

## Welcome to the Plant Doctor Home-Grown Recipes!

Growing your food naturally leads to finding and inventing recipes that use what you grow. Miller's Harvest Chilli con Carne is a perfect example. In one recipe, I used 12-1/2 cups of my garden's sweet peppers<sup>†</sup>, 4 cups of my home-grown onions, 7 cups of the celery that I love to grow and eat, plus a whopping 36 cups of fresh tomatoes.

Once the produce comes out of the garden, preserving the surplus can be by dehydrating, pickling, freezing, or by cooking into recipes that can be enjoyed immediately or frozen, ready to eat during the "off" season. Besides chili con carne, other popular ready-to-eat meals include shepherd's pie, pasta sauce, soup. All of these, and more, are so easy to make as the bounty arrives (and/or to preserve).

The recipes are tested and perfected right here! With a lifetime (since 1960 or so) of experience gardening and cooking, I also share with you many of the fine points that "they never tell you", even though somebody *must* know!

Every kitchen needs a cook book that does not assume that you know how to boil water. Mine is the Fannie Farmer. I use the 13th Edition but you probably want the latest edition (things change, even in cooking).

This All-American pressure canner is the one I chose to use for putting away my garden. Of the six sizes they make, why this one?

I chose this 21-1/2-quart canner because it holds 19 pints in one batch (or 7 quarts). It fits my (standard sized) stove top, which may explain why this model is also the most popular size of

All American pressure canner (they call it a cooker/canner, but I *never* cook in aluminum). Smaller models handle fewer jars, and larger models occupy too much of my stove top. A wider canner interferes with the other burners that I need to heat the ingredients, warm the lids, and boil water for tea and coffee while I work (some things are

*important*

)! A taller canner comes so close to the range hood that I would have great difficulty manipulating the lid. My kitchen is very standard and so, likely, is yours.

† Home-grown right here! In each recipe, the dagger indicates an ingredient that I grew here (and most likely can be grown by you). Like me, you probably do not grow vinegar or salt.