



Crazy Condiments

Condiments are defined by Ball *Complete Book of Home Preserving* as the “something extra” that transforms the ordinary into extraordinary, with very little effort. Condiments include ketchups, mustards, brush on sauces, vinegars, chili sauces and many others. This handout includes recipes to make and preserve a variety of condiments. For more detailed information on the processes, download the UCCE Master Food Preservers of Amador/Calaveras County handout on Core Canning Techniques, Safety, and Dehydration from our website.

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Barbeque Sauces

Two-in-One Barbecue Sauce

Yield: 6 pint jars

Base for Sauces:

16 cups pureed seeded peeled plum tomatoes
2-1/4 cups pureed seeded green peppers
2 cups pureed onions
3 cloves garlic, finely chopped
2 Tbsp mustard seeds, crushed
1 Tbsp celery seeds
2 dried chili peppers, seeded and crushed

Stampede-Style Sauce:

3/4 cup mild-flavored or fancy molasses
3/4 cup malt vinegar
1/3 cup Worcestershire sauce
2 Tbsp chili powder
2 tsp freshly ground black pepper

Sweet 'n' Sour Sauce:

1 Tbsp finely chopped ginger root
3/4 cup liquid honey
3/4 cup cider vinegar
1/2 cup soy sauce
2 cups canned crushed pineapple, with juice

1. In a large pot, stirring frequently, bring half of the tomato puree to a full rolling boil. Maintain the boil and gradually add remaining puree. Cook over high heat, stirring frequently, until reduced by half, about 1 hour.
2. Add peppers, onions, garlic, mustard seeds, celery seeds and chili peppers. Return to a boil. Reduce heat to medium and boil gently, stirring frequently, until peppers and onions are tender, about 10 minutes.
3. Divide mixture equally between two stainless steel saucepans. Add ingredients for Stampede-Style Sauce to one pan; ingredients for Sweet 'n' Sour Sauce to the other. Bring both mixtures to a boil over high heat, stirring frequently.
4. Reduce heat and boil gently, stirring frequently, until mixtures are thickened to the consistency of a thin commercial barbecue sauce, about 45 minutes.
5. Wash lids and rings in warm soapy water; set aside. Wash canning jars and place in canner to heat.
6. Ladle hot sauces into hot jars, leaving 1/2-inch headspace. Remove air bubbles and adjust headspace if necessary. Wipe rims. Apply lids and rings.
7. Process in a boiling water or atmospheric steam canner for 20 minutes between 0-1,000', 25 minutes between 1,001 – 3,000', 30 minutes between 3,001 – 6,000', 35 minutes between 6,001 – 8,000', and 40 minutes between 8,001 – 10,000'.
8. Remove from canner. Let cool, undisturbed, 12-24 hours and check for seals. Remove rings, clean and label jars. Store sealed jars in a cool, dry, dark location. Use within 1 year for best quality.

Source: Ball Complete Book of Home Preserving. 2012, page 262

Zesty Peach Barbecue Sauce

Yield: About 8 half pints

6 cups finely chopped pitted peeled peaches (about 3 lbs)
1 cup finely chopped seeded red bell pepper (about 1 large)
1 cup finely chopped onion (about 1 large)
3 Tbsp finely chopped garlic (about 14 cloves)
1-1/4 cups honey

3/4 cup cider vinegar
1 Tbsp Worcestershire sauce
2 tsp hot pepper flakes
2 tsp dry mustard
2 tsp salt

1. Wash lids and rings in warm soapy water; set aside. Wash canning jars and place in canner to heat.
2. Combine all ingredients in a large saucepan. Bring to a boil. Reduce heat and simmer, stirring frequently, until mixture thickens to the consistency of a thin commercial barbecue sauce, about 25 minutes. If desired, puree in batches or use an immersion blender to help break down the peaches.
3. Ladle hot sauce into hot jars leaving 1/2-inch headspace. Remove air bubbles and adjust headspace if necessary. Wipe rims. Apply lids and rings.
4. Process in a boiling water or atmospheric steam canner for 15 minutes between 0-1,000', 20 minutes between 1,001 – 3,000', 25 minutes between 3,001 – 6,000', 30 minutes between 6,001 – 8,000', and 35 minutes between 8,001 – 10,000'.
5. Remove from canner. Let cool, undisturbed, 12-24 hours and check for seals. Remove rings, clean and label jars. Store sealed jars in a cool, dry, dark location. Use within 1 year for best quality.

Source: FreshPreserving.com, 2018

Chutneys

Apple Rhubarb Chutney

Yield: 4 half pints

4 cups peeled, diced apples (4 large)
 2 cups diced rhubarb (fresh or frozen)
 1/2 cup water
 Juice and zest of 1 lemon

4 cups granulated sugar
 1 tsp ground cinnamon
 1/2 tsp ground nutmeg
 1/2 cup dried cranberries

For conserves and chutneys, choose apples that keep their shape when cooked. Good apple choices are Golden Delicious, Spy or Spartan.

1. Wash lids and rings in warm soapy water; set aside. Wash canning jars and place in canner to heat.
2. In large heavy-bottomed pot, combine apples, rhubarb, water, lemon rind & juice, sugar, cinnamon and nutmeg. Bring to a boil over high heat, stirring constantly. Reduce heat, boil gently 15 minutes, stirring frequently. Stir in dried cranberries. Cook 10-15 minutes longer until mixture reaches soft jam-like consistency, stirring frequently.
3. Remove from heat, let rest for 1 minute. Stir to distribute dried cranberries.
4. Ladle hot mixture into hot jars to within 1/4-inch headspace.
5. Remove air bubbles and adjust headspace if necessary. Wipe rims. Apply lids and rings.
6. Process in a boiling water or atmospheric steam canner for 10 minutes between 0-1,000', 15 minutes between 1,001 – 3,000', 20 minutes between 3,001 – 6,000', 25 minutes between 6,001 – 8,000', and 30 minutes between 8,001 – 10,000'.
7. Remove from canner. Let cool, undisturbed, 12-24 hours and check for seals. Remove rings, clean and label jars. Store sealed jars in a cool, dry, dark location. Use within 1 year for best quality.

Source: Source: Ball Complete Book of Preserving, Pub. 2012, page 239

Golden Gossip Chutney

Yield: 8-9 pints

4 cups shredded carrots (about 1 lb carrots, 4 to 5 large)
 2-1/2 cups sugar
 2-1/4 cups water
 5-inch piece cinnamon stick
 1/2 tsp cayenne pepper
 2 Tbsp mustard seed
 2 tsp whole cloves
 3 Tbsp finely chopped gingerroot

3 cloves garlic, finely chopped
 1-1/2 cups coarsely chopped, pitted dates
 3 to 4 medium apples (about 1 lb)
 1-1/2 cups malt vinegar, 5%
 2 cups finely chopped onion (about 3/4 lb or 3 to 4 medium)
 1 Tbsp tomato paste
 2 small red peppers
 1/4 cup bottled lemon juice (5%)

1. In a very large stainless steel pot, combine carrots, sugar, water, cinnamon stick and cayenne pepper.
2. Tie mustard seed and cloves in a large square of cheesecloth, creating a spice bag; add to carrots. Bring mixture to a boil, cover, reduce heat and boil gently about 5 minutes until carrots are soft.
3. Add ginger root, garlic and dates. Peel and core apples. Grate, adding to chutney, as they are grated. Stir in vinegar. Add onions and tomato paste to chutney. Cover and cook 20 minutes.
4. Wash lids and rings in warm soapy water; set aside. Wash canning jars and place in canner to heat.
5. Wash and core red peppers; cut into 1/4-inch cubes; stir into chutney with lemon juice. Stirring occasionally, boil chutney 10 minutes or until thick. Remove cinnamon stick and spice bag.
6. Ladle chutney into hot jars leaving 1/2-inch headspace. Remove air bubbles and adjust headspace if necessary. Wipe rims. Apply lids and rings.
7. Process in a boiling water or atmospheric steam canner for 10 minutes between 0-1,000', 15 minutes between 1,001 – 3,000', 20 minutes between 3,001 – 6,000', 25 minutes between 6,001 – 8,000', and 30 minutes between 8,001 – 10,000'.
8. Remove from canner. Let cool, undisturbed, 12-24 hours and check for seals. Remove rings, clean and label jars. Store sealed jars in a cool, dry, dark location. Use within 1 year for best quality.

Source: Ball Complete Book of Preserving, Pub. 2012, page 252

Mango Chutney

Yield: 6-7 pints

- 11 cups or 4 pounds unripe (hard) mangos
- 2-1/2 cups or 3/4 pound finely chopped yellow onions
- 2-1/2 Tbsp grated fresh ginger
- 1-1/2 Tbsp finely chopped fresh garlic
- 4-1/2 cups sugar
- 3 cups white distilled vinegar (5%)
- 2-1/2 cups golden raisins
- 1-1/2 tsp canning salt
- 4 tsp chili powder

**Caution: Handling green mangoes may irritate the skin of some people in the same way as poison ivy. (They belong to the same plant family.) To avoid this reaction, wear plastic or rubber gloves while working with raw green mangoes. Do not touch your face, lips or eyes after touching or cutting raw green mangoes until all traces are washed away.*

1. Wash lids and rings in warm soapy water; set aside. Wash canning jars and place in canner to heat.
2. Wash all produce well. Peel, core and chop mangoes into 3/4-inch cubes. Chop mango cubes in food processor, using 6 one-second pulses per food processor batch. (Do not puree.)
3. Bring to a boil over medium-high heat and boil hard, stirring frequently, for 20 minutes. Add sugar and vinegar. Stir to dissolve.
4. Reduce heat and boil gently, stirring frequently, until thick enough to mound on a spoon, about 20 minutes. Add raisins and return to a boil, stirring constantly. Remove from heat.
5. Ladle hot chutney into hot jars, leaving 1/2-inch headspace. Remove air bubbles and adjust headspace if necessary. Wipe rims. Apply lids and rings.
6. Process in a boiling water or atmospheric steam canner for 10 minutes between 0-1,000', 15 minutes between 1,001 – 3,000', 20 minutes between 3,001 – 6,000', 25 minutes between 6,001 – 8,000', and 30 minutes between 8,001 – 10,000'.
7. Remove from canner. Let cool, undisturbed, 12-24 hours and check for seals. Remove rings, clean and label jars. Store sealed jars in a cool, dry, dark location. Use within 1 year for best quality.

Source: *The University of Georgia, October 2003*

Simply Delicious Cherry Chutney

Yield: about six 8-ounce jars

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|---|----------------------------------|
| 4-1/2 tsp whole allspice | 1 cup white vinegar (5%) |
| 1 cinnamon stick (about 6 inches), broken | 2 cloves garlic, finely chopped |
| 10 cups frozen red tart or sweet black cherries, partially thawed, coarsely chopped | 1/2 tsp salt |
| 2 large apples, peeled, cored and chopped | 1 cup lightly packed brown sugar |
| 1-1/2 cups finely chopped red or sweet onion, such as Vidalia | 1-1/2 cups raisins |

1. Wash lids and rings in warm soapy water; set aside. Wash canning jars and place in canner to heat.
2. Tie allspice and cinnamon stick in a square of cheesecloth, creating a spice bag.
3. In a large stainless steel saucepan, combine cherries, apples, onions, vinegar, garlic, salt and spice bag. Bring to a boil over medium-high heat and boil hard, stirring frequently, for 20 minutes. Add brown sugar and stir to dissolve.
4. Reduce heat and boil gently, stirring frequently, until thick enough to mound on a spoon, about 20 minutes. Add raisins and return to a boil, stirring constantly. Remove from heat. Discard spice bag.
5. Ladle hot chutney into hot jars, leaving 1/2-inch headspace. Remove air bubbles and adjust headspace if necessary. Wipe rims. Apply lids and rings.
6. Process in a boiling water or atmospheric steam canner for 10 minutes between 0-1,000', 15 minutes between 1,001 – 3,000', 20 minutes between 3,001 – 6,000', 25 minutes between 6,001 – 8,000', and 30 minutes between 8,001 – 10,000'.
7. Remove from canner. Let cool, undisturbed, 12-24 hours and check for seals. Remove rings, clean and label jars. Store sealed jars in a cool, dry, dark location. Use within 1 year for best quality.

Source: *Ball Complete Book of Home Preserving, 2012, page 243*

Ketchups

Blender Ketchup

Yield: About 10 pints

Use an electric blender and eliminate the need for pressing or sieving.

24 lbs ripe tomatoes	1/4 cup canning or pickling salt
2 lbs onions	3 Tbsp dry mustard
1 lb sweet red peppers	1-1/2 Tbsp ground red pepper
1 lb sweet green peppers	1-1/2 tsp whole allspice
9 cups vinegar (5 %)	1-1/2 Tbsp whole cloves
9 cups sugar	3 sticks cinnamon

1. Wash lids and rings in warm soapy water; set aside. Wash canning jars and place in canner to heat.
2. Wash tomatoes and dip in boiling water for 30 to 60 seconds or until skins split. Then dip in cold water, slip off skins, core, and quarter. Remove seeds from peppers and slice into strips. Peel and quarter onions.
3. Blend tomatoes, peppers, and onions at high speed for 5 seconds in electric blender. Pour into a 3 to 4 gallon stock pot or large kettle and heat. Boil gently 60 minutes, stirring frequently.
4. Add vinegar, sugar, salt, and a spice bag containing dry mustard, red pepper, and other spices. Continue boiling and stirring until volume is reduced one-half and ketchup rounds up on a spoon with no separation of liquid and solids.
5. Remove spice bag and fill jars, leaving 1/8-inch headspace. Remove air bubbles and adjust headspace if necessary. Wipe rims. Apply lids and rings.
6. Process in a boiling water or atmospheric steam canner for 15 minutes between 0-1,000', 20 minutes between 1,001 – 3,000', 25 minutes between 3,001 – 6,000', 30 minutes between 6,001 – 8,000', and 35 minutes between 8,001 – 10,000'.
7. Remove from canner. Let cool, undisturbed, 12-24 hours and check for seals. Remove rings, clean and label jars. Store sealed jars in a cool, dry, dark location. Use within 1 year for best quality.

Source: "Complete Guide to Home Canning," No. 539, USDA, revised 2015

Cranberry Ketchup

Yield: 8 half-pints

11 cups cranberries (fresh or frozen)	2 tsp dry mustard
2 cups chopped onions	1 tsp ground cloves
5 cloves garlic, finely chopped	1 tsp salt
1-1/2 cups water	1 tsp freshly ground black pepper
3 cups lightly packed brown sugar	1/2 tsp ground allspice
1 cup vinegar (5%)	1/2 tsp cayenne pepper

1. Wash lids and rings in warm soapy water; set aside. Wash canning jars and place in canner to heat.
2. Combine cranberries, onions, garlic and water in a large stainless steel pot. Bring to a boil over high heat, stirring constantly. Reduce heat and boil gently for 6 to 10 minutes, until cranberries pop and become soft.
3. Transfer mixture to a blender, working in batches, and purée until smooth.
4. Return mixture to saucepan. Add brown sugar, vinegar, mustard, cloves, salt, black pepper, allspice and cayenne. Bring to boil over medium-high heat, stirring frequently. Reduce heat and boil gently, stirring frequently, until mixture is almost the consistency of commercial ketchup, about 30 minutes.
5. Ladle hot ketchup into hot jars leaving 1/2-inch headspace. Remove air bubbles and adjust headspace if necessary. Wipe rims. Apply lids and rings.
6. Process in a boiling water or atmospheric steam canner for 15 minutes between 0-1,000', 20 minutes between 1,001 – 3,000', 25 minutes between 3,001 – 6,000', 30 minutes between 6,001 – 8,000', and 35 minutes between 8,001 – 10,000'.
7. Remove from canner. Let cool, undisturbed, 12-24 hours and check for seals. Remove rings, clean and label jars. Store sealed jars in a cool, dry, dark location. Use within 1 year for best quality.

Source: Ball Complete Book of Home Preserving, 2012, page 257

Mustards**Cranberry Mustard***Yield: five 4-ounce jars*

1 cup red wine vinegar	1 Tbsp Worcestershire sauce	3/4 cup sugar
2/3 cup yellow mustard seeds	2-3/4 cups cranberries (fresh or frozen)	1/4 cup dry mustard
1 cup water		2-1/2 tsp ground allspice

1. In a medium stainless steel saucepan, bring vinegar to a boil over high heat. Remove from heat and add mustard seeds. Cover and let stand at room temperature until seeds have absorbed most of the moisture, about 1-1/2 hours.
2. Wash lids and rings in warm soapy water; set aside. Wash canning jars and place in canner to heat.
3. In a blender or food processor fitted with a metal blade, combine marinated mustard seeds with liquid, water and Worcestershire sauce. Process until blended and most seeds are well chopped. You want to retain a slightly grainy texture. Add cranberries and blend until chopped.
4. Transfer mixture to a saucepan and bring to a boil over medium heat, stirring constantly. Reduce heat to medium-low and boil gently stirring frequently, for 5 minutes.
5. Whisk in sugar, dry mustard and allspice. Continue to boil gently over low heat, until volume is reduced by a third, about 15 minutes.
6. Ladle mustard into hot jars leaving 1/4-inch headspace. Remove air bubbles and adjust headspace if necessary. Wipe rims. Apply lids and rings.
7. Process in a boiling water or atmospheric steam canner for 10 minutes between 0-1,000', 15 minutes between 1,001 – 3,000', 20 minutes between 3,001 – 6,000', 25 minutes between 6,001 – 8,000', and 30 minutes between 8,001 – 10,000'.
8. Remove from canner. Let cool, undisturbed, 12-24 hours and check for seals. Remove rings, clean and label jars. Store sealed jars in a cool, dry, dark location. Use within 1 year for best quality.

*Source: freshpreserving.com, 2018***Ginger-Garlic Mustard***Yield: 4-5 - 4 oz. jars*

1-1/2 cup water	1/4 cup brown mustard seeds
1/2 cup coarsely grated peeled ginger root	1 cup cider vinegar
2 Tbsp chopped garlic	1 Tbsp soy sauce
1 tsp cracked black peppercorns	1/3 cup dry mustard
1/2 cup yellow mustard seeds	1/4 cup granulated sugar

1. Combine water, ginger root, garlic, peppercorns in stainless steel saucepan. Bring to a boil over medium-high heat. Reduce heat to low and gently boil 5 minutes.
2. Transfer mixture to sieve and press to extract liquid. Discard residue and return liquid to pan.
3. Add yellow and brown mustard seed cover and let stand at room temperature until seeds absorb liquid, about 2 hours.
4. Wash lids and rings in warm soapy water; set aside. Wash canning jars and place in canner to heat.
5. In blender or food processor combine liquid, seeds, vinegar and soy sauce until well chopped and desired consistency.
6. Return to pan and whisk in dry mustard and sugar. Bring to a boil over medium heat. Stir constantly. Reduce heat to low and boil gently, stirring frequently, until volume is reduced by a third, about 15 minutes.
7. Ladle into hot jars and leaving 1/4-inch head space. Remove air bubbles and adjust headspace if necessary. Wipe rims. Apply lids and rings.
8. Process in a boiling water or atmospheric steam canner for 10 minutes between 0-1,000', 15 minutes between 1,001 – 3,000', 20 minutes between 3,001 – 6,000', 25 minutes between 6,001 – 8,000', and 30 minutes between 8,001 – 10,000'.
9. Remove from canner. Let cool, undisturbed, 12-24 hours and check for seals. Remove rings, clean and label jars. Store sealed jars in a cool, dry, dark location. Use within 1 year for best quality.

Source: Ball Complete Book of Home Preserving Publish 2012, P. page 272

Lemon-Sage Wine Mustard*Yield: About 5 four ounce jars*

1 bunch fresh sage	Grated zest and juice of 2 large lemons
3/4 cup dry white wine	1/2 cup liquid honey
3/4 cup yellow mustard seeds	1/4 tsp salt
1 cup white wine vinegar	

1. Finely chop enough sage leaves to measure 1/3 cup and set aside. Coarsely chop remaining sage leaves and stems to measure 1/2 cup and place in a small non-reactive saucepan with white wine.
2. Bring to a boil over medium heat, stirring and pressing sage to release flavor.
3. Remove from heat. Cover tightly and let steep for 5 minutes.
4. Transfer sage infusion to a sieve placed over a non-reactive bowl and press leaves with the back of a spoon to extract all the liquid.
5. Discard solids and return liquid to saucepan. Add mustard seeds. Cover and let stand at room temperature until seeds have absorbed most of the moisture, about 2 hours.
6. Wash lids and rings in warm soapy water; set aside. Wash canning jars and place in canner to heat.
7. In a blender or food processor, combine marinated mustard seeds (with liquid) and vinegar. Process until blended and most of the seeds are well chopped.
8. Transfer mixture to a non-reactive saucepan; add lemon zest and juice, honey, salt and reserved finely chopped sage leaves.
9. Bring to a boil over high heat, stirring constantly. Reduce heat to low and boil gently, stirring frequently, until volume is reduced by a third, about 20 minutes.
10. Ladle hot mustard into hot jars, leaving 1/4 inch headspace. Remove air bubbles and adjust headspace if necessary. Wipe rims. Apply lids and rings.
11. Process in a boiling water or atmospheric steam canner for 10 minutes between 0-1,000', 15 minutes between 1,001 – 3,000', 20 minutes between 3,001 – 6,000', 25 minutes between 6,001 – 8,000', and 30 minutes between 8,001 – 10,000'.
12. Remove from canner. Let cool, undisturbed, 12-24 hours and check for seals. Remove rings, clean and label jars. Store sealed jars in a cool, dry, dark location. Use within 1 year for best quality.

*Source: Ball Complete Book of Home Preserving, 2012***Pickles****Vietnamese Pickled Daikon & Carrots***Yield: 6 pints*

3 cups white wine vinegar	2 lbs carrots peeled and julienned
3 cups water	2 lbs daikon peeled and julienned
1-1/2 cups sugar	6 whole star anise (optional)
2 tsp grated fresh gingerroot	

1. Wash lids and rings in warm soapy water; set aside. Wash canning jars and place in canner to heat.
2. In large stainless steel saucepan, combine vinegar, water, sugar and gingerroot. Bring to a boil over medium heat to dissolve sugar.
3. Add carrot and daikon and stir for 1 minute. Remove from heat.
4. Place one star anise (if using) in each jar.
5. Using tongs, pack julienned vegetables into hot jars. Ladle hot pickling liquid into jars, pushing down on veggies with the back of a sterilized spoon, leaving 1/2-inch headspace. Remove air bubbles and adjust headspace if necessary. Wipe rims. Apply lids and rings.
6. Process in a boiling water or atmospheric steam canner for 10 minutes between 0-1,000', 15 minutes between 1,001 – 3,000', 20 minutes between 3,001 – 6,000', 25 minutes between 6,001 – 8,000', and 30 minutes between 8,001 – 10,000'.
7. Remove from canner. Let cool, undisturbed, 12-24 hours and check for seals. Remove rings, clean and label jars. Store sealed jars in a cool, dry, dark location. Use within 1 year for best quality.

Source: Ball Complete Book of Home Preserving, 2012

Pickled Bread and Butter Zucchini

Yield: 8-9 pint jars

16 cups fresh zucchini, sliced	4 cups white vinegar (5%)	2 Tbsp celery seed
4 cups onions, thinly sliced	2 cups sugar	2 tsp ground turmeric
1/2 cup canning or pickling salt	4 Tbsp mustard seed	

1. Cover zucchini and onion slices with 1 inch of water and salt. Let stand 2 hours and drain thoroughly.
2. Wash lids and rings in warm soapy water; set aside. Wash canning jars and place in canner to heat.
3. Combine vinegar, sugar, and spices. Bring to a boil and add zucchini and onions. Simmer 5 minutes.
4. Fill jars with mixture and pickling solution, leaving 1/2-inch headspace. Remove air bubbles and adjust headspace if necessary. Wipe rims. Apply lids and rings.
5. Process in a boiling water or atmospheric steam canner for 10 minutes between 0-1,000', 15 minutes between 1,001 – 3,000', 20 minutes between 3,001 – 6,000', 25 minutes between 6,001 – 8,000', and 30 minutes between 8,001 – 10,000'.
6. Remove from canner. Let cool, undisturbed, 12-24 hours and check for seals. Remove rings, clean and label jars. Store sealed jars in a cool, dry, dark location. Use within 1 year for best quality.

Source: "Complete Guide to Home Canning," Agriculture Information Bulletin No. 539, USDA, revised 2015

Relishes and Toppings**Chayote and Jicama Slaw**

Yield: About 5-6 pints

4 cups julienned jicama	2 finely chopped hot peppers*	1/2 cup white sugar
4 cups julienned chayote	2-1/2 cups water	3-1/2 tsp canning salt
2 cups finely chopped red bell pepper	2-1/2 cups cider vinegar (5%)	1 tsp celery seed (optional)

**Caution: Wear plastic or rubber gloves and do not touch your face while handling or cutting hot peppers. If you do not wear gloves, wash hands thoroughly with soap and water before touching your face or eyes.*

1. Wash lids and rings in warm soapy water; set aside. Wash canning jars and place in canner to heat.
2. Wash, peel and thinly julienne jicama and chayote, discarding the seed of the chayote.
3. In an 8-quart Dutch oven or stockpot, combine all ingredients except chayote. Bring to a boil and boil for 5 minutes. Reduce heat to simmering and add chayote. Bring back to a boil and then turn heat off.
4. Fill hot solids into clean, hot half-pint jars, leaving 1/2-inch headspace. Cover with boiling cooking liquid, leaving 1/2-inch headspace. Remove air bubbles and adjust headspace. Wipe rims. Apply lids and rings.
5. Process in a boiling water or atmospheric steam canner for 15 minutes between 0-1,000', 20 minutes between 1,001 – 3,000', 25 minutes between 3,001 – 6,000', 30 minutes between 6,001 – 8,000', and 35 minutes between 8,001 – 10,000'.
6. Remove from canner. Let cool, undisturbed, 12-24 hours and check for seals. Remove rings, clean and label jars. Store sealed jars in a cool, dry, dark location. Use within 1 year for best quality.

Source: *So Easy to Preserve, Sixth Edition, Cooperative Extension the University of Georgia, page 15*

Spicy Jicama Relish

Yield: About 7 pints

9 cups diced jicama (about 4 pounds, peeled)	4 cups diced yellow bell pepper
1 Tbsp whole mixed pickling spice	4-1/2 cups diced red bell pepper
1 two-inch stick cinnamon	4 cups chopped onion
8 cups white vinegar (5%)	2 fresh hot peppers (about 6 inches each), finely chopped and partially seeded
4 cups sugar	
2 tsp crushed red pepper	

1. Wash lids and rings in warm soapy water; set aside. Wash canning jars and place in canner to heat.
2. Place pickling spice and cinnamon on a clean, double-layer, 6-inch-square piece of 100% cotton cheesecloth. Bring corners together and tie with a clean string. (Or use a purchased muslin spice bag.)

3. In a 4-quart Dutch oven or saucepan, combine pickling spice bag, vinegar, sugar, and crushed red pepper. Bring to boiling, stirring to dissolve sugar. Stir in diced jicama, sweet peppers, onion and hot peppers. Return mixture to boiling. Reduce heat and simmer, covered, over medium-low heat about 25 minutes. Discard spice bag.
4. Fill relish into hot, clean pint jars, leaving ½-inch headspace. Cover with hot pickling liquid. Remove air bubbles and adjust headspace if necessary. Wipe rims. Apply lids and rings.
5. Process in a boiling water or atmospheric steam canner for 20 minutes between 0-1,000', 25 minutes between 1,001 – 3,000', 30 minutes between 3,001 – 6,000', 35 minutes between 6,001 – 8,000', and 40 minutes between 8,001 – 10,000'.
6. Remove from canner. Let cool, undisturbed, 12-24 hours and check for seals. Remove rings, clean and label jars. Store sealed jars in a cool, dry, dark location. Use within 1 year for best quality.

Source: "Complete Guide to Home Canning," Agriculture Information Bulletin No. 539, USDA, revised 2015.

Zesty Zucchini Relish

Yield: 4-5 pints

12 cups finely chopped zucchini (about 12 medium)	2-1/2 cups white vinegar (5%)
3 cups chopped onions (about 3 medium)	1 Tbsp ground nutmeg
2 red bell peppers, seeded and chopped	1 Tbsp ground turmeric
1 green bell pepper, seeded and chopped	4 Tbsp prepared horseradish
1/3 cup pickling salt	1 chili pepper; including seeds, chopped
2-1/2 cups sugar	

1. Combine zucchini, onions, red and green peppers and salt in a large glass or stainless steel bowl. Cover and let stand in a cool place (70 to 75°F) for 12 hours or overnight.
2. Transfer to a colander placed over a sink and drain. Rinse with cool water and drain thoroughly. Using your hands, squeeze out excess liquid.
3. Combine zucchini mixture, sugar, vinegar, nutmeg, turmeric, horseradish and chili pepper in a large stainless steel saucepan. Bring to a boil over medium-high heat, stirring occasionally. Reduce heat and boil gently, stirring frequently, until liquid is reduced and mixture is the consistency of a thin commercial relish, about 45 minutes.
4. Wash lids and rings in warm soapy water; set aside. Wash canning jars and place in canner to heat.
5. Ladle hot relish into hot jars leaving 1/2-inch headspace. Remove air bubbles and adjust headspace if necessary. Wipe rims. Apply lids and rings.
6. Process in a boiling water or atmospheric steam canner for 15 minutes between 0-1,000', 20 minutes between 1,001 – 3,000', 25 minutes between 3,001 – 6,000', 30 minutes between 6,001 – 8,000', and 35 minutes between 8,001 – 10,000'.
7. Remove from canner. Let cool, undisturbed, 12-24 hours and check for seals. Remove rings, clean and label jars. Store sealed jars in a cool, dry, dark location. Use within 1 year for best quality.

Source: Ball Complete Book of Home Preserving, 2012, p. 232

Double Onion Marmalade

Yield: 6 half-pint jars

A little dab of this sweet onion marmalade is all you need to jump-start an amazing appetizer or main dish. Great on Burgers!

1-1/2 cups thinly sliced red onion	2-1/2 cups unsweetened apple juice
1-1/2 cups thinly sliced Vidalia onion	1/2 cup raisins
1/4 cup firmly packed light brown sugar	6 Tbsp. Ball® Classic Pectin
1/3 cup apple cider vinegar (5%)	4 cups sugar
1 Tbsp black peppercorns	Cheesecloth
2 bay leaves	Kitchen string

1. Wash lids and rings in warm soapy water; set aside. Wash canning jars and place in canner to heat.
2. Combine first 4 ingredients in a 6-qt. stainless steel or enameled Dutch oven. Cook, stirring often, over

medium heat 13 minutes or until liquid evaporates.

3. Place peppercorns and bay leaves in a 5-inch square of cheesecloth or spice bag. Add to onion mixture. Add apple juice and raisins; stir in pectin.
4. Bring mixture to a full rolling boil that cannot be stirred down, over high heat, stirring constantly. Hold spice bag to one side of Dutch oven with tongs.
5. Add sugar, stirring until dissolved. Release spice bag. Return mixture to a full rolling boil. Boil hard 1 minute, stirring constantly. Remove from heat; remove and discard spice bag. Skim foam, if necessary.
6. Ladle hot marmalade into a hot jar, leaving 1/4-inch headspace. Remove air bubbles and adjust headspace if necessary. Wipe rims. Apply lids and rings.
7. Process in a boiling water or atmospheric steam canner for 15 minutes between 0-1,000', 20 minutes between 1,001 – 3,000', 25 minutes between 3,001 – 6,000', 30 minutes between 6,001 – 8,000', and 35 minutes between 8,001 – 10,000'.
8. Remove from canner. Let cool, undisturbed, 12-24 hours and check for seals. Remove rings, clean and label jars. Store sealed jars in a cool, dry, dark location. Use within 1 year for best quality.

Source: *freshpreserving.com*, 2019

Spice Mixes and Rubs

Cheryl's Cajun Spice Mix

5 bay leaves	1/3 cup Hungarian paprika
1/2 tsp dried oregano	1 Tbsp plus 1 tsp garlic powder
1 Tbsp plus 1 tsp onion powder	1 tsp white pepper
1 tsp black pepper	1/2 tsp (optional) cayenne pepper
1 tsp dried thyme	1-1/2 tsp celery seed
1 tsp cumin seed	

1. Pulse bay leaves in coffee/spice grinder until pulverized.
2. Add dried oregano, dried thyme, celery seed and cumin seed. Pulse together until pulverized.
3. Mix all ingredients well in small bowl and store in an airtight container.

Source: Cheryl Knapp, UCCE Master Food Preserver of El Dorado County

Fragrant Herb Salt

Yield: 3/4 cup

1/2 cup kosher salt

About 2 cups loosely packed, pungent fresh herbs such as sage, rosemary, thyme, savory, basil and oregano

4 to 5 garlic cloves, peeled

1. Cut garlic cloves lengthwise through the center so they lay flat.
2. Mound the salt and garlic on a cutting board. Use a chef's knife to mince the garlic, blending it with the salt as you work.
3. Place herbs in a mound and coarsely chop them. Add the herbs to the garlic salt and chop them together until they reach the texture of coarse sand.
4. Spread the salt on a baking sheet or in wide flat bowls and leave near an open window or in gas oven with pilot light for 1-2 days to dry. Store in clean, dry jars.

Lemon-Pepper Salt

Yield: about 1/4 cup

2 Tbsp whole black peppercorns

3 Tbsp finely grated lemon zest

1 Tbsp kosher salt

1. Finely crush whole black peppercorns in a spice mill. Transfer to a small bowl; stir in lemon zest and salt.
2. Rub seasoning between your fingertips to break up any clumps of zest.

3. Can be made 3 days ahead. Store airtight at room temperature.

Chimichurri

Yield: about 4 four oz. jars

Full of herbs and spices, this vinegary sauce hails from Argentina, known for their perfect grilled meats, and is an essential condiment on every table.

3 garlic cloves	1/3 cup red wine vinegar	3/4 tsp salt
4 cups fresh parsley leaves	1 tsp lemon zest	1/2 tsp ground black pepper
1 cup chopped fresh cilantro	1/4 cup fresh lemon juice	
1 cup olive oil	(about 2 large lemons)	

1. With processor running, drop garlic through food chute; process until minced. Add parsley and remaining ingredients; process until smooth.
2. Use immediately, or spoon into jars, leaving 1/2-inch headspace. Center lid on jars. Apply bands, and adjust loosely. Place in freezer
3. Once sauce is frozen, adjust bands to fingertip-tight.
4. Store jars in freezer for up to 6 months.
5. Thaw in refrigerator. Refrigerate after thawing, and use within 3 weeks.

Source: freshpreserving.com, 2019

Carrot Greens Chimichurri

Yield: about 1 cup

Serve with roasted carrots, other veggies, toasted bread, or over grilled fish or meat.

1 cup finely chopped carrot greens (preferably organic)	1 garlic clove, minced
2 tsp dried oregano	1 tsp salt
1/4 tsp cumin	A few grinds of pepper
1 tsp ground sweet paprika	1/4 cup white wine vinegar (5%)
1/2 tsp crushed red pepper flakes	1/4 cup olive oil (a good fruity one)

1. Wash and dry your carrot greens well; cut off of carrots.
2. Finely chop the carrot greens, mix with all of the dried spices and minced garlic.
3. Stir in the vinegar and olive oil. Taste and adjust seasonings. (Tip: taste it with a carrot or a piece of bread rather than by the spoonful.)
4. Store in an air tight container at room temperature. It'll keep for quite a while, but will not look as vibrant green after a few days.

If you find this too oily or vinegary, dilute it with 1/4 to 1/2 cup of lukewarm water. Mix well and spoon it onto whatever you're serving it with, rather than dipping into it.

Variation: Use parsley instead of carrot tops, an additional 1/4 cup of olive oil, 1/2 cup water, 1 additional clove of garlic, and 1 additional tsp of sweet paprika.

Source: Adapted from Fernando's Mom's Chimichurri recipe, loveandlemons.com

Vinegars

Raspberry Vinegar

3 cups fresh raspberries	4 cups white wine vinegar
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1. In a large glass bowl combine raspberry and 1 cup of vinegar, crush lightly with potato masher. Add remaining vinegar and stir. Cover with plastic wrap and let stand in a dark place for 1-4 weeks.
2. Stir every 2-3 days. Taste weekly until reaches desired strength.
3. Wash lids and rings in warm soapy water; set aside. Wash canning jars and place in canner to heat.
4. Strain raspberry mixture through several layers of cheese cloth. Do not squeeze. Place in sauce pan and heat until reaches 180°F.

5. Ladle hot vinegar into hot jars, leaving 1/4-inch headspace. Wipe rims. Apply lids and rings.
6. Process in a boiling water or atmospheric steam canner for 10 minutes between 0-1,000', 15 minutes between 1,001 – 3,000', 20 minutes between 3,001 – 6,000', 25 minutes between 6,001 – 8,000', and 30 minutes between 8,001 – 10,000'.
7. Remove from canner. Let cool, undisturbed, 12-24 hours and check for seals. Remove rings, clean and label jars. Store sealed jars in a cool, dry, dark location.

Source: Ball Complete book of Home preserving, 2012, pages 278-279

Raspberry Dressing or Dip

1/2 cup light sour cream or vanilla yogurt 2 Tbsp raspberry vinegar
2 Tbsp honey

Stir all ingredients until combined. Sprinkle with cinnamon, Serve on fruit.

Source: Ball Complete book of Home Preserving, 2012, page 279

Strawberry Vinegar

Yield: about 1 quart jar

2 cups fresh strawberries 3 cups cider vinegar
1/4 cup sugar

1. Clean strawberries, remove stems and halve; set 1/4 cup aside. Place remaining strawberries in a large bowl. Pour vinegar over strawberries; cover and set aside for 1 hour or overnight.
2. Transfer vinegar and strawberries to a large sauce pot. Add sugar, bring to a boil. Reduce heat and simmer, covered, for 10 minutes.
3. Strain mixture through a fine meshed sieve lined with cheesecloth into quart measure, pressing firmly on the solids to extract as much liquid as possible. Discard solids.
4. Pour vinegar into a clean and sterilized quart jar. Add reserved strawberries if desire for display. Seal tightly. Store in the refrigerator.

Source: Colorado State University Extension, 2012

Strawberry Vinaigrette Dressing / Shrub Syrup (canned)

The beauty of this recipe is you can start with any amount of strawberries. You do the measuring after you soak the berries.

Whole strawberries, washed and stemmed
White distilled vinegar
Sugar

1. Place strawberries in a large stainless steel sauce-pot or plastic container. Pour vinegar over strawberries. Cover container tightly with plastic wrap and let stand overnight in a dark, cool place (70°F to 75°F).
2. Strain liquid from strawberries, collecting in a large liquid measurer. Liquid should be red and clear (no pulp). Measure liquid. Place strawberry vinegar in a clean, large stainless steel saucepan. Add an equal amount of sugar, stirring to combine.
3. Bring mixture just to a boil. Remove from heat and skim foam if necessary.
4. Ladle hot vinaigrette into hot half-pint jars leaving 1/4-inch headspace. Wipe rims. Apply lids and rings.
5. Process in a boiling water or atmospheric steam canner for 10 minutes between 0-1,000', 15 minutes between 1,001 – 6,000', 20 minutes above 6,000'.

Source: freshpreserving.com, 2019

Meal Idea Recipes

Use your home made condiments for this class at your next spring or summer BBQ. Try the relishes, mustards, ketchup and BBQ sauces on burgers, tri-tip or chicken.

Glazed Chicken Skewers with BBQ Sauce

4 boneless chicken breasts, cut in half diagonally
8-12 bamboo skewers
Salt and pepper

Basic Glaze:

1/3 cup white wine vinegar or vinegar of your choice
1/4 cup marmalade, jam or preserves of your choice
1/3 cup mustard of your choice
Instructions:
1/3 cup white wine
1 tsp salt
1/2 tsp pepper

1. Thread breast on skewers.
 2. Salt and pepper to season chicken. Set aside while you prepare the glaze
 3. Bring first 3 ingredients to a boil over medium heat.
 4. Remove from heat and add wine, salt and pepper. Stir until combined.
 5. Brush chicken skewers. Place on BBQ or under broiler for 6-8 minutes. Turn, brush other side and cook 6-8 minutes more. Serve with retainer of glaze.
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Pork Medallions with Chutney

Chutney of choice
1-3/4 to 2 lb pork tenderloin, cut into 1-inch pieces
Cooking oil or spray

1. Season both sides of pork with salt and pepper, or seasoning of your choice.
 2. Place in oiled frying pan. Brown pork on both sides.
 3. Oil shallow baking dish; place pork in bottom of pan. Cover pork with favorite chutney. Roast at 350°F for 10-20 minutes or until meat thermometer reaches 140°F.
 4. Cover with foil until you are ready to serve. Serve extra chutney on the side.
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Crostini with Homemade Mustard and Cured Salmon or Prosciutto Ham

12 slices 1/4-inch diagonally sliced French baguette
3 Tbsp olive oil
Salt and pepper
Parmesan cheese (optional)
12 thinly sliced cured salmon or Prosciutto ham
1 jar homemade mustard of choice
12 paper thin slices of onion

1. Pre-heat oven to 350°F. Arrange baguette slices on cookie sheet and brush with olive oil. Sprinkle with salt and pepper, and sprinkle parmesan cheese, if using.
2. Bake for 10 minutes or until crisp and golden. Remove from oven and cool.
3. Top with mustard, onion and meat of choice.

Source: *FreshPreserving.com*, 2019

Savory Carrot-Fennel Soup with Carrot Green Chimichurri

1 bulb Fennel, quartered and sliced	1/4 tsp white pepper
2 Tbsp olive oil	1 tsp salt
2 lbs carrots cleaned and peeled and cut into pieces	8 oz sour cream
1/2 red pepper, diced	1 serving of frozen or fresh Carrot Green
3 cups vegetable stock	Chimichurri (page 11)

1. Sauté fennel in oil until tender. Combine fennel, carrots and red peppers.
2. Bring mixture to a boil. Reduce heat and simmer until carrots are tender.
3. Puree with blender. Return to pan and salt and pepper to taste. Top with sour cream and Chimichurri.

Easy Baby-Back Ribs

3 pounds baby back ribs, trimmed	1/2 onion, sliced
Salt and ground black pepper, to taste	1 clove garlic, minced
1/2 cup water	1 pint of your favorite barbecue sauce

1. Season ribs with salt and pepper.
2. Pour water into slow cooker. Layer the ribs into the slow cooker. Top the ribs with onion and garlic.
3. Cook on High for 4 hours (or low for 8 hours).
4. Preheat oven to 375°F.
5. Transfer ribs to a baking sheet. Discard onion and garlic. Coat ribs with barbecue sauce.
6. Bake until the sauce caramelizes and sticks to the meat.

Easy Hot Wings

1 tsp vegetable oil	2 Tbsp hot sauce (optional)
32 frozen chicken wings, defrosted	3/4 cup your favorite barbecue sauce, or more to taste
1/3 cup vegetable oil	

1. Preheat oven to 325°F. Line a jelly roll pan with aluminum foil and lightly brush with 1 teaspoon oil.
2. Place wings in a single layer on the prepared pan, skin-side up, with a little space between each wing. Brush the top of each wing with the 1/3 cup oil. Brush hot sauce over the oil layer.
3. Bake in the preheated oven, basting with pan juices a few times, until wings are browned, 1 1/2 to 1 3/4 hours. An instant-read thermometer inserted near the bone should read 165°F.
4. Remove pan from oven. Remove excess grease with paper towels. Spread barbecue sauce over top of wings.
5. Return wings to oven and bake for 5 minutes. Spread a second layer of barbecue sauce over wings; bake for 5 minutes more.

Quick Barbecue Sauce

2 cups ketchup (use your home made)	2 Tbsp apple cider vinegar
3 Tbsp brown sugar or 3 Tbsp favorite marmalade	1/8 tsp red pepper flakes (or more to taste)
2 Tbsp soy sauce	2-3 cloves of garlic, minced (about 2 tsp)
2 Tbsp Worcestershire sauce	1 Tbsp mustard (use your home made)

1. Add all ingredients to a medium-sized saucepan. Bring to a simmer over medium-low heat, and continue simmering for 15 minutes.
2. Remove from heat and allow to cool. Place in an airtight container. Keeps refrigerated for up to one week.

Slow Cooker Pulled Pork

4 lbs boneless pork butt

Salt and pepper or season to your taste with Island Jerk Rub, or Fragrant Herb Salt

1. Season pork all over with salt, pepper, and any other seasonings you'd like, then place it in the slow cooker.
2. Cover with a lid and cook on low for about 8 hours, until it reaches an internal temperature of 190°F or on high for 4 hours.
3. When the pork is done cooking, remove it to a board, and let cool for at least 20 minutes before shredding with a fork.
4. Take the leftover liquid from the crockpot and strain it to remove any solids.
5. If you don't mind the fat, add some of the liquid back to the shredded pork and toss well. If you want to remove the excess fat, chill the liquid in an ice bath in the refrigerator for about 30 minutes until the fat solidifies, then discard, and pour the remaining liquid over the pork. Enjoy!
6. Add your favorite homemade BBQ sauce and toss some more. Serve on a bun with some Bahn Mi Pickles or with Spicy Jicama Relish.

Chutney Chicken Salad

Try with Cherry Chutney, Apple Rhubarb, or Golden Gossip Chutney.

1 Tbsp chopped fresh rosemary	1/2 lime, juiced
3 skinless, boneless chicken thighs	1 tsp curry powder
1 cup or 8 oz chutney	1 pinch salt
1/4 cup chopped celery	Ground black pepper to taste
5 Tbsp mayonnaise	

1. Bring a pot of water to a boil, reduce heat, and simmer; add rosemary. Poach chicken in the hot water until no longer pink in the center, 5 to 10 minutes. An instant-read thermometer inserted into the center should read at least 165°F.
2. Remove chicken with a slotted spoon and allow to cool. Discard broth. Chop chicken into chunks.
3. Mix chicken, apple, celery, red onion, mayonnaise, chutney, lime juice, curry powder, salt, and black pepper in a bowl. Chill in refrigerator to allow flavors to blend, at least 2 hours. Serve cold or at room temperature. Serve salad greens or rolls.

Source: adapted from All recipes website

Chicken Chutney with your Choice of Chutney

1/4 pound skinless boneless chicken thighs or breasts, cut into 1-inch pieces,	2 Tbsp vegetable oil
2 Tbsp yellow curry powder	1 13.5-oz can coconut milk*
1/2 tsp ground cumin	1 to 2 cups chutney of your choice
Salt and pepper	Cilantro for garnish

1. Place oil in large frying pan. Sprinkle Chicken with spices. Brown chicken pieces. Add Coconut milk and simmer until chicken is tender.
2. Add chutney to pan. Cover the pan and let cook for 8-10 minutes. Chicken should be just cooked through. Use a knife to cut open the largest piece to check.
3. Add some additional milk if wanted at this time. Let cook at a very low temperature for another minute or two, uncovered. Do not let boil or the cream may curdle.
4. Adjust seasonings: If a little too sweet, add a little vinegar. If not sweet enough, you can add a dash of sugar. Add salt and pepper to taste. Serve over rice. Garnish with cilantro.

Source: Adapted from Simply Recipes

Vietnamese Pickled Daikon-Carrots Ideas

- Use as a topping on Barbecued pork sandwiches.
- Serve as a side dish with any pork or chicken dish.

Jicama Relish and Chayote and Jicama Slaw Ideas

- Use as a topping on fish tacos.
- Add as a topping or side for any grilled fish or grilled chicken recipe

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