

---

## Living Homegrown Podcast – Episode 92 Vinegars, Liqueurs & Yogurt

**Show Notes are at: [www.LivingHomegrown.com/92](http://www.LivingHomegrown.com/92)**

**Announcer:** This is the Living Homegrown podcast. Episode number 92.

Welcome to the Living Homegrown podcast, where it's all about how to live farm fresh without the farm, to help guide the way to a more flavorful and sustainable lifestyle is your host, national PBS TV producer and canning expert, Theresa Loe.

**Theresa:** Hey there everybody. Welcome to the Living Homegrown podcast. I'm your host Theresa Loe, and this podcast is where we talk about living farm fresh without the farm. What does that mean exactly? Well I help people live closer to their food with small space food growing, no matter how small your backyard space is, and preserving and cooking with organic food even if you don't want to grow it yourself, and also just simple ways that you can live a more sustainable and flavorful lifestyle. If this podcast sparks an interest to learn more about any of these topic, I have a ton more information on my website, including my online canning academy. Just go to [livinghomegrown.com](http://livinghomegrown.com) for more information, and if you know someone else who would be interested in these topics, please let them know about this podcast. That would be so helpful if you could help spread the word. Thanks so much.

Okay, so today's episode is a Q & A episode, and I actually haven't done a Q & A episode in a really long time, so let me explain what that is. Basically, I get a ton of questions both on my website through the contact page, or on the blog. Also, just people wanting to have questions answered after listening to a podcast episode, and I also get questions on social media and through our PBS television show, Growing a Greener World. Those questions cover everything that we talk about on this podcast, so as you can imagine, it's really impossible for me to answer all those questions.

What I do with those questions is I try to create episodes, either here on the podcast or on our television show or I will write blog posts to try and answer those questions. I also like to cover some of those questions in a Q & A episode where I can just give some real quick feedback, because many times those questions would not fill an entire episode. In other words, they're not a topic that you know I could talk about for 30 minutes, but it's a really great question that other people might have and so I try to fire off several of them in one Q & A episode. That's what I'm trying to do with today's episode.

Also, many times people will write in and it's actually a topic that I have covered before, so my assistant will email them back and say hey, you know you wanted to learn about raising rabbits, well Theresa did an episode on that and here's the link. We do try to answer everybody if we can, or I just store up those questions and I try to answer them here or in a post on the website.

Today's Q & A topics are kind of all food or preserving related. I didn't want to throw in some gardening ones when we were also talking about food, so I just gathered up some of the food related questions for this particular Q & A episode, and as always I will have links to resources that I mention, or to different episodes that you can go to for more information on the website in the show notes for this episode. To get to that you would go to [livinghomegrown.com/92](http://livinghomegrown.com/92), because this is episode 92 so that's how I have it laid out on my website.

Also, I wanted to tell you, right now is a really good time for me to tell you that I have a project that I've been working on for several months. It's actually about a month away from me really announcing anything, but I wanted to make sure that you get on my email list on my website. The reason is that I have several free events and workshops coming up. I won't be announcing them for about another month, but if you're on the mailing list you will get notified about everything that I have in the works before I announce anything to the public, and yes you could just keep listening to the podcast and I will be making announcements here, but if you miss an episode you might miss out.

I highly recommend that you go to the website and signup for something, it doesn't matter what it is. You can get a pdf download of one of the recipes from one of the episodes, you could get a plant list or a resource list, anything where you have to input your email. Just go to the website and do that, and that way you are on the mailing list, you won't miss out when I make some announcements in about a month. I'm super excited, I'm just holding off until we have everything laid out, but if you enjoy this podcast you will absolutely be interested in what I have in the works because it's the same topics. Okay, all right that's all I'm going to say for now.

All right, so let's do our first question. This question is from Kerri, spelled with a K and this is what she wrote. I thoroughly enjoy listening to your podcast. I have an hour and a half commute to work each day, and listening has become an enjoyable way to make it through. That's awesome. I have a question about your podcast on making flavored vinegars. Okay, so she's talking about episode 24. What she says is, we grow red raspberries with which I make a batch or two of jelly every year. Can I use the leftover pulp to make a flavored vinegar, or will this not work since the juice has been strained out? If I combine the pulp with a herb when making the vinegar, will that help and if so, do you find certain herbs pair well with raspberries? I hate to waste this pulp, and would love to find a

---

way to use it, but I also love raspberry jelly. I appreciate your help, thank you, Kerri.

All right, so yes, I definitely can give an answer to Kerri on this. First of all, I'm not going to give you all the information that I cover in episode 24 on flavoring commercial vinegars, but I did want to talk a little bit about what it is that you're doing when you flavor a vinegar so that you guys are all up to speed if you haven't actually listened to that episode. What I recommend in that episode is that you buy a commercial vinegar at the grocery store, and then you add fruit and/or herbs and you steep it for two to four weeks and then you strain out what you were steeping and you have a flavored vinegar that you can use to make salad dressings, or for cooking, or for making a sauce or even for making a drink called a shrub, which I also talk about in that episode.

Now this is different from creating vinegar from scratch, or fermenting a vinegar. I cover that in a different episode. I cover that in episode 50 on how to make vinegar from scratch using apple scraps, and that's where you're actually fermenting something to create vinegar, so that's not what we're talking about here. We're just talking about taking a commercial vinegar and flavoring it with herbs, well you can flavor with vegetables too, or you can flavor it with fruit.

In this particular case, Kerri has already made jelly by juicing her raspberries and she has all this pulp leftover. She's feeling that there's probably still some flavor in there that she could get out, and honestly there is. Making a vinegar from that is really a great option. Now in that episode 24, I talk about the different types of vinegar that you can use and I recommend that you use white wine vinegar, red wine vinegar or champagne vinegar. I don't recommend that you use white distilled, you can but it's very harsh and kind of overpowers the flavor. This is particularly true if you're doing raspberries because they tend to be a little bit delicate, and on top of that she is already using something where the juice has already been extracted, so she's not going to get a huge amount of flavor in the vinegar by using the pulp as it is. You don't want that delicate flavor overpowered.

Personally, I would use white wine vinegar or champagne vinegar with raspberries. When you do this, you always want to make sure that your vinegar is at least a 5% acidity. That's just so that while you are steeping the food or whatever it is that you put in there, is being preserved by the vinegar acidity and you don't have to worry about you know, anything growing in there while you are making this vinegar. All right, so the basic way that you do this, if you were just using regular fruit, if you were using whole raspberries is that you would take a glass jar and you would fill it one-third to one-half way up with whatever the fruit is. Then you would fill the rest of the jar with warmed vinegar. You warm it up so that it helps extract some of the flavors, and you let it steep to two to four weeks and then you strain it out. That's the basic recipe.

---

In Kerri's case, she is using something where the juice has been extracted. She should definitely try to fill a smaller jar one-third to one-half way with the pulp, but even if she does that it's going to be a much lighter flavor because most of the juice has already been extracted, but I totally think it'd be worth doing. Now, if she fills up her jar with the pulp, she was asking what herbs would I recommend putting with that. Personally, I like to use lemon flavored herbs with raspberries, so for me I would go for lemon verbena or lemon balm as my herb of choice. That doesn't mean those are the only things that you could use, it's just that raspberries and lemon go really, really well together.

If you don't have any lemon herbs, then I would definitely throw in some lemon peel. All you do is take a whole lemon and you can use a potato peeler, and peel off just the yellow part of that lemon and drop that in with the raspberries and the vinegar. In the regular recipe I tell everyone to steep for two to four weeks, and normally if you steep longer you would get a stronger flavor, but in Kerri's case I don't think steeping longer will give her more raspberry flavor, because she really is going to be tapped out with the flavor with that raspberry pulp. She might get a little more lemony flavor, but definitely she's going to be getting the last little bit of flavor. It'll be very delicate in vinegar.

That vinegar would make the most incredible salad vinaigrette, and she could even throw in some fresh raspberries to the salad when she makes it with the raspberry vinaigrette. It would just be awesome. I'm sure it would be delicate, but it would still be a nice way to use up that last little bit of flavor that are in those delicious raspberries.

Now there's one thing when you make raspberry vinegar, whether you do it with the pulp like what Kerri's doing, or you use whole fresh or frozen raspberries. Remember, if you go to episode 24, I'll have all the information on how you do it with fresh fruit. There's one problem that will come up, and that is that raspberries tend to disintegrate when you are making a flavored vinegar. There's not a problem with that, but you will want to do a little extra straining if you want to make your vinegar very, very clear. Normally, you would strain your raspberries out using maybe several layers of cheese cloth, or you could use a tea towel, if you had a nice, clean tea towel you could strain through that to get all those little bits of raspberry.

Sometimes though you still have some cloudiness and you'll get some sediment, because the raspberries have sort of disintegrated. What you can do then is either just leave it, it doesn't hurt anything and if it's for yourself it's just little extra bits of flavor in there, but if you're giving it as a gift and you want this to be really crystal clear, then I would do another filtration through coffee filters. You can just get the plain paper coffee filters and strain your vinegar through that. It will give you a much clearer vinegar, and it will look much more beautiful in the jar, or in your bottle that you're going to be giving as a gift. It's not necessary from a safety standpoint, it just makes it look pretty, that's about it.

That's the only downside of using the raspberry pulp, is I'm guessing it is probably going to disintegrate even more. She's probably going to have to do a little extra straining to get that out, so that she has a clear vinegar. From a safety standpoint, it's not a problem if you have sediment at the bottom of your vinegar jar. Now, in the show notes I will have links to episode 24 on flavoring commercial vinegars, and episode 50 on how to make vinegar from scratch using apple scraps. Let's go on to the next question.

All right, so question two is from Temia, and I hope I'm pronouncing your name correctly Temia. I'm going to go with it, I'm just going to go with Temia. I think that's correct but I apologize if I've got it wrong. Temia is asking a follow-up question from an episode I did around Christmas time on infused gifts, and that was episode 67. In that particular episode I told everyone how to make a spiced rum, a Grand Marnier and a vanilla extract. Then on the website we had an extra bonus recipe of how to make a cranberry liqueur. The reason I thought this was a great question to put here, is it's very similar to making your vinegars in that you are steeping flavorings in alcohol rather than vinegar. For all of those the spiced rum, the Grand Marnier, the vanilla extract and the cranberry liqueur, they are all steeped in alcohol.

She had a follow-up question after listening to that particular episode. Here's what she said. I was wondering about sanitizing the bottle before bottling the liqueurs. Is it necessary, is it recommended? Thanks so much for the great ideas and I will be definitely putting cranberries in my freezer to use with this.

Okay so yes, when you are making the cranberry liqueur you can do it with fresh or frozen cranberries. I was telling everybody that you know when you see extra cranberries around Thanksgiving time, which was when this particular episode came out, throw some in the freezer and then in the summer or later, you can make a cranberry liqueur, which is the steeped cranberries and then you can leave it a little bit bitter if you're using it for cocktails, or you can add a sugar syrup to it and you will have a little sweet liqueur that you can use as an after dinner drink or to make martinis or something like that.

Here's my answer for Temia. When you are bottling up liqueurs or your flavored alcohols, you definitely want to wash all of those bottles that you've purchased, or that you're reusing from a bottle that maybe you had and you're using from something else. You definitely want to wash all of them in hot, soapy water so that you know that they're clean, and you can certainly boil them for ten minutes if you wanted to sterilize them. That is what you would have to do to actually sterilize them is just boil them for ten minutes, but generally, you do not need to sterilize the bottles because you're putting alcohol in them, and the alcohol itself will prevent a lot of the other bacteria from growing.

When I bottle up my liqueurs, I always clean my bottles in hot, soapy water. I do

---

not sterilize the bottles, however some people actually feel much better about it if they do sterilize the bottles and there's nothing wrong with that. Now the thing that can be introduced to alcohol that what most people are worried about that is not killed by the alcohol would be yeast, as in fermenting. These yeast are on the fruit that we might be adding to that alcohol to begin with. We don't sterilize the fruit, so unless you're going to cook the fruit first or add a chemical to what you're making to kill the yeast, it would still be on there. That yeast could still be on the outside of the fruit, and then you are introducing these wild yeast into the alcohol. That's why sometimes you can end up getting a little higher alcohol content than what you started with, because you get a little fermentation going.

Now, you might be thinking okay, now what happens if I do add some fruit and it has some wild yeast on it, and it gets put into the alcohol? What is going to happen? Well what happens is that those yeast will turn the fruit sugars into alcohol, and that's why you end up getting a little higher alcohol content, but nothing bad happens. You just have a little bit stronger drink than you probably intended to have.

After sitting on the shelf during the steeping stage, you know you take all this fruit, you put it into the alcohol and you set it aside to steep and flavor that alcohol, by the time you go to strain out that fruit, all that minor fermentation that may have occurred will be completely done. If someone has a nice, clean bottle that they just washed with hot soapy water, they really don't have to worry about introducing more yeast into their flavored alcohol, because that bottle's clean and there's no yeast in the bottle. Any yeast that might have been in that bottle, let's say you know that bottle had been used for some sort of fermentation before, any yeast that might be in there would either be killed from the hot, soapy water or rinsed out because we are using glass.

That's why I don't personally boil my bottles. If I've just purchased them from the store, or I've used them and had them in my cupboard and they were just an empty bottle I had in my cupboard, I just wash them with hot soapy water so I know that they're clean, and then I steep my alcohol in a separate glass container, I strain it and then I bottle up my alcohol into the clean jar. I don't do an extra step of sterilizing because I know there's no more yeast or anything that I would be introducing that would cause a fermentation, and I don't have to worry about bottling it up and having that bottle break because of pressure building up from an extra fermentation.

I hope that makes sense. Okay, so that is my answer to Temia that no, you don't have to sterilize but it does not hurt if you want to do that. If you want to sterilize, all you have to do is boil those jars for ten solid minutes, and then let the water cool down so that you can reach your hand in to pull those jars out. That's really all you need to do. Now in the show notes, I will have a link to episode 67, which is all about how to make these infused gifts and I give you the

---

recipes of how to make all the different things, like the spiced rum or the Grand Marnier. That will be in the show notes for today's episode.

Now Temia had a follow-up question also that she sent separately. I want to answer it here because it is also related to making the infused alcohols. She said, when you're making infused alcohols, does the proof level matter? I've read that for limoncello to only use 100 proof, but I'm not sure why. Thanks again for all your great postings. I bought vodka and some frozen cranberries, but will await the response to the proof just to be sure.

Here's the things with the proof. As you probably know, the proof is just a way to measure the alcohol content of the vodka or whatever spirit you're using. The way the numbers work are 100 proof means that it's 50% alcohol, 80 proof means that it's 40% alcohol, so the alcohol content is always one-half of whatever the proof number is, and so on, and so on. The higher the proof of an alcohol that you're going to be using for this type of thing, where you're going to be adding flavorings to the alcohol and letting it steep, the higher the proof the faster it captures the flavoring components of what you're steeping, so that's how it works. You can make it go faster by using a higher proof, it just draws the flavor out of your spices or your fruit, or whatever you're using, it draws those flavors out faster when you use a higher proof.

There's a downside to using a higher proof. That is that sometimes the flavor of an alcohol that has a really high proof, can be really harsh. For example, there's something called Everclear, which is a grain alcohol. It has 190 proof. Many people like to use it to make things like liqueur because it works very quickly, but the strong taste of that high alcohol content can be a little bit tricky to get around. It's actually a little harsh, many people don't like it and it can be hard to enjoy a very delicate flavor, you know like if you were making raspberry Everclear, the raspberries would really be overpowered by that very harsh, high proof flavor. There's kind of an art to crafting your own liqueur. You want a high enough alcohol content that you can capture those flavorings that you're trying to make, without getting such a high alcohol content that you overpower those flavors.

Most spirits like vodka have a minimum of 80 proof, and that is just fine for making a flavored liqueur. It's also enough of a proof, or a high enough alcohol content to keep the mixture safe while you're steeping. In other words, the alcohol content is high enough that you can have this sitting on the shelf or on your counter at room temperature, and it's keeping everything safe because of the alcohol. When you run into trouble with this kind of thing, making a liqueur where maybe you're going to be adding in some sugar water to sweeten it up, where you can run into trouble is if you dilute the alcohol with too much water or a sugar syrup, or fruit juice or anything like that. A lot of the recipes will call for sweetening, and you have to remember that when you do this, you're actually diluting the alcohol content. You don't want to dilute too much or

---

eventually you'll reach a point where there's not enough alcohol to preserve this in the shelf.

How much is too much? Well, for my recipes I typically strive to add less than one-third sugar syrup to a sweet liqueur that is made with 80 proof. That's just kind of my formula. I won't add more than one-third of that amount of alcohol, I won't add more than one-third more of water, or sugar syrup or anything that will be diluting it. That's just me, you actually can stay safe going up to 50/50 alcohol to dilution. I'm not going to go through all the numbers because you know, your head's probably already exploding because I'm talking all these numbers, but to me that's also a lot of sweetener and it's too sweet. You really don't need that.

All you want to do whenever you're looking at creating your own liqueurs or your own formulas, or your own secret recipe that's custom just to you, you always want to make sure that you have at least 50% alcohol to any other liquid. You don't want to just load something up with a bunch of sugar syrup so that you have more sugar or water than alcohol, or you can eventually get mold or other little things growing in that mixture while it's sitting at room temperature. In Temia's case, she can make her cranberry liqueur with an 80 proof vodka or stronger, and it would be just fine for her to sweeten it up to one-third more in sugar syrup. I hope that makes sense for everybody.

Just remember that in the show notes for today's episode, I will have links to episode 67 and there is a full recipe on how to make cranberry liqueur, which is sweetened or unsweetened, all of that is in episode 67. You don't have to worry about remembering all of this, just go to today's show notes for more information on what I'm talking about. Okay, so let's move on to our next and our last question.

This question came in from Kristen. She had been listening to episode 74 on making heirloom yogurt without a yogurt maker on the countertop. I did a whole episode on how you can do that so that you don't have to buy any special equipment or do anything unusual. You can make heirloom yogurt at room temperature on the countertop. In that episode, I'm talking about a very specific heirloom yogurt culture, and it is a really cool way to get into yogurt. What I also said in that episode is that it can kind of be the gateway drug for you, because you'll end up wanting to try all sorts of different types of yogurt, because they're all so easy and so delicious that you'll end up trying a lot of different ones.

This is what Kristen said after listening to that episode and making some yogurt on her own. Hi Theresa, you warned me or us, and I'm now shopping for different kinds of yogurt like I shop for shoes. The previous heirloom culture yogurt I fermented was a little bit runny or liquidy for my tastes, so I'm ready to give Greek yogurt a shot. Before I dive in and buy any Greek yogurt cultures, I want to make sure that this is something that I can make on the kitchen

---

counter. Thanks again for helping me out. I'm really enjoying the podcast.

Okay, so let me explain what it is that Kristen is talking about. In episode 74, I explain how yogurt is a fermented milk product. What you do is you are adding a culture to the milk, and then it ferments and creates the yogurt. Now each type of yogurt out there has its own little formula of different bacteria that are combined to create that fermentation. Each company or brand of yogurt that you buy has its own unique culture custom blend that gives its particular yogurt the unique flavor and texture characteristics. In the world of yogurt, you can basically categorize these things into two different groups, one of two different groups.

There are those types of yogurts that need a warm temperature in order to do that fermentation process. There are those that do not, and they can be fermented at room temperature. The heirloom culture that I talk about in episode 74, is a room temperature culture. It does not have to have the warmth, and by room temperature I'm talking about like 65 to 72 degrees, somewhere around there. The culture will ferment in the milk at that temperature. However, most yogurts fall into the other category. That means they need a warmer environment in order for the ferment to happen. What it's doing inside that fermenting process is it is converting the milk sugars, and creating that texture, that thicker texture that we consider yogurt.

In the case of Greek yogurt, or what we call here in America Greek yogurt, which is that really thick, creamy, rich type of yogurt, that yogurt is still very easy to make, but it requires a Greek yogurt culture. In other words, the particular bacteria that create that type of yogurt, and it needs a warmer temperature in order to ferment. That warmer temperature is 110 degrees for many hours, so whereas with the heirloom culture you can put it together, put the milk and the culture together in a jar and set it on the counter. In a few hours or overnight, you can get the thicker texture and the tanginess of the yogurt. In Greek yogurt, you have to keep that milk culture mixture at 110 from anywhere between 8 to 12 hours, depending upon which brand you're using and if it's the first time you've ever fermented it, you know how strong that culture is, all of that.

Then on top of that if you want to get really creamy and thick, and rich you then strain that Greek yogurt a little bit and let some of the liquid or the whey, spelled W-H-E-Y, the whey of the yogurt, you let that drain out and then you have even a creamier, thicker consistency. It's kind of a two-step process with the true, rich Greek yogurt that so many of us love. It's certainly easy to do, but the main difference is that you have the temperature factor.

To answer Kristen's question, you cannot make Greek yogurt on the countertop, you need to have a way to warm it up. You need a warmer environment for the fermentation time. That's still pretty easy to do, and one of the most common ways to do that is to buy a yogurt maker. They don't have to be super expensive.

---

I have one that I bought that I think was like \$39, it's super easy. You mix up the milk and the culture, and you put it inside the yogurt maker, turn it on and you come back in 5 to 12 hours and you have yogurt.

It's pretty simple, but there are ways to make a yogurt that needs to be warmed up, there are ways to get around having a yogurt maker. I guess you would call them yogurt maker hacks. You certainly can do it in other ways. You can use a dehydrator, you can use an oven, you can use your crock pot. One of the ways that I used to do it for a long time before I had a yogurt maker, and probably my favorite way to do it is to use a small cooler that you place warm water inside, like a few inches into I don't know, maybe five inches of warm water in the cooler. Then I would place a large jar with the milk and the culture sitting in the water. I would put the lid on and I would change the water periodically to keep it warm for several hours. As you can imagine, if you make yogurt every single week, which is what I do now, it can be kind of a hassle to do that over, and over and over.

If you wanted to just try yogurt making, you could certainly do a hack to keep the warm environment. Anytime you buy a culture to make yogurt it has full instructions. You would use milk, it can be homogenized and it can be pasteurized, it just can't be ultra-pasteurized. When it's ultra-pasteurized it's so sterile that it just isn't a good environment for the culture to grow. Of course, I would recommend that you use an organic milk. If you wanted to try making a Greek yogurt, certainly you could do it without a yogurt maker, but then what most people end up doing is you save a few tablespoons of that yogurt each time you make it, and you use those spoonfuls to inoculate your next batch of milk and make your next batch.

You can see that you can get into a pretty simple routine, where you're making fresh, homemade yogurt every week or so and you probably would get kind of tired of trying to do a hack to create the warm environment. It's so much easier to just pour it into a yogurt maker and flip a switch, but it is possible to do it without electricity. It is possible to do it without a yogurt maker. I'll probably have to do a whole episode on all the different ways that you can hack it. I'm not going to go into that right now, but I did want you to know that it is possible. You don't have to have a yogurt maker.

Just in case you're wondering, so what's the whole process if I want to make a Greek yogurt. What you do is you take your whole pasteurized milk, or your whole milk, you can also make this with raw milk, you can make it with different types of milk, I won't go into all of that but if you just wanted try it and you went out and got whole milk, and you heat that up. About a quart of milk you heat that up to 160 degrees, turn off the heat and let it cool down to 110. Then you inoculate it with your culture, which you've either bought at the store or someone's given you a culture, or if you're making it from a previous batch. You mix that into the milk and then you keep that milk mixture at 110 from

---

anywhere to 5 to 12 hours.

The first time through it usually takes a little bit longer, but once you're making this like on a perpetual basis, I can usually get my yogurt to thicken up, or gel or set within about 6 to 7 hours. It goes faster I guess, because the culture just gets stronger and doesn't need the long time frame that it does the very first time you do this if you're using like a powdered culture, or a culture that you bought from the store. With a yogurt maker you can see it's pretty easy. I would put this all together at night. I would put it into the yogurt maker, flip the switch and then in the morning I have delicious yogurt ready to go.

For a Greek yogurt there is the added step of straining it. You can strain it through a really fine plastic sieve if you have that. They do make special Greek yogurt strainers. If you do this all the time you might want to have that because it's very simple and it drains out the whey. My chickens love the whey by the way. There are things you can do with the whey. That would be a whole other episode as well, but the main thing I just wanted to answer is, because I have gotten this question before, is that if you want to make a Greek yogurt, you do have to consider the temperature factor. You can't do it on the countertop. I suppose you could get a little bit of a thickness, but I wouldn't be a real Greek rich, thick yogurt that you're looking for, if that's what you're going for when you make the yogurt. I would definitely invest either in a yogurt maker, or try it once with a hack and see if you like it and if you do, a yogurt maker is not expensive and it certainly is a lot easier.

I will have in the show notes for this episode, I will have links to the other yogurt episodes and sources for where you can get cultures, all of that will be in the show notes for this episode. All you do is go to [livinghomegrown.com/92](http://livinghomegrown.com/92) and I will have all the information I talked about for all the different questions. I hope that helps you out. Until next time, just try to live a little bit more local, seasonal and homegrown. Take care.

Announcer: That's all for this episode of the Living Homegrown podcast. Visit [Livinghomegrown.com](http://Livinghomegrown.com) to download Theresa's free canning resource guide and find more tips on how to live farm fresh without the farm. Be sure and join Theresa Loe next time on the Living Homegrown podcast.