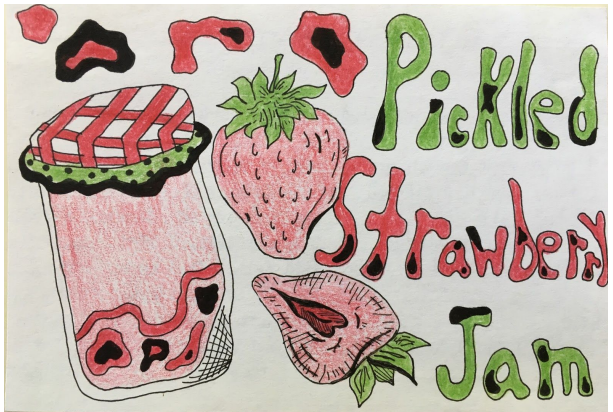
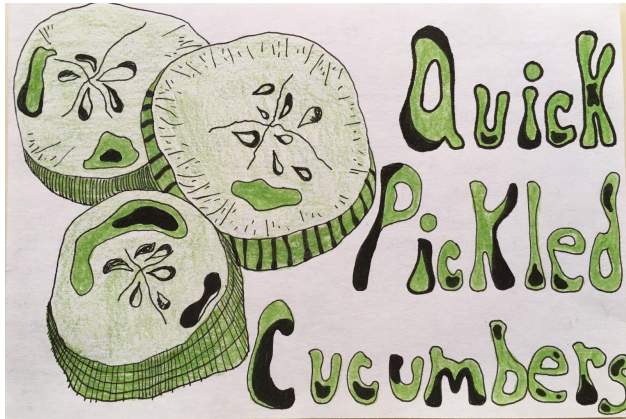


# Preservation on the Yale Farm

Charlotte Emerson



# Notes

This project is an exploration of the various ways in which we define preservation. I approached it with an interest in creating physical recipes to preserve knowledge, memory, and community during a time in which distance is at the forefront of everyone's mind. I wanted to focus specifically on Yale-Farm produce to create potential for future in-person culinary workshops. It is also important to note that this is by no means the end of this project. Like any good recipe collection, I want this to be built upon, altered, and exchanged by the YSFP community. Like any good pickle, alteration is key to preservation.

Peering into my own home kitchen this past summer, I sorted through the box of recipes that my grandma passed down to my mom, as well as the box that my mom jump-started for me last December. The recipes are, for the most part, familiar. Some credit where they came from; others don't. Some ask you to rely on intuition; others detail exactly what every step ought to smell, look, and taste like. All carry the mark of care and memory. These recipes, hand scrawled by generations of family members and friends, have made me reflect on that which is able to be preserved over time. Much has been lost over these past few months and much, in general, is lost through the passing of time. These recipes, however, have endured, connecting me to people who have no conception of my existence. I wanted to find a way to cultivate connection and community during this time of isolation. Though these recipes were created with the intention of future in-person cooking collaborations, I have also presented them in a digitalized format to adapt to the current safety measures keeping us from communing.

In addition to centering my project on the theme of preserving recipes and community, I also paid homage to this idea by focusing my recipes on the food preservation methods of pickling and preserving. I explored the history of both of these practices, tracing the first instance of pickling back to 2400 B.C., where evidence was found of Mesopotamians soaking cucumbers in acidic brine. Pickles quickly caught on as a health food in 50 B.C. when Queen Cleopatra credited them with contributing to her health and legendary beauty. The link between pickled goods and health became common knowledge, and was later used to the advantage of Columbus in his voyage to the new world to stave off scurvy among his sailors. By the 1650s, a real industry began to arise around pickles in the US. Dutch farmers in the area now known as Brooklyn began growing cucumbers that were, in turn, pickled and sold on the streets, the beginning of what would become the world's largest pickle industry.

Pickling laid much of the groundwork for the innovative thinking that led to canning. In the early 19th century, canning began as a preservation practice born out of the need to sustain troops. During Napoleon's attempt to conquer Europe, he created a contest for the general public, promising 12,000 francs to the person who could come up with the best way to feed his soldiers. A french candymaker, Nicolas Appert, won the competition when he discovered that placing food in a bottle, removing the air before sealing it, and boiling the bottle, would preserve its contents.. Using glass containers, Appert preserved vegetables, fruits, jellies, syrups, soups and dairy products. Pasteurized milk started showing up on the tables of military officers and preserved products became a household staple for many middle class families. However, Appert did not understand why his invention worked; he just knew that it did. A half century later, Louis Pasteur discovered how microbes cause food to spoil, illuminating the relationship between heating jars to a high temperature and destroying food-spoiling microorganisms (thus the name "pasteurization" rather than "appertization.")

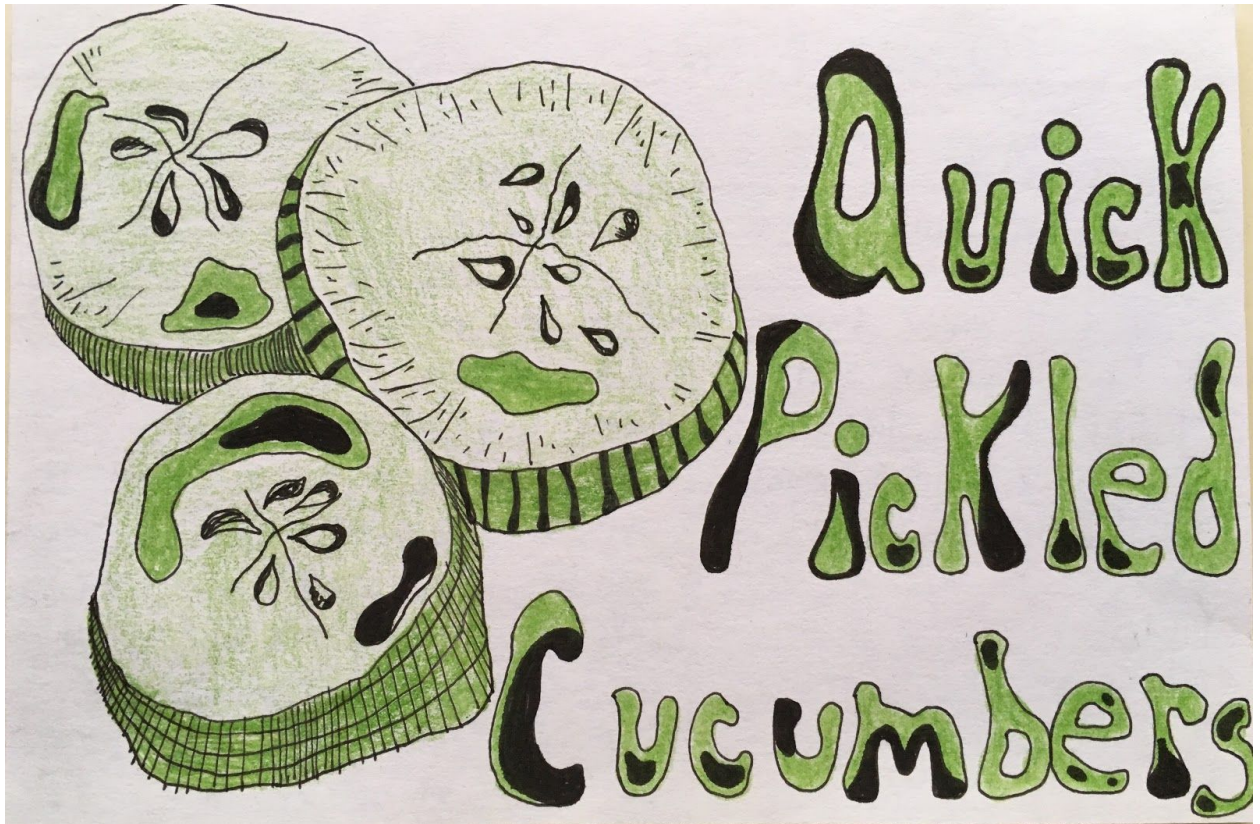
The invention of preservation practices, not just limited to pickling and canning, but salting, freezing, and drying, is also tied to the idea I touched on earlier: food being used to create community. As soon as humankind had a method to preserve food, they were able to spend much less time hunting and gathering and more time with one another, building civilizations and, with that, community.

I hope you enjoy these recipes and have the chance to think about the ways in which food helps you commune with the people and spaces you love. Happy cooking!

Charlotte



Quick - Pickled Cucumbers



Quick - Pickled Cucumbers

Ingredients

- 1 cup rice wine vinegar
- 1 cup water
- 3/4 cup white sugar
- 1 Tbsp Kosher salt
- 4 cups thinly sliced cucumber (about 3 Japanese or 1 English)

Yield

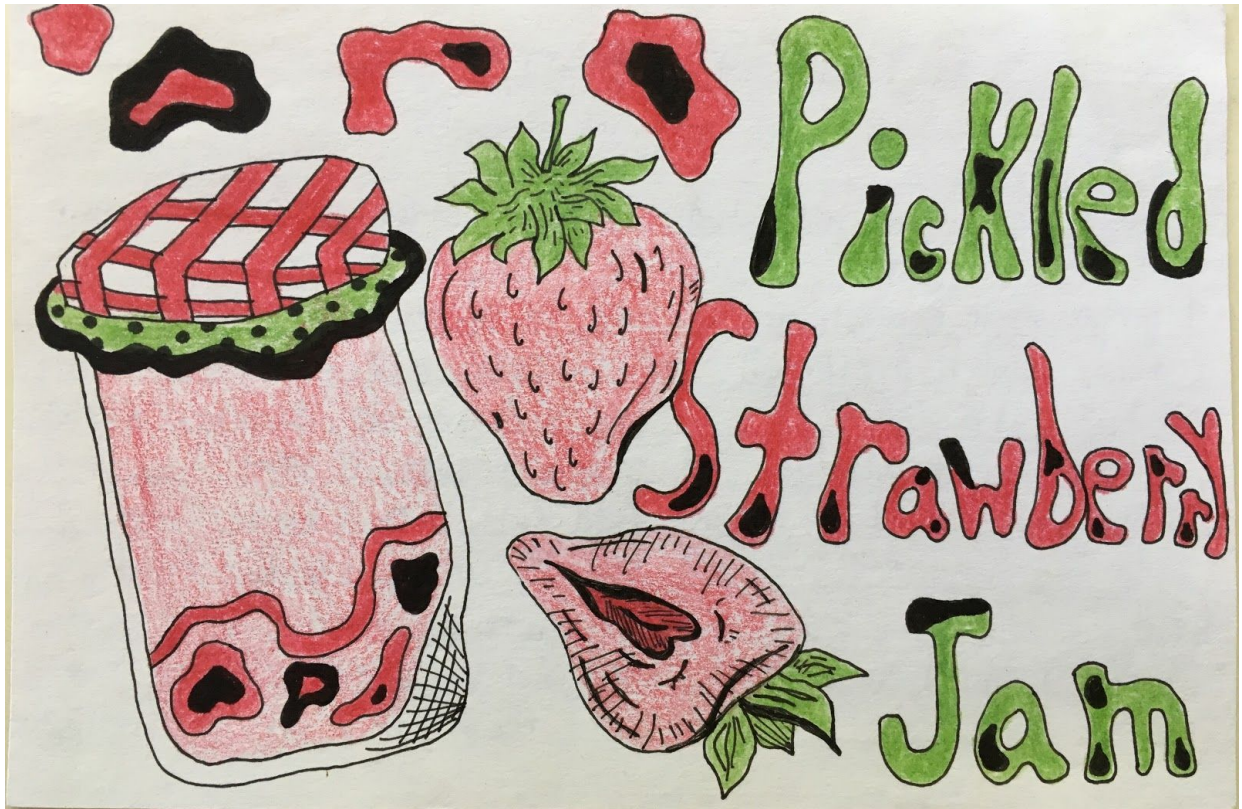
~ 1 pint

Directions

- 1- Combine vinegar, water, sugar & salt in saucepan and bring to boil.
- 1- Remove from heat
- 1- Add cucumber slices & stir
- 1- Cover with a clean kitchen towel or double layer of paper towels, pressing down until towel is saturated and in direct contact with cucumbers
- 1- Let rest 10 minutes, then transfer cucumbers to a sealable container.
- 1- Top over with remaining liquid.
- 1- Eat immediately or store in fridge <sup>up to</sup> 1 month.



Pickled Strawberry Jam



Pickled Strawberry Jam

Ingredients

- 1 pound strawberries (quartered)
- 2/3 cup sugar
- 1 large apple, coarsely grated (Granny Smith preferred)
- 1/2 tsp salt
- 1 Tbsp rice wine vinegar
- 2 Tbsp sherry or red wine vinegar

Yield

- 8 oz jar and then some

Directions

- Combine strawberries and sugar in a large sauce pan.
- Stir in peeled & grated apple.
- Cook over medium heat, stirring and breaking up strawberries until sugar dissolves (10 min)
- Add salt, both vinegars, and simmer until jam is thickened
- Pour into prepared canning jars and store in cupboard or pour into room temp jars and refrigerate



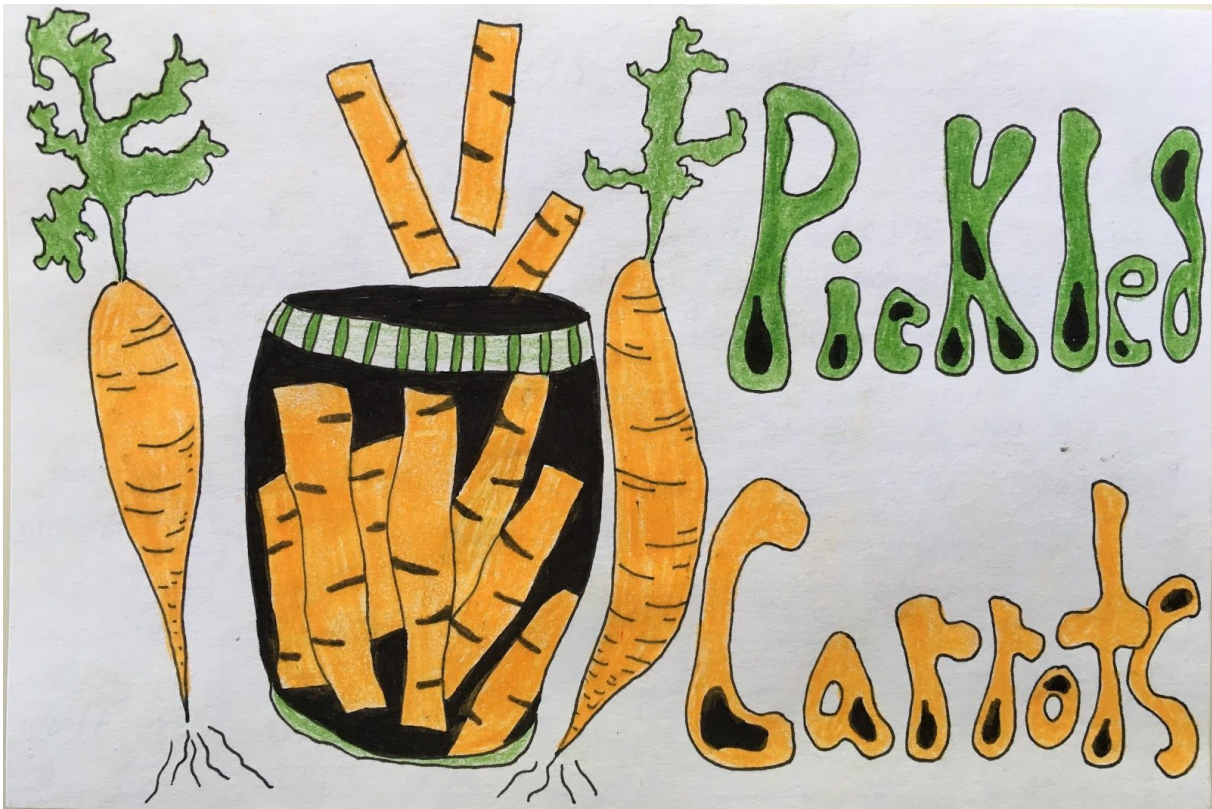
Pickled Beets



<u>Pickled Beets</u>	
<u>Ingredients</u>	<u>Directions</u>
- 2 cups thinly sliced beets (moons or halves)	- Place beets in a jar. (Optional: add a couple fennel sprigs)
- 1/2 cup rice wine vinegar	- Combine both vinegars and sugar in a bowl.
- 1 Tbsp. Sherry or red wine vinegar	- Boil cup of water and add to bowl. Stir until sugar is dissolved.
- 2 Tbsp. sugar	- Add salt and stir until dissolved.
- 1 cup water	- Pour over beets and shake. Leave jar on counter until cool.
- 2 1/4 tsp. kosher salt	- Refrigerate for at least two days.
<u>Yield</u>	- Serve over salad, with hummus, in a sandwich. Basically on anything :)
- 16 oz jar	



## Pickled Carrots



## Pickled Carrots

### Ingredients

- ~1 lb carrots, peeled + sliced in sticks
- 1/2 bell pepper (optional) (sliced)
- 1 jalapeño (optional) (sliced)
- 2/3 cup white vinegar
- 1/3 cup apple cider vinegar
- 1/2 tsp. salt
- 1 Tbsp. sugar

### Yield

~8 servings

### Directions

- Add veggies to a large mason jar.
- In a small saucepan, combine vinegars, salt, and sugar.
- Bring to a simmer to fully dissolve salt and sugar. Taste and adjust seasoning as needed.
- Pour brine over carrots, ensuring they are submerged. Add more vinegar or water to cover.
- Seal well and shake. Refrigerate for at least one hour. Best flavor comes after 24 hours.



Lacto-Fermented Tomato Pickles



Lacto-Fermented Tomato Pickles

Ingredients

- Large green tomatoes, cored + quartered
- Salt (3% total vegetable weight)
- Whole garlic cloves peeled (2 per quart)\*
- Fennel seed (one tsp. per quart)\*
- Whole hot peppers, stems removed\* (quantity to preference)

\*=optional

Directions

- In large vessel, mix all ingredients making sure to mix in salt. Let sit half an hour.
- Mix tomatoes after resting. Notice brine.
- Pack mixture into a stoneware crock or several Mason jars, distributing liquid evenly.
- Weigh down fermenting tomatoes in

Notes: Brought by Shizue Roche Adachi! crock with large water-filled jar resting on a plate.

- Weigh individual jars with a rested jar full of water; brine should rise with weight
- Drape a cloth over vessel(s) and secure it with string to seal
- Store in cool, dark place for 2-3 weeks. Once done, skim off brine & discolored tomatoes
- Pack tomatoes + brine firmly into jars & refrigerate.



## Apple Butter



## Apple Butter

### Ingredients

- 6 pounds mixed sweet + tart apples, unpeeled, uncored, chopped
- 6 cups apple cider
- 1 3-inch cinnamon stick
- 3 whole cloves
- 1/2 teaspoon kosher salt
- 1 Tbsp apple cider vinegar

### Yield

~ 4 cups

### Notes

- Brought to you by Noah Macey :)

### Directions

- Bring apples, cider, sugar, cinnamon, cloves, and salt to a boil in a big pot.
- Cook over medium-high heat, stirring every once in a while until most of liquid is evaporated and apples are soft (1-1.5 hours).
- Discard cinnamon stick. Pass apple mix through a sieve, pressing down with a spatula. Discard peels, seeds, cloves.
- Preheat oven to 350°
- Transfer apple mix to 13x9" pan and bake, stirring every 30 mins until thick, dark, and reduced by half (1.5-2 hours).

Stir in vinegar.  
Let cool in pan  
store in fridge.



## Beet Hummus



## Beet Hummus

### Ingredients

- 1 small roasted beet, peeled & quartered
- 1 15 oz. can chickpeas (reserve liquid)
- 1 lemon (zested)
- 1/2 large lemon juiced (more to taste)
- Salt + pepper to taste
- 2 large garlic cloves (more to taste)
- 1/2 cup tahini with some of its oil
- 1/4 cup olive oil

### Yield

- 6-8 servings

### Directions

- Blend beet in food processor
- Add chickpeas, zest, juice, seasoning, garlic, tahini and olive oil and blend.
- Add more lemon juice or chickpea liquid to produce a smooth purée.
- Adjust seasoning to taste, adding paprika for a kick.
- Serve with a drizzle of olive oil, cumin, paprika, or parsley.



## Beet Slaw



## Beet Slaw

### Ingredients

- 1 large beet or 3 small
- 1 shallot or small onion
- Salt + pepper to taste
- 1 carrot
- 4 tsp. Dijon mustard (or to taste)
- 1 Tbsp. olive oil
- 2 Tbsp. sherry vinegar or other strong vinegar (or to taste)
- Minced parsley, dill, chervil, rosemary, or tarragon

### Yield

- 4 servings

### Directions

- Peel beets, shallot (or onion), and carrot.
- Grate beets and carrot. Mince shallot (or onion).
- Place in bowl and toss with salt, pepper, mustard, oil and vinegar (all to taste). Toss in herbs.
- Serve over hot dogs/hamburgers on top of hummus, or as itself for a tangy salad!



Green Tomato Salsa



Green Tomato Salsa

Ingredients

- 7 cups (12 medium) chopped, corred <sup>green</sup> tomatoes
- 5-10 jalapeños, seeded and chopped
- 2 cups (2 large) chopped red onion
- 2 cloves garlic, finely chopped
- 2 limes
- 1/2 cup cilantro
- 2 tsp. cumin      - 1 tsp. salt
- 1 tsp. coriander      - 1 tsp. black pepper
- 1 tsp. dried oregano      - 1 tsp. chipotle pepper

Directions

- 1 - Combine tomatoes, peppers, onion, garlic, and lime juice in a large pot and bring to boil over medium-high heat. Place a lid over pot and stir often.
- 1 - Once at boil, stir in cilantro, salt, pepper, and spices. Simmer for ~5 mins. until tomatoes are soft.
- 1 - Purée mixture and taste. Adjust seasonings as needed.
- 1 - Pour into prepared canning jars or freeze.

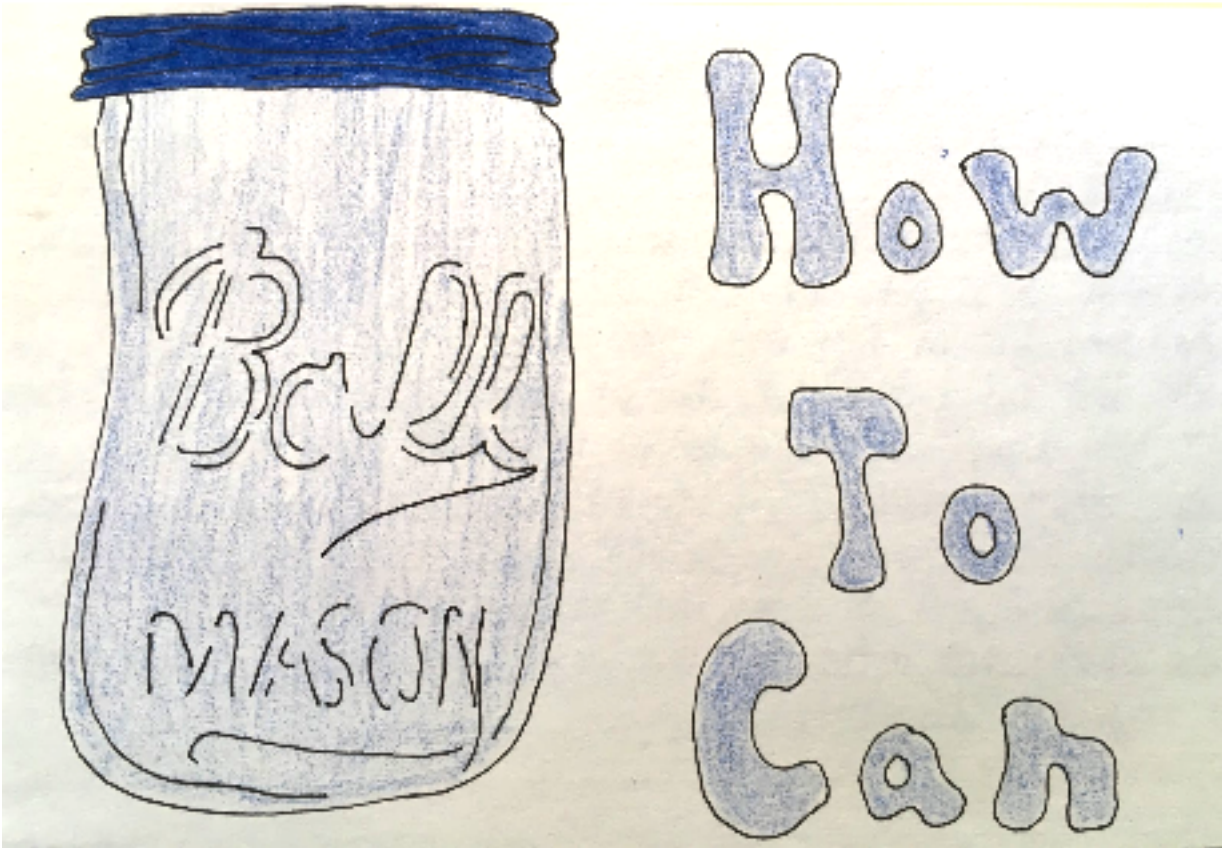
Yield ~ 3 quarts

Notes

- Brought to you by Shizue Roche Adachi



## How To Can



## How To Can

### Directions

- Wash jars and lids with soapy water. Place jars in a large pot and lids in a large pot and cover with water. Bring to a simmer. Leave jars and lids in hot water until ready to fill.
- Ladle hot substance into the hot jars, leaving  $\frac{1}{2}$  inch headspace. Remove air bubbles, wipe rim, and center hot lid on jar. Apply the band and adjust until fit is fingertip tight.
- Process filled jars in a boiling water bath for 25 minutes.
- Remove jars and let cool, undisturbed, for 24 hours.
- Lids should not move up and down when pressed in the center. If they do, refrigerate.