

Canning in Oil, Pickling in Vinegar, and Salting / Iscatolamento In Olio, Aceto Della Salamoia And Salatura



Ciao Amici, When fall arrived and the garden harvest came to an end; it was time for us to start the process of

preserving what we had. The central and most important vegetable to preserve was the tomato. In the olden days they canned the tomatoes on the farm. After cooking the tomatoes in cast iron pots over the wood fire they would begin an assembly line. Family joined in and one filled the jars, passed it down to be sealed, and then labeled, and finally packed in crates that went down to the root cellar. This would last us the rest of the year and be used for all the tomato sauces for the upcoming year.

Green tomatoes were pickled whole or chopped and canned in oil, garlic, dry red pepper and oregano. The eggplant was shredded, salted, pressed and put into jars with vinegar, oil, garlic, and herbs. Another way they canned them was by leaving the small ones whole and processing them the same way. The peppers were cut in half, deseeded and put in a vinegar brine to be used in pork and vinegar peppers or sliced and used in salads and "Sangwitches". Another technique for peppers would be sliced long ways and stuffed with anchovies; rolled up and put in jars with olive oil. Peppers would also be put on the grill and roasted. Zucchini would be canned in oil & vinegar and the herb of choice was mint. Garlic, basil, oregano and parsley were tied and hung to dry and used in the winter months when fresh was not available or too expensive. Peaches and pears were also canned. They were plentiful and not expensive so we could enjoy them at the end of our meal.

Grand pop would go to local farms like the Comunales and butcher right on the farm. Every part of the animal was utilized and they used it all except the oink. Many of you remember the sausage that was canned and put upside down so that the lard would help seal the lid and when you opened it the lard became what you fried your peppers and onions in. Hams were put under salt (Sotto sale), pressed and hung to make the prosciutto. The shoulder would also be sotto sale, and then put in casings and hung to make cappicola. The belly got salted and was hung for

pancetta; the jowl was also salted, and then rolled to make gunicale. What was left to grind would become the dry sausage & sopressetta. The attic at the butcher shop is on the third floor and is not insulated and the windows were drafty; providing excellent conditions for drying meats. When I began to dry my sausages, I went to the attic above the butcher shop to hang the meat. When I looked up there must have been hundreds of hooks and nails to hang there. And I also remember where my grandfather hung his umbrella.

Chi dorme non piglia pesci
Whoever sleeps does not get the peaches
Thank you for your words of Encouragement
Best Regards / Con cordiali saluti
Joe

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Senior Artists Sought for Expo Art Show

Entries are now being accepted for the Art Show at the 6th Annual Senior Expo, set for October 24, 2009, 10 a.m. to 2 p.m., at the Warren County Vocational Technical School, 1500 Route 57 in Washington. Seniors, 50 and older, are invited to submit works of art in all genres and mediums for exhibition and judging.

"We always are excited to provide this opportunity for the many talented seniors in Warren County to share their work with the community," said Robert Goltz, President and CEO of the Warren County Regional Chamber of Commerce. "It highlights the cre-

ativity and originality of our 50 and over population." Entry forms for the art show are available from the Chamber of Commerce. Finished art must be delivered to the exhibition hall on October 23, 2009 between 4:00PM and 5:00PM.

The Senior Expo, sponsored by the Warren County Regional Chamber of Commerce, showcases a variety of products and services for active adults and caregivers. Exhibitors include senior care and home care options, health care providers and facilities, financial services and more. Sponsorships and exhibitor space are still available.

For more information, contact the Warren County Regional Chamber of Commerce, 10 Brass Castle Road, Washington NJ 07882 at (908) 835-9200, by email at info@warrencountychamber.org or visit the website at www.warrencountychamber.org.



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