seal.
5. Store for up to six months in a cool, dark place.



APPLE & GINGER JUICE

If you own a juicer, take full advantage of it now, while there is an abundance of ripe apples to be used up. Add a little ginger to the mix for a cold fighting infusion, and enjoy.

INGREDIENTS

MAKES 2-3 LARGE GLASSES OF JUICE

- > 5-6 apples
- > ½ organic or unwaxed lemon
- > 2.5cm piece fresh ginger

HOW TO MAKE

1. Wash the apples and cut in half, or to whatever size your juicer can handle. Place the lemon in the juicer, seeds, peel and all.
2. Next add the ginger, and follow with the cut apples.
3. Serve over ice and drink immediately.

EQUIP YOURSELF TO JUICE

A juicer is a great investment for fruit and veg growers, turning surplus produce into delicious healthy drinks. UK Juicers sell a wonderful range of juicers including the L'Equip XL which was voted 'Best Buy Juicer' in The Independent when it was launched a few years ago and it's still a winner with UK Juicers' customers. The large feed chute cuts down on prep time and it's a real speed demon when it comes to juicing apples. Price: £109.

For more information go to www.ukjuicers.com or phone 01904 757070.



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STORE UP NOW, ENJOY LATER

One of the joys of growing your own is that you don't only get to eat fresh produce straight away but you can also save some for future use – so how best to store it?

If you have some gluts of produce and are wondering how to store them, there are many options some of which have been shown on the previous recipe pages. Here we give more advice on other methods of keeping your excess produce, one of which is freezing. Incredibly freezing is a

fairly recent innovation having been around only since the 1970s when the first shops opened in every high street selling bulk frozen bags of veg, meat and convenience meals. Remember your family's first freezer? Of course now every home has one and it is the perfect place to store your surplus produce.

FREEZING

Freezing is perhaps the easiest way to preserve your produce since there is very little preparation involved and nearly all veg, and most fruit, lends itself to the method.

As with any type of preservation, the best results come from using the best produce, picked at its prime. Put tough old beans in and you'll get tough old beans out, so the first thing to remember when selecting produce for freezing or any other form of storage is just that – to be selective and to train yourself to pick at the right time, even if it means putting off that bit of weeding until later.

In the case of freezing, produce is best frozen as soon as possible after picking. Set aside plenty of time to complete the process from garden to freezer in one go, so that, to borrow an old marketing line, your peas remain 'as fresh as the day when the pod went pop'.

WHAT CAN I FREEZE?

You can freeze just about anything. Most vegetables will freeze well, but freezing does carry a cost in terms of actually bringing the produce down to freezing temperature (-18°C /0°F or less) and keeping it there. So there is little point in freezing bulky produce such as carrots and potatoes which will store very well in sacks or nets in a cool, dark place until required.

Most fruit will freeze well, but some such as strawberries and other ripe berries may lose their shape but will preserve their flavour. They are best used to make sauces and pies or for stirring into ice cream, making jams, Eton Mess etc.



STEP BY STEP FREEZING YOUR PRODUCE

STEP 1. Pick your fresh produce and prepare it as necessary (see chart). For example broad beans and peas should be podded and any damaged examples discarded, top and tail French beans. Wash the produce thoroughly under running water in a colander.

STEP 2. It is usually recommended that most vegetables are now blanched (see panel 'What is blanching?' below), followed by plunging in iced water or you could run them under a very cold tap to quickly remove the heat and stop the cooking process.

STEP 3. Once cool enough, remove the produce with a slotted spoon, shake off excess water (the less water to be frozen the better since this saves money in freezing) and dry on some kitchen towel.

STEP 4. Place the produce into sealable freezer bags in convenient portions pushing out as much air as possible before sealing. The bags should be clearly labelled with the date of freezing to enable you to use them in rotation and so you are not left with bags of veggies the age of which you have forgotten as they mingle with the remnants of last season's pickings.



DO YOU BLANCH?

A straw poll of readers on the KG Facebook page revealed that many never blanch their veg – simply give it a rinse and shake and pop it into freezer bags. This certainly reduces the workload considerably and they are still around to tell the tale and say that their frozen home-grown veggies are delicious. (Ed says: However, KG recommends that it should be done for the reasons given below.)

WHAT IS BLANCHING?

Blanching is simply the process of placing produce in boiling water, usually for no more than 2-3 minutes. The heat starts to soften the produce, helps to destroy enzymes that can cause the produce to deteriorate in storage and in the case of beans starts to break down an enzyme which can cause illness when the beans are eaten raw. It also helps to remove any bacteria on the surface of the produce which may conceivably continue to spread, even at very low temperatures.

After boiling, the produce is plunged into ice cold water or run under a very cold tap in a colander to cool quickly and stop it from cooking any further. It is drained and patted dry to remove the water and frozen immediately.

If you are going to blanch, it is important to stick to the timings as carefully as you can – under blanch and the enzymes won't be broken down, over blanch and vitamins will start to be lost. ➤

FREEZING VEGETABLES - ESSENTIAL FACTS

VEGETABLE	PREPARATION	BLANCH TIME (MINUTES)	USE WITHIN (MONTHS)
Asparagus	Trim off the hard bases	3	9
Aubergines, peppers	Slice, cook	N/A	9
Broad beans	Pod	2-3	12
French beans	Top and tail	2-3	9
Runner beans	Top, tail and slice	2	9
Broccoli & cauliflower	Split heads into florets	2	9
Brussels sprouts	Remove damaged outer leaves	3	9
Cabbage	Slice or cut into rough chunks	2	6
Carrots	Wash, top and tail. Leave small roots whole, large roots can be sliced	3	9
Courgettes	Slice, cook lightly in a griddle pan or dice into large chunks	N/A	9
Mangetout/sugar snap peas	Rinse	1	9
Peas	Pod	2	12
Spinach	Rinse	1	9
Sweetcorn (cobs)	Rinse	7	12
Sweetcorn kernels	None	4	12
Swiss chard	Rinse, slice	1-2	9
Tomatoes	Slice, puree	N/A	9



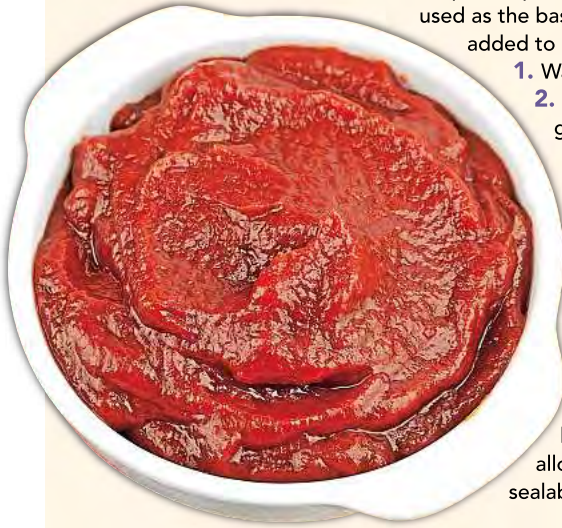
WHEN FREEZING, REMEMBER TO...

- Only freeze top quality produce.
- Freeze as quickly as possible using the fast freeze setting or drawer of your freezer if you have one.
- Don't refreeze thawed produce – put fruit/veg waste on the compost heap.
- Write the date on the bags or containers of all frozen produce and rotate them in the freezer to avoid accumulating old stocks.

MAKE A SIMPLE TOMATO PUREE

Here is a simple recipe for a lovely tomato puree which can be used as the basis for pizza toppings, sauces or simply added to recipes calling for tomatoes.

1. Wash and cut your tomatoes in half.
2. Place close together on the grid of the grill pan in a single layer and sprinkle with salt and black pepper.
3. Drizzle with a good olive oil and torn fresh basil leaves.
4. Place under a hot grill and cook until the juices begin to drip from the tomatoes.
5. Place in a blender or food processor and blend until the tomatoes form a liquid.
6. If you want a fine sauce, pass the liquid through a sieve, otherwise simply allow to cool before decanting into suitable sealable tubs and placing in the freezer.



FREEZING FRUIT – ESSENTIALS

Fruit is a little more tricky to freeze since the process breaks down the wall of the fruit, causing it to become mushy when thawed. For this reason different fruit can be given different treatment depending on the use to which you intend to put it once thawed. Fruit can be frozen in a single layer on trays and packed into bags once hard (good for thicker-skinned berries such as blueberries, currants and also blackberries). Alternatively freeze whole covered in fruit syrup or sugar. Fruit can also be frozen as a puree (good for juicy fruits such as peaches, also strawberries, raspberries or overripe fruit).

Of course most fruits can also be used to make delicious jams and preserves whether frozen first or not. Pears are best lightly cooked (poached) in sugar syrup to help retain their shape prior to freezing or can be made into a puree when they should keep for up to 9 months. This method can also be used for most other home-grown fruit.

■ MAKING A SUGAR SYRUP

To make a fruit syrup for freezing with your whole fruits (see chart), simply add three parts water to one part sugar and stir constantly while heating gently until the sugar has dissolved.

■ MAKING FRUIT PUREE

Having washed stoned fruits such as apricots and peaches, simply whizz your fruit in a food processor adding a little sugar and lemon juice. Blend until smooth; taste, adding more sugar if necessary. For a very fine puree, pass the liquid through a fine sieve to remove the solids.

■ HOW TO FREEZE HERBS

Although it is possible to grow herbs such as parsley, coriander and basil all year round, it can be a struggle to find good quality leaves at all times or to pluck up the courage to go out into the cold of a greenhouse in winter to pick it. Freezing offers a convenient way to ensure a 'fresh' supply whenever needed for the pot.

Simply collect your fresh leaves and remove any tough stalks. Blitz them in a food processor until finely chopped. Divide your chopped leaves into the compartments of an ice tray and top up with water, taking care not to wash them out again! Pop into the freezer and once frozen decant into labelled freezer bags. Use within six months.

FREEZING FRUITS – ESSENTIAL FACTS

Figures in chart relate to number of months produce can be stored.

FRUIT	FROZEN ON A TRAY (open freezing)	FROZEN WITH SUGAR SYRUP OR SUGAR	FROZEN AS A PURÉE
Apples	9	9	9
Apricots	9	9	7
Blackberries/hybrid berries	12	12	6
Blackcurrants	12	12	6
Blueberries	12	12	6
Cherries	7	7	7
Figs	9	9	6
Gooseberries	12	12	6
Peaches	9	9	6
Plums	9	9	6
Raspberries	12	12	6
Rhubarb	12	12	N/A
Strawberries	9	9	6



FOOD DRYING DO'S AND DON'TS

- Only use the best produce for drying. It should be free from damage, rot etc.
- Slice produce thinly to encourage speedy drying.
- Try a sample of produce from time to time to ensure it is dry, but not too desiccated.
- Dip sliced fruit such as apples and pears in a mixture of two parts water to one part lemon juice. Dissolve a teaspoon of sugar into each pint to prevent browning.
- Store your dried fruit in airtight containers, sealed jars or vacuum bags until needed and place them in a cool, dark place.



TOP TIPS FOR SUCCESSFUL DRYING

- Drying offers another simple way to reduce food waste and ensure a plentiful supply of ingredients for your favourite winter dishes. Drying fruit especially also offers a great way to produce healthy vitamin-packed snacks for the whole family and the dried fruit or vegetables can be frozen after drying if you wish, saving you space in the freezer when compared to fresh produce. You can also save on expensive breakfast cereals by adding your own dried fruit and make tempting desserts at any time of year.
- Dried food tends to have a more concentrated taste than fresh since the water has been removed. It can be eaten dry or rehydrated before cooking.
- Dried vegetables are great for soups and stews and dried herbs can be used to make herbal teas or to add to sea salt to spice up recipes.

Of course in warmer, drier climates than ours drying can be a simple case of allowing the sun to do its work, but here... well let's face it, global warming aside it's never going to happen.



In the UK we have to help nature along by, at its most basic, allowing produce such as chilli peppers and shelled beans to dry naturally in the air. For crops containing more water drying in a warm oven (set to its lowest heat and with the door left ajar) is another possibility as is making your own drying cabinet.

For a more reliable and environmentally friendly option however, it is best to invest in a food dryer from companies such as those listed below. UK Juicers sell a range including the Excalibur 4900 9-tray dehydrator pictured below. Priced at £279 this is a deluxe model capable of drying a lot of produce. They do sell smaller versions such as the Stockli Dehydrator (three tray) for £104.95 for those with less produce to dry.



Photo: UK Fruit Juicers.

SUPPLIER LIST

- UK Fruit Juicers www.ukjuicers.com
01904 757070
- Ascott Smallholding Supplies
www.ascott-dairy.co.uk tel: 0845 130 6285
- Vigo www.vigopresses.co.uk
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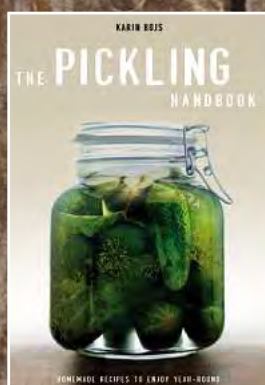
See inside this month's magazine for a chance to WIN one of three copies!

The Bay Tree Book of Preserving is the ultimate book on the subject, providing a one-stop resource. Everyone can enjoy the fruits of their labours with this book from the UK's foremost producer of a huge range of preserves. Whether you have foraged hedgerows, picked produce from your own vegetable garden or allotment, or searched out the best seasonal buys in the supermarket or market, this book contains a complete collection of recipes for preserving fruit, vegetables, meat and fish.

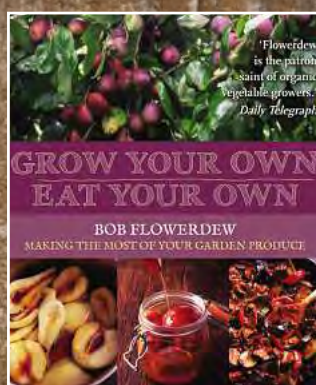
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