



MONTHLY
PRESERVING
IDEAS





MONTHLY PRESERVING SUGGESTIONS

Preserving and fermenting some of your produce each month is a great way to extend your seasonal bounty. That way you can continue enjoying your favourite flavours for many months to come! The bonus is, as some produce gets towards the end of its season you can pick up boxes of it at very reasonable prices.

- January – Peel one to two juicy ripe peaches, slice them up, place in a 500ml/1 pint jar and cover with raw honey. Leave on the bench for 2-3 days til the honey becomes liquid then pop in the fridge. This is great over yoghurt, on pancakes, over cake etc.
- February – Roasted Roma Tomatoes
- March – Fermented Fig Cinnamon + Honey Butter
- April – Quince Paste (Dulce de Membrillo)
- May – Fermented Carrots With Garlic, Chilli, and Dill
- June – Fruit Paste | Apple and Honey
- July – Red Cabbage Sauerkraut
- August – Pickled Radish
- September – How To Make Sour Pickles
- October – Preserve Garlic In Honey or In Miso
- November – Pickled Onions
- December – Mango Chilli Sauce (recipe coming soon)



WHERE TO FIND MORE

If you'd like more preserving ideas, mealtime inspiration or lots more recipe you can find [Whole Natural Kitchen](#) on most of the main social media channels. Or you can feel free to drop me (Gabby) a line via email anytime.

WHOLE NATURAL KITCHEN ONLINE

