



Tomatoes, Tomatoes, Tomatoes!

Tomatoes are classified as a high-acid food. Because they have a pH of 4.6, which is very close to the dividing line between high- and low-acid foods, home canned tomato products must be acidified by adding bottled lemon juice or citric acid before heat processing. To ensure safe results, do not substitute fresh lemon juice as its acidity varies. When home canning tomatoes, you can use either a boiling water canner, atmospheric steam canner, or a pressure canner. As a general rule, recipes that include other vegetables must be processed in a pressure canner. Any tomato recipe including meat or fish *must* be processed in a pressure canner.

Choosing Tomatoes

Both round and oblong tomatoes are suitable for canning. Oblong (plum or paste) tomatoes are meatier and less juicy than round tomatoes and often preferred by home canners as they create thicker sauces in a shorter period of time. The following chart shows the approximate yield by tomato type and preparation method.

Tomato Type	Purchase Unit	Purchase Weight	Preparation	Yield (Volume)
Round or Globe	3 medium	1 pound	Chopped	2-1/2 to 3 cups
	3 medium	1 pound	Peeled and crushed	1-1/2 cups
Oblong, Plum or Paste (Roma)	5 medium	1 pound	Chopped	2 cups
	5 medium	1 pound	Crushed or pureed	1-1/2 cups

Boiling-Water and Atmospheric Steam Canning

Adjusting for Altitude

If you are at an altitude higher than 1,000 feet, adjust the processing times according to the chart below.

Altitude in feet	1,000 – 3,000	3,001 – 6,000	6,001 – 8,000	8,001 – 10,000
Increase processing time	5 minutes	10 minutes	15 minutes	20 minutes

Tomatoes-Crushed (with no added liquid)

Quantity: An average of 22 pounds is needed per canner load of 7 quarts; an average of 14 pounds is needed per canner load of 9 pints. A bushel weighs 53 pounds and yields 17 to 20 quarts of crushed tomatoes – an average of 2-3/4 pounds per quart.

Procedure: Wash tomatoes and dip in boiling water for 30 to 60 seconds or until skins split. Then dip in cold water, slip off skins, and remove cores. Trim off any bruised or discolored portions and quarter. Heat one-sixth of the quarters quickly in a large pot, crushing them with a wooden mallet or spoon as they are added to the pot. This will exude juice. Continue heating the tomatoes, stirring to prevent burning. Once the tomatoes are boiling, gradually add remaining quartered tomatoes, stirring constantly. These remaining tomatoes do not need to be crushed. They will soften with heating and stirring. Continue until all tomatoes are added. Then boil gently 5 minutes. Add 2 tablespoons of bottled lemon juice or 1/2-teaspoon of citric acid per quart of tomatoes. For pints, use 1 tablespoon bottled lemon juice or 1/4-teaspoon citric acid. Acid can be added directly to the jars before filling with product. Add 1 teaspoon of salt per quart to the jars, if desired. Fill hot jars immediately with hot tomatoes, leaving 1/2-inch headspace. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened clean paper towel. Adjust lids and process. Adjust for altitude.

Source: USDA Complete Guide to Home Canning, 2015

Herbed Seasoned Tomatoes (Yield about 6 pints)

Ingredients:

12 cups halved cored peeled tomatoes

Spice blends, recipes below

Bottled lemon juice or citric acid

Salt (optional)

Procedure:

1. Prepare canner, jars and lids.
2. Choose desired spice blend(s), below. Prepare the quantity that suits your needs and set aside.
3. Place tomatoes in a large stainless-steel saucepan. (For best results, do not layer tomatoes in pan). Add water to cover. Bring to a boil over medium-high heat, stirring gently. Reduce heat and boil gently for 5 minutes.
4. Before packing each pint jar of tomatoes, add 1 tablespoon bottled lemon juice or 1/4-teaspoon citric acid and 1/4-teaspoon salt to the hot jar. Add the specified quantity of your chosen spice blend. Pack hot tomatoes into prepared jars to within a generous 1/2-inch of top of jar. Ladle hot liquid into jar to cover tomatoes, leaving 1/2-inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot liquid. Wipe rim. Center lid on jar and adjust band to fingertip-tight.
5. Process in a boiling-water or atmospheric steam canner for 40 minutes, adjusting for altitude. Remove canner lid, wait 5 minutes, then remove jars, cool and store.

Source: Ball Complete Book of Home Preserving, 2012

Spice Blends

Italian Spice Blend (Makes enough to season 6 pint jars, 2-1/4 teaspoons per jar)

4 teaspoons dried basil

1-1/2 teaspoons dried sage

2 teaspoons dried thyme

1 teaspoon garlic powder

2-1/2 teaspoons dried oregano

1 teaspoon hot pepper flakes, optional

1-1/2 teaspoons dried rosemary

For each pint jar, use 2-1/4 teaspoons of spice blend. If omitting hot pepper flakes, use only 2 teaspoons per jar.

Mexican Spice Blend (Makes enough to season 6 pint jars, 2-1/2 teaspoons per jar)

6 teaspoons chili powder

2 teaspoons garlic powder

2 teaspoons ground cumin

2 teaspoons ground coriander

2 teaspoons dried oregano

1-1/2 teaspoons seasoned salt, optional

For each pint jar, use 2-1/2 teaspoons of spice blend. If omitting seasoned salt, use only 2 teaspoons per jar.

Cajun Spice Blend (Makes enough to season 6 pint jars, 2 teaspoons per jar)

3 teaspoons chili powder

1-1/2 teaspoons ground allspice

2 teaspoons paprika

1-1/2 teaspoons dried thyme

1-1/2 teaspoons onion flakes

1 teaspoon cayenne pepper

1-1/2 teaspoons garlic powder

For each pint jar, use 2 teaspoons of spice blend.

Procedure: Combine herbs and spices in a small bowl; set aside. Prepare tomatoes using recipe above. After citric acid or bottled lemon juice is added to a hot jar according to canning recipe, add spice blend. Continue to fill jar and process following instructions for canning recipe.

Source: Ball Complete Book of Home Preserving, 2012

Chili Sauce (Makes about 7 half-pint jars)

Ingredients:

1 cinnamon stick (about 4 inches) broken in half	1-1/2 cups white vinegar
1 bay leaf	1-1/2 cups granulated sugar
2 teaspoons mustard seeds	1 cup chopped seeded red bell pepper
1 teaspoon celery seeds	2 tablespoons chopped seeded jalapeno pepper
1/2 teaspoon whole black peppercorns	1 teaspoon salt
12 cups chopped cored peeled tomatoes	2 cloves garlic, finely chopped
2 cups chopped onions	1/2 teaspoon ground ginger
2 cups chopped seeded green bell peppers	1/2 teaspoon ground nutmeg

Procedure:

1. Tie cinnamon stick, bay leaf, mustard seeds, celery seeds, cloves and peppercorns in a square of cheesecloth, creating a spice bag.
2. In a large stainless-steel saucepan, combine tomatoes, onions, green peppers, vinegar, sugar, red pepper, jalapeno pepper, salt and spice bag. Bring to a boil over high heat, stirring frequently. Reduce heat and boil gently, stirring occasionally, until mixture is reduced by almost half, about 2 hours. Stir in garlic, ginger and nutmeg; boil gently, stirring frequently, until mixture mounds on a spoon, about 15 minutes. Discard spice bag.
3. Meanwhile, prepare canner, jars and lids.
4. Ladle hot sauce into hot jars, leaving 1/2-inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot sauce. Wipe rim. Center lid on jar. Screw band down until resistance is met, then increase to fingertip-tight.
5. Process in a boiling-water or atmospheric steam canner for 15 minutes, adjusting for altitude. Remove canner lid, wait 5 minutes, then remove jars, cool and store.

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

Spiced Tomato Jam with Powdered Pectin (about 5 half-pint jars)

Ingredients:

4 cups drained chopped tomatoes (about 2-1/4 pounds)	1/4 teaspoon ground cloves
1-1/2 teaspoons grated lemon rind	4-1/2 cups sugar
1/2 teaspoon ground allspice	1 box powdered pectin
1/2 teaspoon ground cinnamon	1/4 cup lemon juice

Procedure:

To Prepare Fruit – Wash firm-ripe tomatoes. Scald, peel, and chop tomatoes. Should measure approximately 4 cups. Cover and simmer 10 minutes, stirring constantly. Measure 3 cups cooked tomatoes into a saucepot. Add lemon rind, allspice, cinnamon and cloves.

To Make Jam – Place prepared fruit into a saucepot. Add lemon juice. Measure sugar and set aside. Stir powdered pectin into prepared fruit. Bring to a boil over high heat, stirring constantly. At once, stir in sugar. Stir and bring to a full rolling boil that cannot be stirred down. Then boil hard for 1 minute, stirring constantly. Remove from heat. Skim off foam. Pour hot jam into hot jars, leaving 1/4-inch headspace. Wipe jar rims and adjust lids. Process 10 minutes in a boiling-water or atmospheric steam canner. Adjust for altitude.

Source: *So Easy to Preserve*, 2014

Pickled Sweet Green Tomatoes (about 9 pints)

Ingredients:

10-11 pounds green tomatoes (16 cups sliced)	1 tablespoon mustard seed
2 cups sliced onions	1 tablespoon allspice
1/4-cup canning or pickling salt	1 tablespoon celery seed
3 cups brown sugar	1 tablespoon whole cloves
4 cups vinegar (5 percent)	

Procedure:

Wash and slice tomatoes and onions. Place in bowl, sprinkle with 1/4-cup salt and let stand 4 to 6 hours; drain. Heat and stir sugar in vinegar until dissolved. Tie spices in a spice bag, add to vinegar with tomatoes and onions. If needed, add minimum water to cover pieces. Bring to boil and simmer 30 minutes, stirring as needed to

prevent burning. Tomatoes should be tender and transparent when properly cooked. Remove spice bag. Fill jars and cover with hot pickling solution, leaving 1/2-inch headspace. Wipe jar rims and adjust lids. Process in a boiling-water or atmospheric steam canner, 10 minutes for pints, 15 minutes for quarts. Adjust for altitude.

Source: National Center for Home Food Preservation, 2018

Pressure Canning

Adjusting for Altitude

When pressure canning at altitudes higher than 1,000 feet, the recommended processing time remains constant, but the required pressure is increased. To process recipes at altitudes higher than 1,000 feet above sea level, use the chart below to adjust processing pressure.

Altitude (Feet)	Weighted-Gauge (lbs.)	Dial-Gauge (lbs.)
0-1,000	10	11
1,001 to 2,000	15	11
2,001 to 4,000	15	12
4,001 to 6,000	15	13
6,001 to 8,000	15	14
8,001 to 10,000	15	15

Tomatoes Packed in Water

Ingredients:

Tomatoes

Bottled lemon juice or citric acid

Salt (optional)

Procedure:

1. Prepare weighted-gauge pressure canner, jars and lids. Add 2 to 3 inches of water to the canner.
2. Working in small batches, immerse tomatoes in boiling water for 30 to 60 seconds or until the skins start to loosen or crack. Immediately plunge into a bowl of cold water and slip the skins off. Remove cores and any bruised or discolored portions that become apparent after blanching. Leave whole, half or quarter.
3. Prepare tomatoes for packing:
Raw-Pack Method: Bring about 4 cups water to a boil and keep hot (you will use it to fill the jars). Do not heat tomatoes.
Hot-Pack Method: Place tomatoes in a large stainless-steel saucepan. (For best results when canning whole tomatoes, do not layer them in the pan. Quartered and halved tomatoes can be layered.) Add water to cover. Bring to a boil over medium-high heat, stirring gently. Reduce heat and boil gently for 5 minutes.
4. Before packing each jar of tomatoes, add lemon juice or citric acid to the hot jar in the following quantity:
Bottled lemon juice: 1 tablespoon per pint; 2 tablespoons per quart
Citric acid: 1/4-teaspoon per pint; 1/2-teaspoon per quart
5. Add salt, if using, in the following quantity: 1/2-teaspoon per pint; 1 teaspoon per quart
6. Pack tomatoes into prepared jars to within a generous 1-inch of top of jar. Ladle hot cooking liquid (or boiling water if using the raw pack method) into jar to cover tomatoes, leaving 1-inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot liquid. Wipe rim. Center lid on jar. Screw band down until resistance is met, then increase to fingertip-tight.
7. Place jars in pressure canner. Lock lid and bring to a boil over medium-high heat. Vent steam for 10 minutes, then close vent. Continue heating to achieve 10 pounds pressure. Process both pint and quart jars for 10 minutes. Adjust pressure for altitude.
8. Turn off heat. Let pressure return to zero naturally. Wait 2 minutes longer, then open vent. Wait 10 minutes. Remove canner lid, then remove jars, cool and store.

Variations:

Tomatoes Packed in Tomato Juice: Packing tomatoes in tomato juice concentrates and enhances the flavor of the end product. However, the processing times need to be increased. Use either the raw- or hot-pack method and follow the steps above, substituting commercially prepared or homemade tomato juice (recipe below) for the water. Increase processing time to 25 minutes for both pint and quart jars.

Raw-Packed Tomatoes with No Added Liquid: You'll get the most concentrated tomato flavor by packing tomatoes raw with no added liquid. However, this method requires a longer processing time to ensure that the heat fully penetrates to the centers of the jars. Use the raw-pack method, but do not boil any water. Follow the steps above, filling jars with raw tomatoes. After removing air bubbles, adjust headspace, if necessary, by adding tomatoes. Increase processing time to 25 minutes for both pint and quart jars.

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

Tomato Juice

Ingredients:

Tomatoes, cored

Bottled lemon juice or citric acid

Salt (optional)

Procedure:

1. Prepare weighted-gauge pressure canner, jars and lids.
2. Wash and sort tomatoes, removing any bruised or discolored product. Quarter 6 tomatoes and place in a large stainless-steel saucepan. Bring to a boil over high heat. Using a potato masher, crush tomatoes to release juices, stirring constantly. While maintaining a boil and stirring to prevent burning, quarter additional tomatoes, adding them to the saucepan as you work. Make sure the mixture continues to boil vigorously while you add, stir and crush the remaining tomatoes. When all tomatoes have been added, reduce heat to medium and boil gently until tomatoes are soft and juicy, about 10 minutes. Remove from heat.
3. Working in batches, press tomatoes through a fine sieve, food mill or strainer to remove skins and seeds. Discard skins and seeds.
4. Before filling each jar with tomato juice, add lemon juice or citric acid to the hot jar in the following quantity: Bottled lemon juice: 1 tablespoon per pint; 2 tablespoons per quart; Citric acid: 1/4-teaspoon per pint; 1/2-teaspoon per quart
5. Add salt, if using, in the following quantity: 1/2-teaspoon per pint; 1 teaspoon per quart
6. Ladle hot juice into prepared jars, leaving 1-inch headspace. Wipe rim. Center lid on jar. Screw band down until resistance is met, then increase to fingertip-tight.
7. Place jars in pressure canner. Adjust water level to 2 or 3 inches, lock lid and bring to a boil over medium-high heat. Vent steam for 10 minutes, then close vent. Continue heating to achieve 10 pounds pressure for altitudes below 1,000 feet. Increase pressure for higher altitudes according to altitude chart above. Process both pint and quart jars for 15 minutes.
8. Turn off heat. Let pressure return to zero naturally. Wait 2 minutes longer, then open vent. Wait 10 minutes. Remove canner lid, then remove jars, cool and store.

Variation:

Herbed Tomato Juice: Prepare as directed above, adding one well-rinsed sprig of your favorite fresh herb to each jar before ladling in the hot juice.

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

Spaghetti Sauce with Meat (Makes about 9 pint jars or 5 quart jars)

Ingredients:

30 pounds tomatoes

2-1/2 pounds ground beef or sausage

5 cloves garlic, minced

1 cup chopped onions

1 cup chopped seeded green bell pepper or celery

1 pound mushrooms, sliced (optional)

4 tablespoons chopped fresh parsley

1/4-cup lightly packed brown sugar

2 tablespoons dried oregano

4 teaspoons salt

2 teaspoons freshly ground black pepper

Procedure:

1. Wash tomatoes, removing stems and any bruised or discolored portions. Core and quarter 6 tomatoes and place in a large stainless-steel saucepan. Bring to a boil over high heat. Using a potato masher, crush tomatoes to release juices, stirring constantly. While maintaining a boil and stirring to prevent scorching, core and quarter additional tomatoes, adding them to the saucepan as you work. Make sure the mixture continues to boil vigorously while you add, stir and crush the remaining tomatoes. When all tomatoes have been added, reduce heat and boil gently until tomatoes are soft, about 10 minutes.
2. Working in batches, press tomato mixture through a fine sieve or food mill. Discard peels and seeds. Set puree aside.
3. Prepare weighted-gauge pressure canner, jars and lids.
4. In a large stainless-steel skillet, over medium heat, brown ground beef, breaking it up with a fork, until no longer pink. Drain off excess fat. Add garlic, onions, green pepper and mushrooms, if using. Sauté until vegetables are tender, about 3 minutes.
5. In a large stainless-steel saucepan, combine reserved tomato puree, meat mixture, parsley, brown sugar, oregano, salt and pepper. Add water to make a thinner sauce, if desired. Bring to a boil over medium-high heat and boil, stirring occasionally, for 5 minutes, until heated through.
6. Ladle hot sauce into hot jars, leaving 1-inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot sauce. Wipe rim. Center lid on jar. Screw band down until resistance is met, then increase to fingertip-tight.
7. Place jars in pressure canner. Adjust water level to 2 or 3 inches, lock lid and bring to a boil over medium-high heat. Vent steam for 10 minutes, then close vent. Continue heating to achieve 10 pounds pressure for altitudes below 1,000 feet. Increase pressure for higher altitudes according to altitude chart above. Process pint jars for 60 minutes and quart jars for 70 minutes.
8. Turn off heat. Let pressure return to zero naturally. Wait 2 minutes longer, then open vent. Wait 10 minutes. Remove canner lid, then remove jars, cool and store.

Source: Ball Complete Book of Home Preserving, 2012

Dehydrating

Tomatoes, Grape

Preparation: Cut tomatoes in half lengthwise.

Drying: Place on mesh drying trays. Dry at 130°F.

Time: 20 to 24 hours.

Doneness test: Tomatoes should feel dry, be just slightly pliable and have no sign of moisture inside when broken open.

Tip: Home-dried tomatoes will be firmer than commercially dried tomatoes. If you don't dry them enough and leave them soft, they will spoil quickly.

Source: The Dehydrator Bible, 2009

Tomatoes, Plum (Roma)

Preparation: Cut smaller tomatoes lengthwise into 8 wedges; cut larger ones into 12 wedges.

Drying: Place skin side down on mesh drying trays. Dry at 130°F.

Time: 20 to 24 hours.

Doneness test: Wedges should feel dry, be just slightly pliable and have no sign of moisture inside when broken open.

Tips:

- Point the thin part of the slices toward the center of the tray so that the air flow around the slices is not impeded by the thicker portion.
- Beefsteak-style tomatoes and juice cherry tomatoes have a lot of moisture, so there's very little tomato – and thus very little flavor – left after drying. Plum (Roma) or other paste-style tomatoes are better suited to drying.
- Home-dried tomatoes will be firmer than commercially dried tomatoes. If you don't dry them enough and leave them soft, they will spoil quickly.

Source: The Dehydrator Bible, 2009

Tomato Powder

Ingredients:

Fresh tomatoes (Optional: may use canned pureed tomatoes)

Procedure: Slice tomatoes into 1/4-inch-thick slices. Place on dehydrator tray and dry until crisp. (Optional: may use canned pureed tomatoes and dry until crisp.) Place dried tomato slices or dried tomato leather in blender, herb, or coffee grinder and blend until a fine powder. Use powder in a variety of dishes from soups to meat loaf. Refer to the reconstitution information below:

Tomato Paste: 1 cup dried tomato powder, 1-3/4 cup water, 1/2-teaspoon sugar.

Tomato Sauce: 1 cup dried tomato powder, 3 cups water, 1/2-teaspoon sugar.

Tomato Soup: 1 cup dried tomato powder, 3/4 cup water, 1/2 cup dry milk. Season to taste.

Remember: The flavor of dried tomatoes is more concentrated so use sparingly in your cooking.

Source: The Ultimate Dehydrator Cookbook, 2014

Dried Tomato and Herb Sauce (Makes about 3 cups, or 2 cups of thick sauce)

Ingredients:

3 slices dried garlic	1 teaspoon crumbled dried oregano
1 cup dried tomatoes	1/2-teaspoon salt
2 tablespoons dried onion pieces	1/4-teaspoon freshly ground pepper
1 tablespoon crumbled dried parsley	4 cups water
1 teaspoon crumbled dried basil	Granulated sugar (optional)

Procedure:

1. In a saucepan, combine garlic, tomatoes, onions, parsley, basil, oregano, salt, pepper and water; bring to a boil over medium heat. Reduce heat to low, cover, leaving lid slightly ajar, and simmer, stirring occasionally, for about 20 minutes or until tomatoes are very soft and starting to break down.
2. Using an immersion blender in the pan, or transferring to a blender, puree sauce until fairly smooth. Return to pan, if necessary.
3. For a thicker sauce, return to a simmer over medium heat. Reduce heat and simmer, uncovered, stirring often, for about 15 minutes or until desired consistency. Season to taste with salt, pepper and sugar, if using.

Tips:

- If you prefer a chunky sauce, mince the garlic and finely chop the dried tomatoes before adding them to the saucepan, and omit the pureeing.
- The sugar helps to smooth out the flavor and enhances the tomatoes and herbs. Just a little really makes a big difference.
- For an even richer flavor, use dried roasted onion pieces and 2 teaspoons crumbled dried roasted garlic.

Source: The Dehydrator Bible, 2009

Anytime Salsa

Ingredients:

1/4-cup dried tomatoes	1/2-teaspoon crumbled dried oregano
2 tablespoons dried red bell pepper pieces	1 cup boiling water
2 tablespoons dried green bell pepper pieces	1/2-teaspoon salt, or to taste
1 tablespoon dried onion pieces	1 tablespoon freshly-squeezed lime juice,
1/2-teaspoon dried hot chili pepper slices, or to taste	or red-wine vinegar

Procedure:

1. In a food processor or mini-chopper, combine tomatoes, red and green bell peppers, onions, hot peppers, and oregano; pulse until finely chopped.
2. Transfer to a heatproof bowl and pour in boiling water. Cover and let stand for 30 minutes or until vegetables are soft and liquid is absorbed. Season with salt and stir in lime juice or vinegar. Use immediately or transfer to an airtight container and refrigerate for up to 5 days.

Source: The Dehydrator Bible, 2009

Dry Tomato Soup Mix

Ingredients:

1/2-cup dried tomato pieces	1/2-teaspoon dried sage
1/2-cup dried onion pieces	1/2-teaspoon sea salt
1 teaspoon dried thyme	

Procedure:

1. Add all ingredients to the cup of a magic bullet or food processor.
2. Process until very finely powdered.
3. Store in an air-tight container.
4. To use, measure 2 tablespoons of tomato soup mix into a mug or bowl. Add 6 ounces boiling water and stir well.

Homemade Ketchup

Ingredients:

6 tablespoons tomato powder	1/8-teaspoon garlic powder
1 cup water	1/4-cup honey
1-1/4 teaspoons salt	1/3-cup white vinegar
1/4-teaspoon onion powder	

Procedure:

Add all ingredients to a small saucepan and simmer for 20 minutes, Store in refrigerator.

Source: stonefamilyfarmstead.com

Creamy Tomato and Basil Soup Mix

Ingredients:

1/4-cup tomato powder	1/8-teaspoon garlic powder
1/3-cup instant dried milk powder	1/8-teaspoon onion powder
2 tablespoons powdered chick-flavored instant bouillon	1/8-teaspoon ground black pepper
1 teaspoon dried basil	salt to taste
1-3/4 cups boiling water	

Procedure:

1. Add dry ingredients to bowl that holds at least two cups.
2. Pour in 1 cup boiling water and stir well to break up any lumps.
3. Add 3/4-cup more boiling water and stir.
4. Cover and let rest for 9 to 10 minutes.

Source: *The Yummy Life*

Freezing

Tomatoes

Preparation: Select firm, ripe tomatoes with deep red color.

Raw (with skins removed): Wash and dip in boiling water for 30 seconds to loosen skins. Core and peel. Freeze whole or in pieces. Pack into containers, leaving 1-inch headspace. Seal and freeze. Use only for cooking or seasoning as tomatoes will not be solid when thawed.

Raw (with skins left on): Prepare tomatoes for freezing (wash, rinse, and dry with a paper towel) and cut away the stem scar. Place the tomatoes on cookie sheets and freeze. Tomatoes do not need to be blanched before freezing. Once frozen, transfer the tomatoes from the cookie sheets into freezer bags or other containers, leaving 1-inch headspace. To use the frozen tomatoes, remove them from the freezer a few at a time or all at once. To peel, just run a frozen tomato under warm water in the kitchen sink. Its skin will slip off easily.

Juice: Wash, sort and trim firm, vine-ripened tomatoes. Cut in quarters or eighths. Simmer 5 to 10 minutes. Press through a sieve. If desired, season with 1 teaspoon salt to each quart of juice. Pour into containers, leaving headspace for jars with wide-top openings of 1/2-inch for pint; 1-inch for quart.

Stewed: Remove stem ends, peel and quarter ripe tomatoes. Cover and cook until tender (10 to 20 minutes). Place pan containing tomatoes in cold water to cool. Pack into containers, leaving headspace of 1/2-inch for a pint and 1-inch for a quart.

Source: So Easy to Preserve, 2014

Green Tomatoes

Preparation: Select firm, sound green tomatoes. Wash, core, and slice 1/4-inch thick.

For Frying: Pack the slices into containers with freezer wrap between the slices. Leave 1/2-inch headspace. Seal and freeze.

Source: So Easy to Preserve, 2014

Sources

National Center for Home Food Preservation: <http://nchfp.uga.edu/>

USDA Complete Guide to Home Canning, 2015

So Easy to Preserve, Cooperative Extension, University of Georgia, 2015

Ball Complete Book of Home Preserving, 2012

The Dehydrator Bible, 2009

The Ultimate Dehydrator Cookbook, 2014

Cooperative Extension Offices (all 50 states)

University of Nebraska Extension, Lancaster County, "Freezing Raw Tomatoes With and Without Their Skins"

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