

GROW ENOUGH FOOD FOR A BOUNTIFUL HARVEST

A Farm Girl in the Making - Ann Accetta-Scott

The Farm Girl's Guide to Preserving the Harvest - Now Available on Amazon



TOMATOES

Plant meaty tomatoes such as, Roma or Plums for canning whole and as a sauce.

- 50 lbs | 15 -20 quarts
- Expect a yield of 10 pounds per plant

PRESERVING METHODS: Canning, Freezing, Dehydrate

GARLIC

Softneck garlic stores longer than hardneck varieties.

- 1 bulb Hardneck | roughly yields 7 bulbs
- 1 bulb Softneck | yields roughly 12 bulbs

PRESERVING METHODS: Canning, Freezing, Dehydrate, Smoked, Store Fresh



LEAFY GREENS

Each preserving method will call for a different amount.

Canning:

- 28 lbs | 7 quarts
- 18 lbs | 9 pints

PRESERVING METHODS: Canning, Freezing, Dehydrating, Fermenting





POTATOES

Plant the following potatoes for ideal storing: Red Chieftain, Yukon Gold, Burbank Russet, German Butterball, Yukon Gem, Rose Finn Apple Fingerling and Russian Banana Fingerling.

- 1 large variety provides an average of 4 plants, average yield per plant 15 to 60 lbs
- 1 fingerling variety provides an average of 6 plants, average yield per plant 10 to 15 lbs

PRESERVING METHOD: Canning, Freezing, Store Fresh

APPLES

Plant hardy apple varieties such as, Fuji, Red Delicious, Granny Smith, King, Honey Crisp, McIntosh, and Gala.

Canning:

- 48 pounds | 16 to 20 quart

PRESERVING METHOD: Canning, Dehydrating, Fermenting, Store Fresh



CUCUMBERS

Select pickling cucumbers verses slicing for long-term storage, Boston, National, or Bush Pickling cukes.

Canning:

- 14 lbs | 7 quarts
- 9 lbs | 9 pints
- 5 pounds (roughly) per plant

PRESERVING METHODS: Canning, Fermenting, Dehydrating

