



LOON ORGANICS

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If you are canning salsa, you have to add additional acid (lemon or lime juice or vinegar with 5% acidity), cook it down a bit, and then pack the jars with the hot salsa mixture. The first recipe below is our favorite canned salsa recipe and one that was generously provided by a CSA member. We like the “Roasted Tomato Salsa” recipe because you can drain off some of the tomato liquid before you boil it all together. It reduces your boiling time. The 2nd recipe is one we got from our friend Irene and we really enjoyed it. Try both and see which one you prefer!

Salsa can also be frozen with good results—cook salsa first before freezing to get better salsa texture when you are thawing it out.

Be careful when handling your hot peppers. Wear gloves when cutting—they can literally burn your hands. Also avoid touching your face and eyes when cutting the hot peppers! The hot peppers included are Jalapenos (small pointed, green or reddish in color—medium hotness), and Habaneros (small and orange/red in color—VERY hot). The hot peppers are in the plastic bag.

Roasted Tomato Salsa for canning (or freezing)

****This is a relatively mild salsa. If you want a spicier salsa, just add additional hot peppers or some cayenne powder to the mixture.****

1 box tomatoes,(20 pounds) roasted
6 medium/large onions
2 ½ heads garlic
8 Bell or Italian Sweet Peppers, multicolored
8-10 jalapeno peppers
cilantro
2½ Tablespoon salt
4 Tablespoons lime or lemon juice (or 5% acidity vinegar)

1. Roast the tomatoes with olive oil and salt beforehand at 400 degrees for an hour. De-core and quarter the tomatoes, mound them in roasting pans (make sure to put them in pans with sides so that the juice doesn't run all over your oven) and drizzle with olive oil and salt. Stir the tomatoes every 15 minutes and as the tomatoes begin to cook they will release juices. Strain the juice off the tomatoes when they are done cooking (you can save the juice for soups or broths).

2. Puree the rest of the ingredients separately in the food processor and combine in a big stock pot. Stir frequently over high heat until mixture begins to boil, then reduce heat and simmer for 10 minutes, stirring occasionally.
3. Ladle salsa into hot pint jars, leaving 1/2 inch headspace. Adjust lids and process in a boiling water bath for 15 minutes. If you want to freeze salsa, you don't have to boil it. Just combine ingredients, put in freezer jars (preferably wide mouth jars or plastic containers) and freeze for up to 6 months.

Delicious Tomato Salsa

Makes: 8-10 pints

1 hr. 40 min prep time, from Liz McMann of Mississippi Market Food Co-op

14 cups chopped tomatoes
3 cups onions, chopped
½ cup jalapeno peppers, chopped or minced
1 cup green peppers, chopped
½ cup vinegar
1 – 6 oz. jar tomato paste
3 Tbsp. salt
1 Tbsp. chili powder
1 Tbsp. garlic powder
1-1/2 tsp. ground cumin
5 garlic cloves, minced (optional)
¼ cup fresh cilantro or ¼ cup oregano (optional)

*Gather all the necessary materials for canning.

*Fill water bath canner with water and pint jars. Bring to a boil and boil jars for 10 minutes to sterilize them. Once 10 minutes is up, turn off the heat and leave jars in the canner until ready to fill.

*Add all the chopped veggies, herbs and spices to a large saucepan, and bring to a boil. This may take some time (10-20 minutes). Stir to prevent sticking to pan.

*Remove jars from water bath canner, place on clean towel on the counter and ladle the hot salsa into the jars, leaving ¼" headspace.

*Wipe the rims with a clean paper towel.

*Adjust lids and screw on bands finger tight.

*Place jars back into canner, and bring to a boil. Boil for 10 minutes.