**Tomatoes All Ways**

Contrary to popular belief, tomatoes are not a high acid food. They are borderline high acid with a pH of approximately 4.5. This is too close to the dividing line between high and low acid foods. As a result, you must acidify homemade tomato products by adding bottled lemon juice, citric acid or vinegar before they are heat processed in a boiling water, steam or pressure canner. For this reason, it is important to use a recipe from a reputable source and to acidify your tomato products correctly, for all heat processing methods. *(See below for acidification instructions.)* Note that the maximum amount of processing time in a steam canner is 45 minutes.

Today’s tomato hybrids are developed to be less acidic. This is especially true for Roma-type tomatoes, which are popular for sauces. Once you add other vegetables, such as peppers, onions, celery and herbs, the acidity is lowered even further. Therefore, one needs to either follow a tested recipe from a safe source, or pressure can tomato sauces. Boiling water and steam canning is only used for high acid foods. If your tomato products are not correctly processed your product could be unsafe for consumption. Mold, E. *coli*, or botulism are real food hazards if the product is not processed correctly.

There are some tomato products in the USDA canning procedures that only have a pressure process listed (for example, tomatoes with okra or zucchini, spaghetti meat sauces, Mexican tomato sauce, etc.). If a pressure canning process is the only listed option, then it is the required processing method; do use a boiling water or steam canner if not specifically listed as a process option. These products made according to the stated recipes and procedures are low-acid food mixtures.

**Acidifying Tomatoes**

|  |
| --- |
| **Acidity Chart** |
| Bottled Lemon Juice | 1 Tablespoon per Pint2 Tablespoons per Quart |
| Citric Acid | ¼ Teaspoon per Pint½ Teaspoon per Quart |
| Vinegar, 5% acidity | 2 Tablespoons per Pint4 Tablespoons per Quart |

Most of today’s tomatoes have been bred for sweetness versus acidity. For this reason, additional acid must be added to canned tomatoes, tomato puree, tomato sauce and tomato juice in the form of either bottled lemon juice, citric acid or vinegar that has an acidity of at least 5%. Most recipes call for the acidity product to be added directly to each jar.

**Choosing Tomatoes**

Use the best quality, vine ripened tomatoes whenever possible. Green (unripe) tomatoes are more acidic than ripe tomatoes and can be canned safely by the boiling water method. Do NOT use tomatoes from dead or frost-killed vines as the tomatoes may be lower in acid.

Sort tomatoes, picking out any that are spoiled or green. Rinse with cool water. To peel tomatoes, dip tomatoes in boiling water long enough to crack the skins (about 1 minute). Cutting a shallow X in the blossom end of the tomato speeds this process. Dip in cold water. Peel and remove cores. Save any juice to add to the hot liquid in which you boil the tomatoes. If using frozen tomatoes, run them under warm water and slip the skins off.

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. Tomatillos may also be canned in a boiling water or steam canner but must be acidified the same as tomatoes.

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 medium3 medium | 1 pound1 pound | ChoppedPeeled and crushed | 2-1/2 to 3 cups1-1/2 cups |
| Oblong, Plum or Paste (Roma) | 5 medium5 medium | 1 pound1 pound | ChoppedCrushed or pureed | 2 cups1-1/2 cups |

**Tomatoes that work well for canning**

Amish

Amos Coli

Big Mama Paste

Black Prince

Gilberti

Granadero

Italian Gold (Yellow)

Jersey Devil

Juliet

Mama Leone

Martinos Roma

Opalka

Paisano

Plum Regal

Polish Linguisa

Pozzano

Principe Borghese

Roma

Russian Big Roma

Salvaterres

San Marzano

Saucy

Sausage

Ten Fingers of Naples

Tiren

Verona

Viva Italia

**Canning Tomatoes**

|  |
| --- |
| Altitude Chart for Boiling and Steam Canning |
| Altitude in feet | **Increase processing time** |
| 1000 - 3000 | 5 minutes |
| 3001 - 6000 | 10 minutes |
| 6001 - 8000 | 15 minutes |

***Adjusting for Altitude***

**Boiling Water and Steam Canning:** All recipes are developed using sea level as the criteria for processing times. At sea level, water boils at 212°F. At higher altitudes water boils at a lower temperature. Processing times must be increased to ensure safe canning. Canning at any altitude higher than 1,000 ft. requires adjusting the processing time according to the Altitude Chart on the right.

|  |
| --- |
| Altitude Chart |
| **Altitude in feet** | **Required Pressure** |
| Sea Level – 2000ft. | 11lb. |
| 2001 – 4000ft. | 12lb. |
| 4001 – 6000ft. | 13lb. |
| 6001 – 8000ft. | 14lb. |
| 8001 – 10,000ft. | 15lb. |

**Pressure Canning:** All recipes are developed using sea level as the criteria for processing times. The atmospheric pressure is lower at higher elevations. At higher altitudes the pressure must be increased to increase the temperature inside the pressure canner to ensure safe canning. Canning at any altitude higher than 1,000 ft. requires adjusting the processing time according to the Altitude Chart on the right.

****Water levels in canners:** Many tomato recipes have long processing times. You can use a steam canner only if the maximum processing time (including altitude adjustments) is no more than 45 minutes. The canner may boil dry if you process jars for longer periods of time. If using a boiling water canner, start with 2-inches of water above the jars if the processing time is 30 minute or longer, to allow room for the boiling water to evaporate but still leave at least 1-inch of water above the jars.

**Recipe: Bruschetta in a Jar** *Yield: about 3 half-pints*

**Ingredients**

3 cloves garlic, minced

1/2 cup dry white wine

1/2 cup white wine vinegar

1/4 cup water

1 tablespoon sugar

1 tablespoon dried basil

1 tablespoon dried oregano

1 tablespoon balsamic vinegar

4-1/2 cups chopped cored plum tomatoes (about 2 pounds or 6 medium)

**Procedure:**

1. Combine garlic, wine, wine vinegar, water, sugar, basil, oregano and balsamic vinegar. Bring to a full rolling boil over high heat, stirring occasionally.
2. Reduce heat, cover and simmer 5 minutes or until garlic is heated through. Remove from heat.
3. Pack tomatoes into hot jars leaving ½-inch headspace.
4. Ladle hot vinegar mixture over tomatoes leaving ½-inch headspace.
5. Remove air bubbles. Wipe rim. Apply lid. Process filled jars in a boiling water canner for 20 minutes, adjusting for altitude.

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

**Recipe: Spiced Tomato Jam** *Yield: about 5 half-pints*

**Ingredients:**

4 cups drained chopped tomatoes (about 2-1/4 pounds)

1-1/2 teaspoons grated lemon rind

1/2 teaspoon ground allspice

1/2 teaspoon ground cinnamon

1/4 teaspoon ground cloves

4-1/2 cups sugar

1 box powdered pectin

1/4 cup lemon juice

**Procedure:**

1. *If under 1000’ elevation:* Boil jars for 10 minutes to sterilize them.
2. 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.
3. Place prepared fruit into a saucepot. Add lemon juice.
4. Measure sugar and set aside.
5. Stir powdered pectin into prepared fruit. Bring to a boil over high heat, stirring constantly.
6. 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.
7. Remove from heat. Skim off foam. Pour hot jam into hot jars, leaving 1/4-inch headspace. Wipe jar rims and adjust lids.
8. Process half-pints in a boiling-water or atmospheric steam canner as follows:

|  |  |  |
| --- | --- | --- |
| **0 - 1,000 ft** | **1,001 - 6,000 ft** | **Above 6,000 ft** |
| 5 minutes in sterilized jars | 10 minutes | 15 minutes |

*Source: So Easy to Preserve, 2014*

**Recipe: Crushed Tomatoes (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:**

1. Prepare canner, jars and lids.
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, and remove cores. Trim off any bruised or discolored portions and quarter. *(Save the skins and dry them with your favorite spice mix for tomato chips!)*
3. 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.
4. 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. Boil gently 5 minutes.
5. Put bottled lemon juice or citric acid in each empty, hot jar. Add 2 tablespoons of bottled lemon juice or 1/2 teaspoon of citric acid in each quart jar. For pints, use 1 tablespoons bottled lemon juice or 1/4 teaspoon citric acid per pint jar.
6. Add 1 teaspoon of salt per quart to the jars, if desired.
7. 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 as follows:
* Crushed Tomatoes in a **boiling-water canner:** Process Time at Altitudes of:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Jar Size** | **0 - 1,000 ft** | **1,001 - 3,000 ft** | **3,001 - 6,000 ft** | **Above 6,000 ft** |
| Pints | 35 minutes | 40 minutes | 45 minutes | 50 minutes |
| Quarts | 45 minutes | 50 minutes | 55 minutes | 60 minutes |

* Crushed Tomatoes in a **weighted gauge pressure canner:** Process Time and Pressure at Altitudes of:

|  |  |  |  |
| --- | --- | --- | --- |
| **Jar Size** | **Process Time** | **0 - 1,000 ft** | **Above 1,000 ft** |
| Pints or Quarts | 20 minutes | 5 lb | 10 lb |
| 15 minutes | 10 lb | 15 lb |
| 10 minutes | 15 lb | Not recommended |

* Crushed Tomatoes in a **dial-gauge pressure canner:** Process Time and Pressure at Altitudes of:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Jar Size** | **Process Time** | **0 - 2,000 ft** | **2,001 - 4,000 ft** | **4,001 - 6,000 ft** | **6,001 - 8,000 ft** |
| Pints or Quarts | 20 minutes | 6 lb | 7 lb | 8 lb | 9 lb |
| 15 minutes | 11 lb | 12 lb | 13 lb | 14 lb |

*Source: USDA Complete Guide to Home Canning, 2018*

**Recipe: 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 jar of tomatoes, add 1 tablespoon bottled lemon juice or 1/4 teaspoon citric acid and 1/4 teaspoon salt to the hot pint 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 pints in a boiling-water or atmospheric steam canner as follows:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **0 - 1,000 ft** | **1,001 - 3,000 ft** | **3,001 - 6,000 ft** | **6,001 – 8,000 ft** | **8,001 – 10,000 ft** |
| 40 minutes | 45 minutes | 50 minutes | 55 minutes | 60 minutes |
| *Use either boiling or steam canner* | *Use only a boiling water canner for times over 45 minutes* |

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

***Spice Blends:***  Each recipe makes enough to season 6 pint jars – 2-1/4 teaspoons per jar

|  |  |  |
| --- | --- | --- |
| **Italian Spice Blend** 4 teaspoons dried basil2 teaspoons dried thyme2-1/2 teaspoons dried oregano1-1/2 teaspoons dried rosemary1-1/2 teaspoons dried sage1 teaspoon garlic powder1 teaspoon hot pepper flakesFor 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 powder2 teaspoons ground cumin2 teaspoons dried oregano2 teaspoons garlic powder2 teaspoons ground coriander1-1/2 teaspoons seasoned saltFor 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 teaspoon per jar)3 teaspoons chili powder2 teaspoons paprika1-1/2 teaspoons onion flakes1-1/2 teaspoons garlic powder1-1/2 teaspoons ground allspice1-1/2 teaspoons dried thyme1 teaspoon cayenne pepperFor 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*

**Recipe: Spaghetti Sauce with Meat** *Yield: about 9 pints or 5 quarts*

**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 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 with vinegar. Apply lids.
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 altitude chart above.
8. Process jars as follows.
* **Weighted gauge pressure canner:** Process Time and Pressure at Altitudes of:

|  |  |  |  |
| --- | --- | --- | --- |
| **Jar Size** | **Process Time** | **0 - 1,000 ft** | **Above 1,000 ft** |
| Pints | 60 minutes | 10 lb | 15 lb |
| Quarts | 70 minutes | 10 lb | 15 lb |

* **Dial-gauge pressure canner:** Process Time and Pressure at Altitudes of:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Jar Size** | **Process Time** | **0 - 2,000 ft** | **2,001 - 4,000 ft** | **4,001 - 6,000 ft** | **6,001 - 8,000 ft** | **8,001 – 10,000 ft** |
| Pints | 60 min | 11 lb | 12 lb | 13 lb | 14 lb | 15 lb |
| Quarts | 70 min | 11 lb | 12 lb | 13 lb | 14 lb | 15 lb |

1. 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*

**Recipe: Chili Sauce** *Yield: about 7 half-pints*

**Ingredients:**

1 cinnamon stick (about 4 inches) broken in half

1 bay leaf

2 teaspoons mustard seeds

1 teaspoon celery seeds

1/2 teaspoon whole black peppercorns

12 cups chopped cored peeled tomatoes

2 cups chopped onions

2 cups chopped seeded green bell peppers

1-1/2 cups white vinegar

1-1/2 cups granulated sugar

1 cup chopped seeded red bell pepper

2 tablespoons chopped seeded jalapeno pepper

1 teaspoon salt

2 cloves garlic, finely chopped

1/2 teaspoon ground ginger

1/2 teaspoon ground nutmeg

**Procedure:**

1. The 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 half-pints in a boiling-water or atmospheric steam canner as follows:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **0 - 1,000 ft** | **1,001 - 3,000 ft** | **3,001 - 6,000 ft** | **6,001 – 8,000 ft** | **8,001 – 10,000 ft** |
| 15 minutes | 20 minutes | 25 minutes | 30 minutes | 35 minutes |

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

**Recipe: Dried 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.

**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*

**Recipe: Dried 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 with 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*

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

**Reconstitution ratios:**

* 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.

*Source: The Ultimate Dehydrator Cookbook, 2014*

**Recipe: Dried Tomatoes and Herb Sauce** *Yield: 3 cups or 2 cups of thick sauce*

**Ingredients:**

3 slices dried garlic

1 cup dried tomatoes

2 tablespoons dried onion pieces

1 tablespoon crumbled dried parsley

1 teaspoon crumbled dried basil

1 teaspoon crumbled dried oregano

1/2 teaspoon salt

1/4 teaspoon freshly ground pepper

4 cups water

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*

**Recipe: Frozen 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.

***Freezing 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/>

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