

# PRESERVING SPRING

BY JOEL MacCHARLES AND DANA HARRISON

## Rhubarb

### STEWED

DIFFICULTY ○○

*preparation:* pressure can  
*enjoy* as a side dish, pie filling or warm ice cream topping



### CHUTNEY

DIFFICULTY ○

*preparation:* boiling water bath  
*enjoy* with pork, with cheese, or on toast

Many variations exist; most mix rhubarb with other fruit like apples or pears



## Dandelions

### WINE

DIFFICULTY ○○○

*preparation:* ferment  
*enjoy* during next year's camping trip (it will be 6-12 months before this will hit its peak)



### JELLY

DIFFICULTY ○

*preparation:* boiling water bath  
*enjoy* on toast, in tea, or with chicken.

### COFFEE (Roots)

DIFFICULTY ○○○○

*preparation:* dehydrate  
*enjoy* in the morning, as a substitute for coffee.

Joel MacCharles & Dana Harrison run the blog [wellpreserved.ca](http://wellpreserved.ca) from their cozy loft in Riverside, that they also share with their dog Shaeffer and a giant shelf full of preserves. Joel does a lot of the writing and preserving, and Dana is a graphic designer ([elevenideas.ca](http://elevenideas.ca)), so she keeps everything looking yummy.

**P**reserving goes far beyond jam. Its purpose is to extend local flavours well beyond their short seasons.

Imagine enjoying the flavours of spring in the middle of winter! Always use tested recipes and you'll safely enjoy the taste of the seasons year round.

For more information on these ideas visit <http://wellpreserved.ca/preserving/>

EASY ○ IN DIFFICULT ○○○○○

### SPICY PICKLED

DIFFICULTY ○

*preparation:* boiling water bath  
*enjoy* as a garnish in a caesar, or in a salad.

Packing them tightly can be tricky; placing the tips up can help.



## ASPARAGUS

### CANNED

DIFFICULTY ○○○○

*preparation:* pressure can  
*enjoy* grilled or as a side dish to fish  
Must use pressure canning for all low acid foods.

## Spring Lamb JERKY

DIFFICULTY ○○○○○

*preparation:* dehydrate  
*enjoy* as a snack, pizza topping or in a stir fry

Use fresh lamb, trim all fat carefully (fat does not dehydrate)



## WILD LEEKS

### PICKLED (Bulbs)

DIFFICULTY ○

*preparation:* boiling water bath  
*enjoy* alongside charcuterie and aged cheeses.



### PESTO

DIFFICULTY ○

*preparation:* freeze  
*enjoy* by adding to soup, chili or stir fry

\*Please pick ethically - take no more than 5% of a patch of wild leeks (preferably less). If you're buying, ask the provider if they were harvested ethically.

## Beech Tree Leaves



### NOYAU (Gin Cordial)

*preparation:* infuse DIFFICULTY ○○

*enjoy* during the first heavy snowfall of winter

Specific to spring; as season passes the leaves gain size and become bitter.

## FIDDLEHEADS

### PICKLED

DIFFICULTY ○

*preparation:* boiling water bath  
*enjoy* with strong hard cheeses (such as aged cheddar), or as a side dish with lamb.

Bathing blanched fiddleheads in ice water before processing will help retain some of their crunch.

