

Best Preserving Method

For each item shown there may be more than one method which can be used

Basic = 1

Alternative = 2

	Whole	Dehydrate	Lactic Ferment	Oil	Vinegar	Salt	Sugar	Sweet & Sour	Alcohol
Apricot		1					1		2
Apple		1			2		1		
Artichoke		2		1					
Banana		1							
Basil				2	1				
Beetroot		1	2					2	
Black Current		1			2		2		
Blue/Blackberry/Raspberry/ Strawberry					2		1		2
Brussels sprout/Cabbage/Red Cabbage	1				2				
Carrot/ Turnip/ Parsnip	1		2					2	
Cauliflower	1								
Cherry		2			2		1	2	1
Chestnut	1	1					1		
Cucumber			1					2	
Kale/Spinach/Swiss Chard	1	1	2						
Dandelion Flower									1
Eggplant		1	1	1					
Elderberry							1		2
Elderflower									1
Endive	1								
Garlic	1	2			2				
Gherkin			1		2			2	
Grape		2			1				
Green Bean		1	2			2			
Peppers/Chilli		1		2					
Jerusalem Artichoke	1								
Leek	1								
Lemon/Orange/Cumquat						1	2		
Melon							1		
Mixed Vegetables			1						
Mushroom		2		1	1				
Nasturium seeds					1				
Olive	2			1		1			
Onion	2	1	1		1				
Peach		1					2		2
Pear	2	2					1	1	1
Persimmon		1							
Plum		2	2		1		1	1	2
Radish	2		1						
Rhubarb	2						1		2
Rose Petals/Rose Hips						1	2		2
Squash	1								
Tomato	2	2	1	1	1	1		1	
Zucchini		1	1	2				2	