

Grow Your Own
Vegetables



Vegetable

Preservation Chart



Your Quick Guide to the Best Methods
of Preservation for Each Vegetable



ENJOY YOUR HARVEST

Welcome to the incredible world of harvest preservation!

Whether you're preserving your farmer's market delights or your backyard treasures, whether you're a seasoned preserver or a newbie, this quick chart can help you on your preservation journey.

All vegetables can be preserved in some way, but not all methods are going to be as successful for each vegetable. That's why we created this quick chart—so you can quickly reference which preservation methods to use for your fresh food.

We are honored to be a part of your journey towards a healthy, vibrant life!

To Your Thriving Life,

The Grow Your Own Vegetables Team



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ENJOY YOUR HARVEST

Vegetable	Freezing	Dehydrating	Canning	Fermenting	Curing/Storing	Quick Pickling
Artichoke	B	B	P	Sub Helianthus tuberosus	-	hearts
Arugula	Lay flat, then bag	Y	No	No	-	-
Asparagus	B	B	Pressure Can Hot or Raw / P	2	-	Y
Beans	B	B	Newbie's Choice!	1	-	Y
Beet	B	B	Pressure Can Hot / P	1	Store only	sliced
Bitter Melon	B	B	P	2	-	Y
Bok Choy	B	Y	P	2	-	-
Broccoli	B	Y	P	2	-	florets
Brussel Sprouts	B	B	P	2	-	sliced
Cabbage	-	B	Kraut	1	-	-
Carrot	B	Y	Newbie's Choice! Hot or Raw / P	2	Store only	sliced
Cauliflower	B	Y	P	2	-	florets
Celery	-	Y	P	3	-	-
Celeriac	B	B	No	3	-	-
Collard Greens	Lay flat, then bag	Y	Kraut	2	-	-
Corn	B	B	Pressure: Creamy Hot only!	3	-	-
Cucumber	-	Y	P	1	-	sliced
Eggplant	B	Y	P	3	-	-
Fennel	B	Y	No	2	-	as spice
Garlic	B	Y	Not For Beginners	3	Hot, dry, dark cure	cloves
Kale	Lay flat, then bag	Y	Kraut	2	-	-
Kohlrabi	B	B	Not Tested	1	-	sliced
Leeks	B	Y	Not Tested	3	-	sliced
Lettuce	-	Y	No	No	-	-
Okra	B	B	Hot / P	2	-	yes
Onion	Chop & Freeze	Y	P	1	Hot, dry, dark cure	sliced
Parsnip	B	B	Not Tested	2	-	-
Peas	B	B	Newbie's Choice! Hot or Raw / P	2	-	-
Peppers (HOT)	Chop & Freeze	Y	Hot / P or Marinade	1	-	sliced
Peppers (SWEET)	Chop & Freeze	Y	Hot / P or Marinade	2	-	sliced
Potato	B	B	Not mashed / Hot	3	Hot, humid, dark cure	-
Pumpkin	B	B	Not mashed / Hot	2	Hot & sunny cure	-
Radish	-	Y	P	1	-	sliced
Rutabaga	B	B		3	Store only	-
Spinach	Lay flat, then bag	Y	Not for Beginners	No	-	-
Squash (summer)	B	Y	P	2	-	sliced
Squash (winter)	B	B	Not mashed / Hot	2	Hot & sunny cure	-
Sweet potato	B	B	Not mashed / Hot	3	Hot, humid, dark cure	-
Swiss chard	B	Y	No	Stalks Only	-	-
Tomatillo	B	+	Newbie's Choice!	1	-	sliced
Tomato	Freeze whole	Y	Newbie's Choice!	1	-	green
Turnip	B	B	Not Tested	2	-	sliced

B = Blanch first for best results
P = Mushy unless pickled

Y = Successful method
No = Don't use method

Hot = Hot Pack Canning
Raw = Can Raw Pack

1 Easy
2 Medium
3 Hard

* NOTE: For your safety, ALWAYS follow USDA recommended guidelines when preserving. If you're new to preserving, start with the easiest methods and vegetables. You want easy wins to start!

* IMPORTANT!!! FOR CANNING: ALL veggies, except tomatoes, need to be either pickled in a hot water canning process or pressure canned.

