

Stay connected and receive updates with Lighten Up Charleston by subscribing to our bi-weekly newsletter!

Contact Paul Wieters at weetersp@charleston-sc.gov

For more tips on how to keep you and your family healthy and active visit:

www.lightenupcharleston.com
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Lighten UP Charleston

Preserving your produce!



Have you made your New Year's resolutions yet? Now is the best time to start your resolutions so that you can ease into the new habits and find ways to overcome barriers before fully committing come January! Lighten Up Charleston has a few resolution goals for 2016 that we would like to share and keep with your help. Will you help us help you in 2016?



City Of Charleston Community Wellness
75 Calhoun St. Third Floor- Human Resources
Charleston, SC 29401

843-958-6456

Around Town

[Click here for more](#)



In 2015, Lighten Up Charleston attended on average 5 community events per month. Whether it is a health fair, a community event or a wellness conference we are dedicated to expanding community outreach. That is why we are making a goal to increase our presence at events by 8 per month! You can help by inviting us to be a part of your next wellness event. Contact us at [843-958-6456](tel:843-958-6456)



Register for the [Cooper River Bridge Run](#) today! Take a BIG STEP towards a healthier you this New Year. Race day [Saturday April 2nd, 2016](#)



Lighten UP Charleston

A guide to utilizing all kinds of produce.

Lighten Charleston

Canning

- Heating foods in jars or cans to a temperature that destroys microorganisms and inactivates enzymes and then later cooling to create a vacuum seal
- Prevents germs from re-contaminating the food within the jar or can
- Storage time: up to 2 years in a cool, dry, dark place

Pickling– canning method using high acidity content to prevent bacteria growth

Jams and jellies– canning method using high sugar content to prevent bacteria growth

Fruits and veggies best canned:

Apples, peaches, apricots, cherries, pears, tomatoes, green beans, cucumbers, black eyed peas and okra



Start Here!

The start of the farmer's market will be here sooner than you think. Do you know about the ways you can keep your fruits and veggies in season all year round? You can start today by washing firm, ripe produce and thoroughly dry before canning for freezing!



Remember to label and date all containers before storing! You don't want to grab the wrong ingredients.

Would you like more information about freezing or canning? Visit the National Center for Home Food Preservation at <http://nchfp.uga.edu>



Freezing

- Reduces the temperature of the food so that germs cannot grow
- Preserves the greatest number of nutrients
- Store in air-tight bags or containers in freezers at 0°F or below.
- Storage times: Fruits 8-12 months & Vegetables 12-18 months

Prevent discoloration of fruits with Ascorbic Acid (Vitamin C) or lemon juice

Most veggies should be blanched before freezing which means to cook briefly (3-4 min) in boiling water/steam/microwave and then plunge them in ice water to stop the cooking

Fruits and veggies best frozen:

Berries, currants, cranberries, bananas, chili peppers, beans, asparagus, tomatoes and corn