



3 Visions Farm

Cocoagranola LLC

Jar Season

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Good
morning/afternoon
everyone!

The weather here has started to change into the true pacific northwest fall. Each night as it dips into the forties, you get the first bites of cold in the late to early hours. It's a little warning for the coming chill I assume because it's already getting darker faster and the winds require more protection. I haven't gotten a thick enough coat yet but I'll need one and a pair of boots for this weather. As a person from

North Carolina, this cold around September isn't familiar to me but it's much better than hot and humid!

Just in case the power goes out, we're lucky to have several backup plans. We've got a fire pit we can use and a wood stove. On top of it all, we've been steadily canning fruits, vegetables and even meats. We'll be doing this with stews, dinners and other useful sauces that could be easily jarred and heated. To have these things in your back pocket is a useful skill that many of us can trace back down to our grandmother's and their parents and so on.

I learned canning watching my mother make pear, nectarine and peach preserves. She spent countless hours peeling, chopping, boiling both preserves and bottles. It required heat in the final process as well to sanitize and seal the jars after you closed them tight. You couldn't rush or else you might risk contamination, hurting yourself and/or breaking the glass jars. But if



you learned the proper steps, that would mean being able to eat what you've grown or bought from markets months later with whatever other healthy combinations you add to it. It will stretch to feed multiple times over if needed. I can't wait to taste the pickled peaches in December; I remember the smell was spiced heaven.

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