

Tasty Recipes for Preserving Your Harvest



Grow Your Own Vegetables



“...the memorable meals from my life were simple meals made from ingredients that had themselves been nourished lovingly...”

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Continue the Journey:

Come join the Grow Your Own Vegetables community and learn to preserve every last morsel of your fresh food garden & farmers market harvests!



[Preserve & Store the Vegetable Harvest Course](#)

“My food journey began in high school when culinary classes brought me into the world of creating food. I continued on to culinary school before completing a two year apprenticeship with a local sushi chef. This apprenticeship was really where I learned to care for ingredients and how to prepare them in a way that shows them respect. In order to really take care of your ingredients, you need to start with the soil.”

I haven’t had many memorable meals that were prepared with unhealthy produce from depleted soils, and most of the memorable meals from my life were simple meals made from ingredients that had themselves been nourished lovingly and prepared the same way. I believe high quality food can be prepared by anyone, and it starts with the soil.”

- Brandon Beins Culinary Educator and Human, Plant, & Soil Health Advocate





Everyday Pickling Liquid

Ingredients

MAKES 2 QUARTS

- ▶ 4 C Apple Cider Vinegar
- ▶ 4 C Water
- ▶ ½ - 1 tsp Salt
- ▶ Sugar (to taste)

NOTES ON SPICES

If using spices like black pepper or cloves, add them during the heating process.

Recipes that use less vinegar in their ratio with success do this by adding citric acid to the recipe to lower the pH. Manufactured citric acid (MCA) is used as a food and beverage additive. A 2018 toxicology report on citric acid reported that almost 99% of the world's MCA is carried out using the fungus *Aspergillus niger*, a known allergen. The [report](#) states, "The FDA placed MCA under the category of GRAS (Generally Recognized As Safe List) without any research to substantiate this claim."

Directions

UNDERSTANDING PICKLING SOLUTIONS

This is an essential pickling solution to keep on hand so you can pickle that extra harvest FAST! This recipe is your starting point for all your pickling needs. With this recipe, you have the freedom to explore endless flavors! Just add your favorite pickling spices to this foundational recipe.

While salt and sugar both act as preservatives, for vinegar-based pickling, it is really the acetic acid of the vinegar that is doing the preserving. The ratio of water to vinegar is not crucial if the pickles are going to be refrigerated.

The objective is to have the pH of the solution below 4.6. As a general rule of thumb, if the vinegar is between 4.3% and 8.5% acetic acid, then a ratio of 1:1 water to vinegar will typically provide a proper pH level for pickling. Testing the pH is a good idea when you're just starting out. You can't have too much vinegar, but there is such a thing as too little vinegar in pickling liquids for long term storage.

If the ingredients being preserved contain a high water content, such as cucumbers, raise the ratio of vinegar to reach the targeted pH.

If stored in the fridge, pickling liquid will keep a more consistent flavor. Room temperature conditions allow microbes within the vinegar to be quite active, altering the flavor of your pickling liquid.

MAKING YOUR PICKLING SOLUTION

1. Mix the vinegar and water.
2. Add the salt and sugar, and stir until dissolved. Speed up the dissolving time by heating your solution on low and whisking.



*Brunoise can also be thought of as a very small dice. Start by cutting your shallot/onion in half. Lay halves flat and starting ¼ inch in from the end of the allium, drag the tip of your knife lengthwise. Then, slice in the opposite direction to get small squares.

Dried Fruit Vinaigrette

Ingredients

MAKES 2 CUPS

- ▶ 7.5 Oz Extra Virgin Olive Oil (by vol.)
- ▶ 2.5 Oz Dried Pears (by weight)
sub: pears for any dried fruit
- ▶ 5 Oz Champagne Vinegar (by vol.) **sub: white wine vinegar**
- ▶ 2 Tbsp - ¼ cup Shallots
sub spring onions
- ▶ 2 tsp - 1 Tbsp Fresh Mint
- ▶ Salt (to taste)

About The Ingredients

The dried fruit rehydrates more evenly if it is chopped into pieces no larger than ¾ inch.

Champagne vinegar pairs well with pears, but white wine vinegar will provide a similar flavor.

Shallots are a great allium of choice for vinaigrettes, but I'll make exceptions during summer when farms have fresh, bright onions.

Get creative and experiment! Try with a variation of dried fruits, vinegars, alliums, spices, herbs, etc.

Directions

UNDERSTANDING VINAIGRETTES

The foundation for vinaigrettes is about the ratio of acid to fat. The general guideline is a ratio of 3:1 fat to acid, but don't be afraid to experiment!

This recipe is a wonderful way to use dried pears, apples, or other dried fruits you've preserved or have on hand. This vinaigrette recipe is a well-rounded, sweet, and savory delight.

MAKING YOUR VINAIGRETTE

1. Cut the dried fruit into ¾ inch pieces or smaller.
2. Mince or brunoise* the shallot/onion. See photos above right for instructions.
3. Add your salt to the vinegar.
4. Mix the vinegar, shallots/onions, diced dried pear, and salt.
5. Steep overnight to allow time for the pears to rehydrate, the onions to denature (mellow in flavor), and for the flavor to infuse into the vinegar.
6. Gently slice mint to avoid bruising, and add it to the vinegar. Mix the mint and vinegar together very well, and pour into a jar.
7. Top this jar with olive oil. Adding a fat layer on top will keep oxygen out and help to increase the shelf life of the vinaigrette.



Sunomono-Style Pickled Cucumbers

Ingredients

MAKES 3 PINTS

- ▶ 3 Medium Cucumbers (Sliced)
- ▶ 1 ½ C Green Onions
- ▶ 26 Oz Rice Vinegar
- ▶ 4 Oz Water
- ▶ 1 tsp Salt

Special Materials

- ▶ 3 Pint Sized Mason Jars

This Recipe Adds Flavor!

There are so many ways to use your Sunomono-Style Pickled Cucumbers!

Toss in a mushroom or chicken pasta

Add them to a toast with fresh goat cheese/chevre & cracked black pepper.

Serve with vermicelli noodles, microgreens, mint, basil, and shredded carrots, radish, kohlrabi, and beets

Using these pickles and their pickling liquid to season a fish filet that just finished roasting

What is Sunomono?

Sunomono means “vinegared food” in Japanese and includes a nearly limitless collection of recipes.

Preserve your cucumbers so they can be quickly tossed into rice bowls and salads, served with fish, or tossed with just about anything that needs the refreshing zest of these pickles! These are especially delicious in a wakame seaweed salad with sesame seeds.

Generally, the more tender the cucumber variety you use, the more tender your final product will be. European cucumbers (English cucumbers) are great for this recipe because their tender skin is desirable. If you are using a variety that has a tougher skin, you can partially peel the cucumbers to get a similar result.

In many climates, cucumbers and green onions are often ready for harvest at or around the same time and combine really well. While not typically included in sunomono cucumbers, green onions have been added to this recipe.

Traditionally, the sunomono cucumbers would be cut quite thin, salted, drained, and then mixed with vinegar; however, since you are pickling, you'll want to cut them a bit larger. If you wish to have a more tender pickle, cut your slices about the thickness of a pencil or a little thinner.

If you like things on the sweet side, you can add your preferred sweetener to your pickling liquid.



Sunomono-Style Pickled Cucumbers

Ingredients

Pro Tip:

After enjoying all the delicious cucumbers and green onions from this recipe, remember to use the liquid left over!

You'll have a wonderful rice vinegar infused with the delicious flavors of cucumber and green onions once your cucumbers are eaten. Use this leftover liquid in a vinaigrette, add a tang to your sauces and soups, the options are endless!

* Make a sunomono salad: toss in a bowl with wakame, sesame seeds, crumbled nori (roasted seaweed), togarashi (Japanese chili powder), and a splash of soy sauce!

Directions

1. Start this recipe by slicing the cucumbers.
The way you choose to cut your cucumbers is up to you. Consistency in sizing is what's most important for pickling, shape matters most for how you wish to use your finished pickles, and thickness will decide how crunchy or tender your pickles will be.
2. Next, cut your green onions.
Because the lower white part of the green onion is significantly denser than the green, you want to cut the white sections smaller, gradually increasing the size as you work towards the greener part.
3. Once you have both the cucumbers and green onions cut, arrange in your jars. Set aside.
4. Combine vinegar, water, and salt in a saucepan over low heat.
5. Stir until salt is dissolved.
6. Pour vinegar solution in jars, ensuring the solution completely covers the cucumbers and onions for even pickling.
7. Wipe edges of jars where lid is placed to prevent rusting of traditional canning jars.
8. Store in the fridge for up to 2-6 weeks or use a water bath canning method for long term storage. Be sure you fully understand the guidelines for safe canning.



Spiced Charred Pickled Beets

Ingredients

MAKES 2 PINTS

- ▶ Everyday Pickling Liquid (page 4)
- ▶ 4 - 5 Medium Size Beets
- ▶ 2 C Apple Cider Vinegar
- ▶ 2 C Water
- ▶ 6 Cloves (clove is strong!)
- ▶ 2 tsp Rainbow Peppercorn (or Black)
- ▶ Salt TT (1 tsp recommended)

Special Materials

- ▶ Cast Iron Pan (optional)

Pro Tip:

Charred beets are one of my favorite treats. Charring certain foods high in sugar or starch content brings out their natural sweetness and savory, rounded flavor, and in this case, makes your pickled beets more tender.

After enjoying all the delicious beets from this recipe, you'll have an apple cider vinegar infused with the delicious flavors of the charred beet, cloves, & peppercorn. Use in a vinaigrette, add a tang to your sauces and soups, the options are endless!

Directions

Charring the beets is best done in cast iron. The next best option to attain the char is to broil the beets in an oven.

1. Maximize your flavor: add spices to the Everyday Pickling Liquid (page 4). Store the vinegar in the fridge with the spices for 4-7 days or heat on low for 20-30 minutes in a saucepan.
2. While the spices are steeping, slice beets in **½ inch thick pieces**.
3. Char your beets. Use high heat **without oil** in your cast iron pan. For broiling, preheat your oven to 450°F (232°C). Ensure beet slices are not making contact with each other for better charring. Toss a few times for more charring. Timing depends on many factors; visually determine when your beets are done (top middle).
4. Once your beets have your desired amount of char, distribute them into sanitized jars while hot, pour in your pickling liquid, wipe any vinegar from the jar to ensure the lids don't rust, cap your jars, and seal.

NOTES

Don't be afraid to experiment! These spices compliment one another and the sweetness of beets, but there are endless combinations.

Cooking oils are not used in charring because the oil will exceed the smoking point before charring, become unhealthy, and taste bad.

You don't have to char the beets. Sauté, blanch, or bake your beets instead if you don't enjoy the flavor of charred foods.



Lacto-Tomato Sauce

Understanding Lacto-Fermentation

Tomato Harvest

Determinate tomatoes are typically used in sauce making because the harvest comes in all at once, while indeterminate tomatoes come in a little at a time over the course of a whole season.

Unlike many large batched tomato recipes that require determinate tomatoes, this recipe can be batched with indeterminate tomatoes so long as you're growing enough indeterminate tomatoes to harvest a few small handfuls every other day over the course of a week.

Because indeterminate tomatoes can be used, it opens up a vast selection of varieties you can use, including our beloved heirlooms!

About Lacto-Fermenting

Lacto-fermenting facilitates lactic acid bacteria (LAB), which breaks down sugars into lactic acids when you combine tomatoes with salt. This fermentation is what provides the layers of acidity and flavor when cooked down, making it a method unmatched by others.

The fermentation period typically takes place outside of a refrigerator in a controlled environment around 78°F (25°C). If you're new to fermenting, you'll want to ferment in the fridge to reduce the risk of harmful bacteria developing. The room temperature method will increase the flavor profile, and you can use this method if you're proficient at fermentation.

Jars, lids, and weights used to ferment should be sterilized before use to decrease potential for harmful bacteria development. Sterilize your jars in a dishwasher with a hot temp cycle without any soap, in your oven at 230°F for 10-15 minutes, or in boiling water for 10-15 minutes (fully submerged). Allow jars to dry in a clean environment if using a water sterilizing method.

By harvesting your tomatoes over the course of a week, your lacto-fermented tomato sauce will develop a depth of flavor unmatched by other methods!

NOTE: Signs of a bad ferment are usually quite apparent through sight or smell; a putrid smell or physical build-up on or in your ferment are signs your ferment is bad and not to be consumed.



Lacto-Tomato Sauce

Ingredients

FERMENT INGREDIENTS

- ▶ Freshly Harvested Tomatoes
- ▶ Salt (2% ratio by weight)

Special Materials

- ▶ Mason Jars sized to each day's harvest

The inspiration for this recipe came from the *Noma Guide to Fermentation* by David Zilber.

Harvest the Perfect Tomato

Harvest tomatoes at their peak. Avoid over-ripe tomatoes and tomatoes with spots, bruising, or rot to reduce risk of bad bacteria competing with your LAB. Under-ripe tomatoes won't give you the flavor profile you want.

Tomatoes at their peak will often be mostly firm with a slight give when gently pressed with the thumb, but the best way to know when tomatoes are just right to pick is by taste and getting to know your varieties.

Directions

PART 1: Lacto-Fermenting

1. Cut your tomatoes into a large dice, the size of a quarter. Consistent sizing is more important than a specific size. If using cherry tomatoes, cut into quarters or halves. Remove any sections of stem, rot, and bruising.
2. Salt provides a healthy fermentation, so ratio is imperative. Use 2% salt by weight. To calculate the weight of your tomatoes, divide by 100, then multiply by 2 for the amount of salt that you need.
3. Mix the salt in thoroughly.
4. Place your tomato-salt mixture into a sterilized mason jar with the solids below the liquid surface. You can do this using fermentation weights.

If you don't have fermentation weights, you can partially fill a sandwich bag with water so it fits just inside the jar. Double bag the sandwich bag to ensure it doesn't leak into your ferment.

A plate or other non-porous, food-safe dish that will fit inside of your tomato container also works great.

5. Put a fermentation lid (air lock) on your container to allow gases from the fermentation process to escape.
6. Stirring your ferment once a day will help eliminate trapped air pockets the fermentation process creates and help ensure a successful ferment.



Lacto-Tomato Sauce

Ingredients

MAKES 4 CUPS

- ▶ 2 C Fresh Tomatoes
- ▶ 2 C Lacto-Fermented Tomatoes
- ▶ 10 Cloves Garlic
- ▶ 1 ½ C Red Onion
- ▶ 2 Tbsp Red Wine or Red Wine vinegar
- ▶ Salt TT
(ferment provides salt)
- ▶ Ground Black Peppercorns
- ▶ 2 Tbsp Olive Oil

* About Sweating

Sweating alliums such as onions or garlic is the process of cooking them low and slow so that their moisture starts to get pulled out.

** Deglazing the Pan

This process uses the vinegar to lift the sugar crystals and all the bits of flavor that formed on the pan to increase the flavor profile and create a well rounded dish.

Directions

PART 2: Lacto-Fermented Sauce

1. Cut the onion to a medium dice. Set aside.
2. Mince or finely chop the garlic. Set aside.
3. Largely dice your tomatoes (skins on for flavor), and set aside. Peel, then blanch your tomatoes if you want a smooth pureé.
4. Heat a large saucepan on medium-low to medium heat.
5. Thinly cover bottom of pan with a layer of olive oil.
6. Add ⅔ of your red onions and garlic into the oil with a pinch of salt and pepper.
7. Cook until both are just barely sweated*.
8. Pour in your red wine or red wine vinegar to deglaze** the pan.
9. Add your tomatoes and the remainder of the garlic and red onion to your sauce pan.
10. Add another small pinch of salt.
11. Allow sauce to simmer for 20-30 minutes, or until the alliums are cooked and you have the consistency that you want.
12. Remove your sauce from the heat.
13. Let cool to desired temperature before serving.



Garden Fresh Vegetable Stock

Understanding Stocks

WASTE NOT

Throughout most of our history we've conserved our resources out of necessity, especially when it comes to our food supply.

Many cuisines and many food preparation methods were born from this necessity. Stocks are an efficient way of harvesting all the flavor and nourishment of every last morsel!

If you won't be using your food scraps within a few days, freeze your scraps until you're ready to make your stock; use the ends of vegetables, stems, and even the bulb of the garlic with the cloves in the middle too tiny to peel and chop.

BUILDING A STRONG FOUNDATION

Stock making is a significant preservation method; while it can only be stored in the fridge for 5-7 days, it can be frozen and kept on hand for quite some time. Stocks in western cooking are heavily influenced by traditional French cuisine, and we often look to French mirepoix for the building block of our stocks.

While many people use the word mirepoix to refer to the combination of carrots, celery, and onions for cooking, French mirepoix is a specific ratio of 2:1:1 onion to carrots to celery. The higher ratio of onion in French mirepoix lends to a more significant richness to the stock due to the higher natural sugar content in onions.

Many people use French mirepoix and 'The Holy Trinity' mirepoix interchangeably. However, they are slightly different; 'The Holy Trinity' is a ratio of equal parts of the three ingredients and is used when a brighter, more herbaceous flavor from the carrots and celery is desired.

Cooking is more like an art than a science, so while mirepoix is not a requirement for stocks, it is the core of what makes a good one.



Garden Fresh Vegetable Stock *cont...*

Stocks 101

HERBS

Most herbs incorporate best if added at or near the end of the heating process. The goal is to preserve as much of the flavor and nutrient content as possible. To do this, steep your herbs like tea for 10-20 minutes.

Generally, the denser, more fibrous plant flavors should be added before removing from the heat. These would include some spices and roots like ginger, whose qualities take time to emerge.

The leafier herbs (oregano, thyme, sage, etc.) should be added after the stock is removed from the heat. Boiling herbs too long can flatten their flavor.

Mushrooms (dried, roasted, or fresh) add savory to your stock profile.

Bones add a luxurious richness to your broth, offer a plethora of nutrition and flavor, and are deeply nourishing.

Directions

CHOOSING AND PREPPING YOUR INGREDIENTS

1. Decide what you would like to include in your stock. If you have a specific use for your stock, make sure the ingredients are in line with what you intend to use it for.
2. Use vegetables that have a more rounded flavor, such as onions, carrots, and celery, as the foundation of your stock. Add other vegetables, herbs, and spices with sharper flavors, such as peppers and radishes, to the core foundation versus using these potent flavors as the main flavors.
3. Once you have chosen your ingredients, you want to cut them to size, so they all release their flavors and nutrients at the same rate. In theory, this means cutting everything to about the same size. In practice, the more dense an ingredient, the smaller it should be sized in comparison to other less dense ingredients.

It can take time to hone this skill. Cut dense foods like carrots and beets smaller. Foods like onion and radish that have a higher water content and are less dense should be larger. Pay close attention to the density of your ingredients.
4. Once all ingredients are cut to size, transition into a large pot along with a pinch of salt. You can add more, but start with a small amount; the salt will intensify with the flavor of the stock.

* Taking notes and journaling on the size of your ingredients and resulting flavors can help you master the art of stock making. Plus, they're a great asset to pass down to future generations!



Cooling Hack

To speed the cooling process, place your stock pot in an ice bath in the sink and/or add ice to the stock. Adding ice will slightly dilute the stock. Stirring often will also help the cooling process. Be aware of the times and temperatures that correspond with food safety.

[Here is a link to help you locate the proper time and temperature for cooling your stock.](#)

Garden Fresh Vegetable Stock *cont...*

Stocks 101

COMMON VEGETABLES

Carrots	Parsnip
Celery	Beets
Onions	*Peppers (No seeds)
Leeks	*Kohlrabi
Shallots	*Radish or Daikon
Garlic	Mushrooms (fungi)
Green Onions	*Corn

*Use extra consideration for the way these ingredients taste in your broth, and consider how much you're using. All herbs and spices on this list should be considered this way as they typically have such an acute flavor.

COMMON HERBS

Rosemary	Chives
Thyme	Cumin
Sage	Coriander
Dill	Cardamom
Fennel	Cilantro seeds
Lovage	Fennel seeds
Allspice	Curry Spice
Lemongrass	Wheatberries
Oregano	Nutmeg
Savory	Cinnamon

Directions

5. Fill the pot with water leaving only enough room to boil without spilling over. Make sure all the ingredients are completely submerged in the water.
6. Place your pot on the stovetop, and turn the burner on medium to medium-high heat. The ideal temperature for a vegetable stock is a consistent, gentle bubbling. If you include bones in your stock, a higher temperature helps to extract the flavor and nutrients. For a clearer stock, bring your stock to a boil, pour all the water out, refill the pot with water, and return pot to the burner. When using this method, add salt here versus adding it at the beginning.
7. The best way to tell if a stock is done is by tasting it along the way. Chef instructors usually urge students to taste a cooking stock as much as possible through the process; tasting throughout creates an intimate understanding of how flavors progress and will help you create stocks in the future more aligned with your flavor preferences. Recommended simmering time: 45 minutes to 1 hour.
8. Once the stock is finished, strain, add salt to taste, and let cool on the stovetop to avoid raising the temperature of your refrigerator.
9. Freezing for compact storage: once stock is cooled, pour into freezer bags and lay flat on a tray in the freezer. You can also pour into portion sized square plastic containers, freeze, then remove the frozen stock block from container and stack in large freezer bags in your freezer.

Grow Your Own Vegetables

Take Your Garden to the Next Level

It's our mission to support new and seasoned growers like you all over the globe create successful vegetable and herb gardens for a happier, healthier YOU, and a greener planet.

It's our passion to help you remove any obstacles standing in your way so you can grow delicious, nutrient-rich, organic vegetables and herbs at a fraction of the price of store bought food

Regardless of the size of your garden... you've come to the right place. Our self-paced, step-by-step online programs are here to guide you from garden site and design all the way to harvest.

With done-for-you templates and step-by-step guides, you'll get all the tips and tricks you need so you can get on the fast track to garden success!

Here are a few of our most popular courses:



Grow Your Own Vegetables: Named by many as the single most comprehensive online course this course takes the mystery out of successful vegetable and herb gardens. This garden system helps you apply the rules of growing to your local conditions. Do LESS garden work and get MORE fresh, delicious, organic food.

Learn more & get started now <https://growyourownvegetables.org/ggov/>



Beginner Crop Planning Micro Course: With some gardening experience under your belt, you'll start to wonder how to get the most out of your garden. A crop plan is a vital tool to plan your entire growing season. It is the key factor in maximizing your garden harvests.

Learn more & get started now <https://growyourownvegetables.org/beginner-crop-plan-offer/>



Preserve & Store the Vegetable & Herb Harvest: Enjoy every last morsel of seasonal produce. Whether it's from your own garden or the farmers market, preserved food tastes like a ray of sunshine. Follow this 7-Step Food Preservation System for year-round fresh food.

Learn more & get started now <https://growyourownvegetables.org/preserveharvest/>



Take the Fresh Food Challenge! Learn to grow \$400 of Vegetables & Herbs in 40 Days or MORE! Get fresh, homegrown greens on your dinner table... and FAST. Indoors or outdoors, follow the step-by-step videos and see how much food you can bring to your table while spending under an hour each week.

Learn more & get started now <https://growyourownvegetables.org/400in40/>

Take Your Garden to the Next Level

From the Grow Your Own Vegetables Community:

*"I grew hundreds of pounds of produce. **Your class has been extremely helpful to me, an amazing value for the money.** I honestly have not had this much progress planning an annual garden before this class, and I can't thank you enough for your clarity, support, and optimism!!!" —Lenna*

*"Your class was transformational! **I am growing so much more vegetables and have a plan of action.**" — Laura*

"I have been so impressed with just how much you guys do for us. Thank you, thank you. I will reach out with any questions." — Barbara

*"The biggest impact for me is **having a better sense of confidence that I can grow organic produce successfully,** and also the knowledge that I have a safety net if I have questions or problems in the future as an alumni who still has access to question/answer sessions. At this point, **I feel it was definitely money well spent.**" — Michele*

*"One of my goals for taking the course was to demystify the start up process. **I genuinely feel I have everything I need to start my garden and harvest an endless supply of food.**" — Kris*

*"Now I understand why yields were poor in the past: I now know how to find the best space to grow veggies, what to not bother with, and what's easiest for us. It's a far more rewarding experience now! **Saving agony is a highly valuable outcome for us. Money well worth spending!**" — Kei*

*"Your course format has been outstanding. **The visual aids really helped me understand and use the information.**" — Judy*

Meet our Dedicated Team



Stacey Murphy
Master Gardener Trainer



Denise Beins
Chief Operations



Lauren Groves
Tech Support



Crystal Meserole
Garden Support

*"Lauren, Thank you so much for your replies. Your replies are exactly what I need. Thank you 🙏 I will always support your group and you can count on my involvement with your incredible journey. You and Crystal are **AWESOME** customer supports and great human beings. I am grateful and appreciate all your help ! Have a great Labor Day weekend!!" — Lisa*

"Hi Crystal! Thank you so much for your lovely note. It really made me feel valued to have all my concerns addressed." — Jill