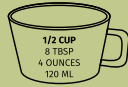


# DETERMINING YOUR GOALS

## HOW TO USE THE FOLLOWING CHARTS

### Step 1



Determine how much of each vegetable your family consumes on a weekly basis.

To help figure that out, I've included a sheet to track your consumption over a month.

### Step 2



How many weeks are you NOT eating fresh from each plant?

The weeks in between when the plant is done for the season to when you pick the first ripe fruit the next season.

### Step 3



Multiply your weekly consumption by your weeks without fresh eating to determine total cups, pounds, or individual vegetables.

### Step 4



Consider how you like to eat each vegetable.

For example, what portion of your peppers do you want to have sliced and frozen and how much canned as salsa.

## HELPFUL TIPS!!

**Start with 1 or 2 vegetables at a time.**

What do you have the most success growing?  
Even if your goal is to preserve it all, starting with your most successful plants builds your confidence and reduces the overwhelm!

**Diversify your preserves!**

Carrots for example, can be frozen, canned, fermented, root cellared, and dehydrated.  
This spreads out the storage space needed and makes eating them more exciting than if they were all preserved the same way!

# DETERMINING YOUR GOALS

## (USING CARROTS AS AN EXAMPLE)

### Step 1



*8 large carrots per week*

### Step 2



*36 weeks without fresh carrots*

### Step 3



*8 x 36 = 288 carrots*

### Step 4



*-3 quarts fermented  
(15-20 carrots)*

*-68 root cellared/fridge*

*-200 chopped, blanched and  
frozen*

## MORE TIPS!!

**Consider early spring or fall plantings.**

Can you plant cold hearty crops under cover in early spring or fall?

This can drastically reduce the amount of produce you need to preserve!

**Plant preservation friendly varieties.**

Some varieties, especially for winter squash, onions, potatoes, cucumbers, and tomatoes are better suited for preservation. They often have better flavor, texture and longevity for preservation.

# HOW MUCH TO PRESERVE

For A Family Of 4

Your customizable templates are below!!

VEGETABLE	AVG. WEEKLY CONSUMPTION $\times$	WEEKS WITHOUT FRESH EATING $\ominus$	AMOUNT TO PRESERVE
TOMATOES	1 pint 1 quart	40	40 pints 40 quarts
PEPPERS	1 pint salsa 2 cups sliced	40	40 pints salsa 80 cups frozen
GREEN BEANS	3 cups	38	114 cups frozen
CARROTS	8 large carrots	36	288 frozen/fermented/root cellar
PARSNIPS	2 parsnips	36	72 parsnips frozen/ root cellar
ZUCCHINI	2 zucchini	38	76 zucchini frozen/fermented
ONIONS	3 onions	38	114 root cellared/fermented/salsa
POTATOES	4 cups	40	160 cups root cellared/frozen
CABBAGE	1/4 cabbage	34	9 cabbages fermented/refrigerated
KALE/DARK GREENS	4 cups blanched	32	128 cups blanched and frozen
CORN	2 cups	44	88 cups frozen
GARLIC	3	52	160 root cellar/fermented/canned goods
WINTER SQUASH	1 every other week	44	22 root cellared/ frozen
BROCCOLI/CAULIFLOWER	1 head	39	39 heads frozen
BRUSSELS SPROUTS	1 cup	38	38 cups frozen
CELERY	1/2 cup	48	8 cups in canned soup 16 cups frozen
BEETS	1/2 cup	36	2 quarts fermented 10 cups frozen

# BROKEN DOWN PER PERSON

VEGETABLE	AVG. WEEKLY CONSUMPTION $\times$	WEEKS WITHOUT FRESH EATING $=$	AMOUNT TO PRESERVE
TOMATOES	1/4 pint 1/4 quart	40	10 pints 10 quarts
PEPPERS	1/4 pint salsa 1/2 cups sliced	40	10 pints salsa 20 cups frozen
GREEN BEANS	3/4 cups	38	28 cups frozen
CARROTS	2 large carrots	36	72 carrots frozen/ root cellar
PARSNIPS	1/2 parsnips	36	18 parsnips frozen/ root cellar
ZUCCHINI	1/2 zucchini	38	19 zucchini frozen/fermented
ONIONS	3/4 onions	38	28 root cellared/ fermented/salsa
POTATOES	1 cups	40	40 cups root cellared/frozen
CABBAGE	1/12 cabbage (handful of sauerkraut)	34	3 cabbages fermented/ refrigerated
KALE/DARK GREENS	1 cup cooked	32	32 cups blanched and frozen
CORN	1/2 cup	44	22 cups frozen
GARLIC	3/4	52	40 root cellar/fermented/ canned goods
WINTER SQUASH	1/4 every other week	44	5 root cellared/ frozen
BROCCOLI/CAULIFLOWER	1/4 head	39	10 heads frozen
BRUSSELS SPROUTS	1/4 cup	38	9 cups frozen
CELERY	1/8 cup	48	2 cups in canned soup 4 cups frozen
BEETS	1/8 cup	36	1 pint fermented 3 cups frozen

# WHAT YOU TYPICALLY EAT IN A WEEK

You can use this to visualize how many vegetables you consume on a weekly basis!

## WEEK 1

VEGETABLE	AMOUNT CONSUMED

## WEEK 2

VEGETABLE	AMOUNT CONSUMED

## WEEK 3

VEGETABLE	AMOUNT CONSUMED

## WEEK 4

VEGETABLE	AMOUNT CONSUMED





