

# Pantry Press

Volume 5, Issue 4

May 2020

## Who are UC Master Food Preservers?

WE ARE VOLUNTEERS WITH EXTENSIVE TRAINING IN FOOD SAFETY AND PRESERVATION FROM THE UNIVERSITY OF CALIFORNIA COOPERATIVE EXTENSION. WE TEACH CLASSES TO THE PUBLIC AND ARE AVAILABLE TO ANSWER YOUR HOME CANNING AND FOOD PRESERVATION QUESTIONS.

\*\*\*\*\*

### Mission Statement

*"To teach research-based practices of safe home food preservation to the residents of California."*

\*\*\*\*\*

## Reach us

Online:  
<http://cesanluisobispo.ucanr.edu>

Helpline: (805) 781-1429

Email: [slofmfp@ucanr.edu](mailto:slofmfp@ucanr.edu)

## What's happening in May

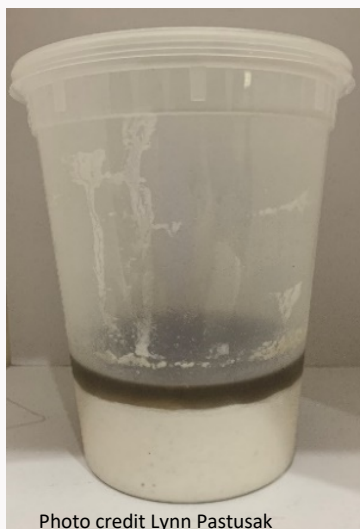


Photo credit Lynn Pastusak

Last month we provided instructions on how to make your own sourdough starter and bake your first loaf. This is what happens if you leave your starter in the fridge for a while and do not feed it. It will develop a "hooch", yes it really is called hooch (that greenish gray substance on top of your starter) What do you do with it? Information about reviving your starter can be found on our blog at:

<http://ucanr.edu/blogs/foodpreservation/>



Photo credit: Tami Reece

What do you do when all your avocados ripen at the same time? Freeze them!!!!

Step by step instructions are provided in our blog. Check it out at: <http://ucanr.edu/blogs/foodpreservation/>

More avocado ideas are provided at [California Avocado](http://ucanr.edu/blogs/foodpreservation/)



Due to the COVID-19 pandemic our in person classes have been cancelled until further notice. In the interim we have developed a food preservation blog where we will be highlighting various preservation methods and recipes. We encourage you to subscribe to get notified when new posts have been added.

<http://ucanr.edu/blogs/foodpreservation/>

We look forward to seeing you in person soon.



Photo credit: Tami Reece

## Pickled Red Onions Yum!

- ½ cup rice vinegar (or any white vinegar)
- 1 teaspoon kosher salt
- 2 tablespoons sugar
- Pinch of red pepper flakes
- ½ cup of water
- 1 large red onion, halved and thinly sliced

1. In a small saucepan, combine the vinegar, salt, sugar, pepper flakes, and ½ cup of water and bring to a boil over medium-low heat.
2. Place the onion in a large heatproof bowl and pour the mixture on top.
3. Place in fridge and allow to cool.
4. Place in container with lid and store in fridge.

Recipe courtesy 'The New Frontier' cookbook by  
Ree Drummond

These onions are great on salads, sandwiches, anything you want to add a little tang!

They will last quite a while in your fridge however they do not last longer than a couple of days in mine because we put them on everything!!

Tami Reece, UCCE Master Food Preserver



Photo credit: Tami Reece

## UH OH...

***To a home canner this is a disappointing sight. It probably means you have some type of product, that you worked really hard preparing and preserving, floating around in your boiling water canner. My most memorable jar failure was a quart of tomato juice. I took off the lid of my canner only to see a red soupy mess. I could not even see my other jars. I decided to finish my processing time and remove the 5 intact jars. After waiting 24 hours, I cleaned up the outside of the jars with white vinegar, labeled and stored with no issues. Why did that one jar break? I have no idea, but it is an important reminder to always check your jars for cracks, chips, or other imperfections prior to filling. Also no hot product in cold jars!***