

tasteBUDS

LOCAL CHATTANOOGA FLAVOR



Celebrate the Season with Local Root Veggies

FALL/WINTER 2015

CHATTANOOGA'S REGIONAL GUIDE TO LOCALLY GROWN AND CRAFTED FOODS

TAKING THE ROMANCE

OUT OF FOOD PRESERVATION

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We're all guilty of it. We are scrolling through our Instagram feed and suddenly our breath catches. We see it: the sunlight streaming in a farmhouse window. On the butcher block countertop the cheesecloth has been gracefully pulled back to reveal homemade goat cheese. A serving knife is delicately poised, as yet unused next to the creamy block. The empty glass goat milk bottle is just out of focus in a back corner of the frame. With photos like these, the fantasy of homesteading can be all-consuming.

We follow those people who seem to have unending hours to devote to a life bookended by homemade kimchi and kombucha starters. The appeal is understandable: we all have an innate drive to root down, to create home. The slowed pace depicted in these posts is intoxicating; and yet, in our highly mobile, fast-paced modern world, few of us have the immediate time, skillset, or patience necessary to implement these idyllic scenes. Or -- what's more likely -- we're so overwhelmed by the barriers to entry (i.e. the skills we

don't yet have) that we never even get started. We're paralyzed, doomed to scroll through perfect pictures of homesteaded lives, dreaming longingly of the "one days."

But what if, instead of sighing wistfully and continuing to scroll, we took just one step toward scratching that itch for a slowed life? Or, more practically, we took ten minutes to prevent those cucumbers in our fridge from going in

the trash. Let's take the romance out of modern homesteading, and tackle the "I have radishes coming out of my ears!" moments.

Food preservation is not just for the talented social media photographers with thousands of followers. It's also for us, the casually interested. And most importantly, it's for right now. To get started, here is an easy recipe even the most novice of us can't screw up.

QUICK PICKLING

..... yields about two pints

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| 2 lbs small local kohlrabi bulbs, radishes, or carrots, peeled and thinly sliced | ½ cup water |
| ½ local onion, thinly sliced | 1 cup sugar |
| 1 tablespoon salt | 2 teaspoons mustard seeds |
| 1 cup apple cider vinegar | 1 teaspoon ground turmeric |

Toss vegetables with salt and allow to sit for an hour. Drain and pack into pint-sized mason jars. Heat vinegar, water, sugar, and spices in a small saucepan over medium heat until sugar has dissolved. Pour brine over vegetables in the jars. Once cooled, place in fridge. Best if allowed to marinate for at least a day before enjoying. Keeps for a month in the fridge.