

# Preserving fruit of harvest easier with help at library

Too many tomatoes? Countless carrots and cucumbers? Beaucoup de beans?

What you need is a fast trip to the Milton Public Library to consult some of our great sources on canning, drying, freezing, pickling, and otherwise preserving your harvest.

Ellie Topp's 'Complete book of year-round small-batch preserving' is a recent Canadian guide. 'The big book of preserving the harvest' by Carol Costenbader is an authoritative 348 pages of expertise. The culinary avant-garde might enjoy Barbara Ciletti's 'Creative pickling: from classic dill to ginger pears'.

Our newest addition is "Pickled: preserving a world of tastes and traditions" by Lucy Norris.

And Helen Sudell offers us 'Country pickles and preserves: traditional recipes using seasonal ingredients'.

For people on special diets there is Norma MacRae's 'Canning and preserving without sugar'.

For the high-tech we have 'Preserving with a microwave' by Isabel Webb.

Why not try an alternate method of keeping your harvest outlined in 'The complete dehydrator cookbook' by Mary Bell, and try drying your crop?

There are a variety of titles that

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would appeal to herbalists, including 'Herb drying handbook' by Nora Blose, which includes directions for microwave drying, or 'Herbal wreaths' by Carol Taylor.

'The perfect pumpkin' by Gail Damerow covers everything from pumpkin soup to pumpkin soap, pumpkin seeds to pumpkin wine.

Speaking of wine, if that's your preferred method of using excess produce, we have several books on wine-making and home-brewing. 'You made this?!: a guide to making wine no one knows is home-made' by Thomas Bachelder may be just what you need.

Or try 'Winemaking at home' by Heinz Kurth. Do you have an abundance of hops? Perhaps you need 'Brewing the world's great beers' by Dave Miller or 'More homebrew favourites' by Karl Lutzen.

For the truly ambitious there is 'Basic butchering of livestock and game' by John Mettler or 'How to be your own butcher' by Stanley Lobel.

Companion to those are 'Making

great sausage' by Chris Kobler and 'Home sausage making' by Charles Reavis.

If you haven't spent the summer gardening and raising stock, but still feel the need to put up supplies for the winter, have a look at the guide to edible wild plants 'Drink in the wild: teas, cordials, jams and more' by Hilary Stewart. Yum.

As well as all the titles specifically on preserving, basic cooking guides from 'The joy of cooking' to 'The old world kitchen' have chapters on jam-making, pickles, freezing and so on.

Of particular interest are 'From our mothers' kitchens' by Anita Stewart (a collection of Canadian recipes) and 'Elinor Fettiplace's receipt book' by Hilary Spurling, a collection of Elizabethan recipes that includes some interesting interpretations of jam and jelly making. (You boil the sugar and water almost to a brittle and then add the cold fruit. The author says it works.)

Finally, when this year's bounty is safely stashed, come back to the library and browse the gardening section to start planning next year's crop.

We'll be happy to help.

Cover to cover is prepared by staff at the Milton Public Library.

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**Free PUMPKIN CARVING DOWNTOWN!!**

The Milton Downtown Business Improvement Area would like to invite you to come to the Farmers' Market on:

**SATURDAY, OCTOBER 4<sup>TH</sup>**  
from 9:00am to 11:30am,

We will be located at the DBIA Booth in front of The Milton Bible Church Site

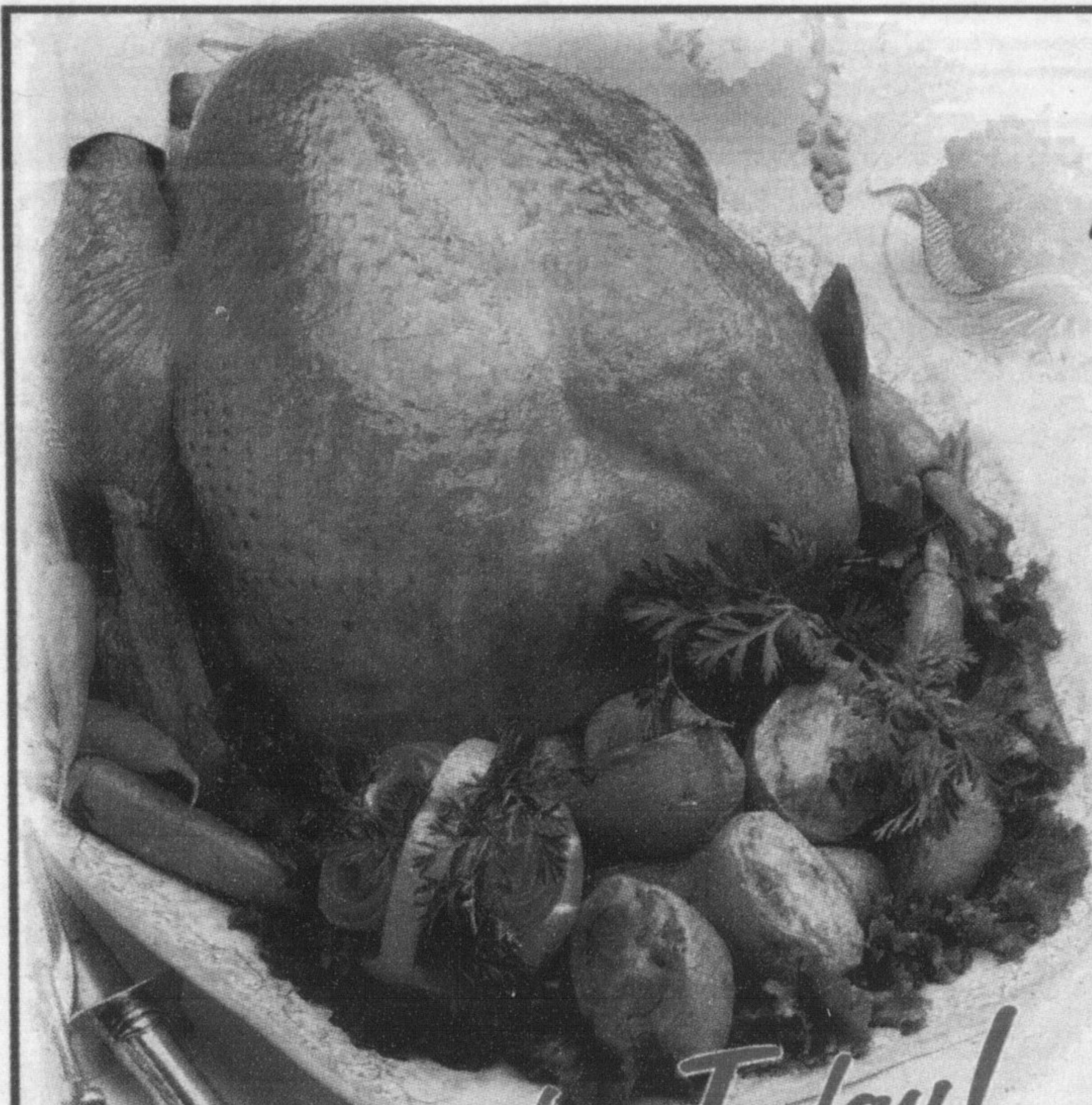
Come one come all and carve your pumpkin for Hallowe'en!

Pumpkins have again been generously donated by:

**MERRYBROOK FARM**

For further details please call the BIA Office at **905-876-2773**

Congratulations to all participants in the Milton Fall Fair Window decorating contest. Our winner this year was Milton Greenhouses!



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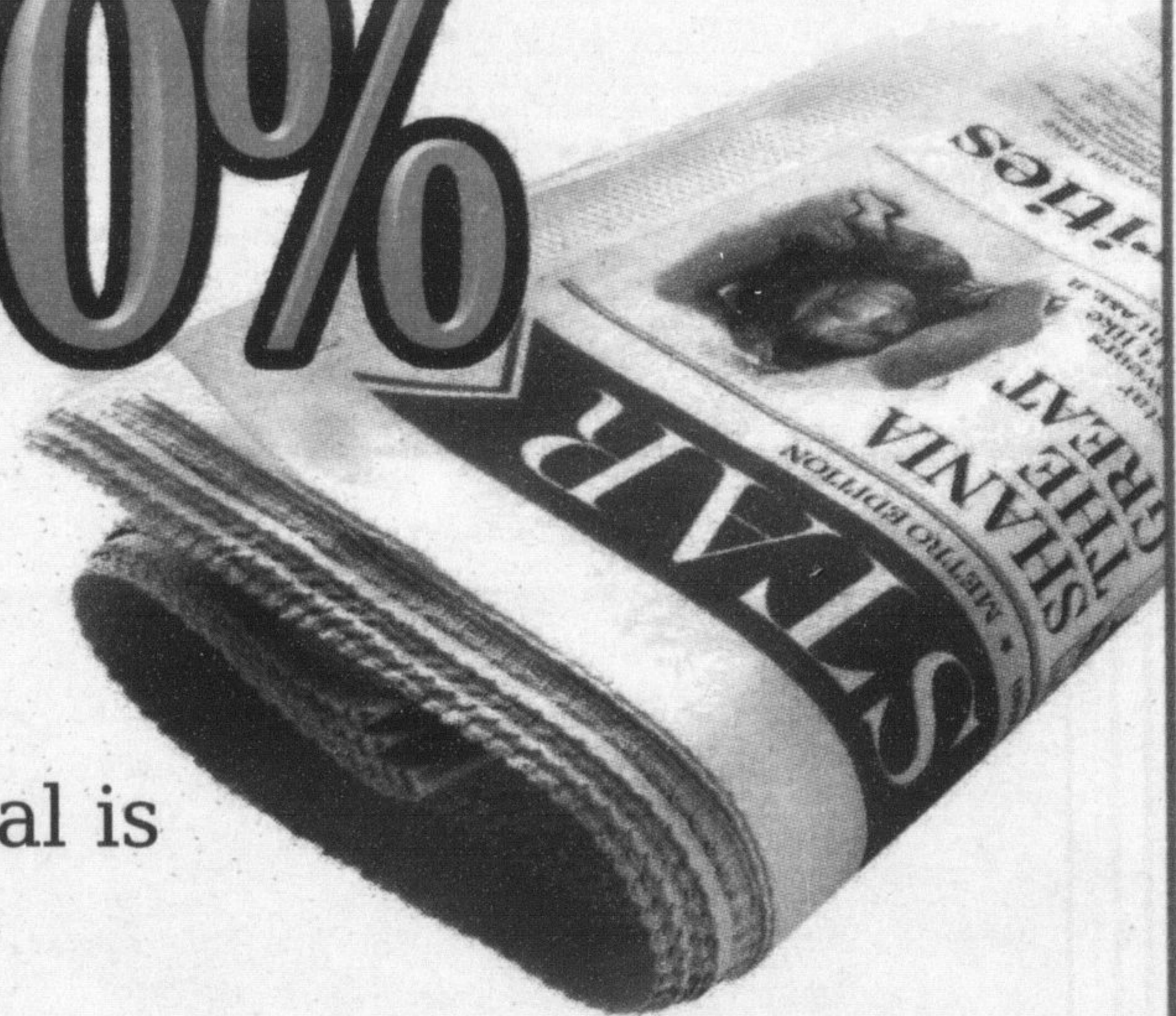
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