



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**



In season:



Summer

**Preserve it
to enjoy year
round!**

Cauliflower

Canning

1. Prep

- Fill canner with 2-3 inches warm water
- Remove leaves and core. Cut into 1 to 2 inch florets
- Boil in salt water for 3 minutes
- Follow pickling recipe: nchfp.uga.edu/how/can_06/pickled_cauliflower_brussel.html

2. Pack

- Remove air bubbles
- Wipe jar rims
- Tighten rings fingertip tight

3. Processing

- Fill canner and cover jars with 2 inches of water
- » Half-pint: 10 minutes
 - » Pint: 10 minutes
 - » Altitudes above 1,000 feet require adjustment in processing time

Feet Above Sea Level	Increase in Processing Time
1,001-6,000	15 minutes
6,001-10,000	20 minutes

Freezing

Process: Water Blanch

- Choose compact white heads
- Trim leaves and cut into 1 inch pieces
- Soak for 30 minutes in solution of salt and water
 - » Use 4 teaspoons of salt for every gallon of water
- Drain and rinse
- Blanch in a boiling fresh pot of salt-water solution for 3 minutes
- Cool, drain and package leaving no headspace
- Seal and freeze

Drying

Process: Dehydrator

- Wash, trim and cut into small pieces
- Blanch in boiling water for 3-4 minutes
- Set dehydrator to 140 degrees F
- Arrange on drying racks
- Estimated drying time is 12-15 hours



Tips/Tricks:

Make cauliflower rice by placing frozen cauliflower in a food processor and blending until it has the texture of rice.

Pickled Cauliflower

Ingredients

- 12 cups of 1-to-2-inch cauliflower flowerets
- 4 cups white vinegar (5%)
- 2 cups sugar
- 2 cups onions, thinly sliced
- 1 cup sweet red peppers, diced
- 2 Tablespoons mustard seed
- 1 Tablespoon celery seed
- 1 teaspoon turmeric
- 1 teaspoon hot red pepper flakes

Directions

1. Wash cauliflower flowerets and boil in salt water (4 teaspoons canning salt per gallon of water) for 3 minutes. Drain and cool.
2. Combine vinegar, sugar, onion, diced red pepper and spices in a large saucepan. Bring to a boil and simmer for 5 minutes.
3. Fill hot jars with cauliflower pieces and the onion and pepper pickling solution, leaving $\frac{1}{2}$ headspace. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened, clean paper towel.
4. Secure lids and process for 10 minutes (altitudes above 1,000 feet require an increase in processing time, see Altitude Adjustments for Home Canning on the SDSU Extension website).

Yield: Makes about 9 half-pints

Source: [National Center for Home Food Preservation](#)

Freezing Cauliflower

Directions

1. Choose compact white heads. Trim off leaves and cut into pieces about 1 inch across.
2. If necessary, to remove insects, soak for 30 seconds in a saltwater solution (4 teaspoons salt per gallon of water). Drain.
3. Water blanch for 3 minutes in water containing 4 teaspoons salt per gallon.
4. Cool promptly, drain and package, leaving no headspace. Seal and Freeze.

Source: [National Center for Home Food Preservation](#)

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