

Simplify the Holidays



KŌKUA HAWAI'I FOUNDATION RESOURCE GUIDE

Homemade for the Holidays: Edible Gifts

Mahalo to Hawai'i Master Food Preserver Terri Langley of Bliss Health Foods for these recipes. They provide a great way to preserve herbs and produce and are a savory, healthy alternative to the sweets that are so abundant during the holidays.

HERBAL & CITRUS SALTS

Ingredients

- Hawaiian salt
- Flavorings (~1T per cup of salt):
 - Organic or unsprayed herbs in any combination, cleaned* and well dried
 - Organic or unsprayed citrus fruits, scrubbed and well dried



Directions

1. Pour salt into a large bowl with plenty of room for mixing.
2. Remove leaves from the stems and finely chop all herbs and add to salt.
3. If using citrus fruit, remove the zest (colored part of the peel) with a grater or zester, chop finely, and add to salt.
4. Lomi the salt with clean hands for about 5 minutes, squeezing between your fingers to release the herbs' or citrus' natural oils.
5. Spread salt mix onto a baking sheet and bake at 250 degrees for ~15 minutes to dehydrate. Stir occasionally.
6. Cool and store in airtight container.

**Herbs are best cleaned without water as it causes them to bruise. You can gently tap against a hard surface to remove any soil or critters.*

WRAPPING IT UP!

Use repurposed or reusable materials to decorate your gift. Keep it simple with these ideas:

- Tie a ribbon or piece of raffia around the top of the jar to give it a festive look.
- Create tags by cutting shapes from old holiday cards or cereal boxes. Paper muffin tin liners (pictured) can also be used as labels on mason jars. Write out the ingredients and any suggested uses for your edible gift. Be sure to instruct your recipient to keep their gift refrigerated if needed.
- Wrap your jar in a tea towel or other piece of fabric. Look up furoshiki wraps for fun ideas.
- Wrap it in a reusable shopping bag--a gift within a gift!



REFRIGERATOR PICKLES

Ingredients & Supplies

Pickling Solution:

- 2 Cups water
- 2 Cups vinegar*
- 2 Cups sugar (granulated, raw sugar, or honey)
- 2 teaspoons salt

This simple 1:1:1:1 ratio can be used as your basic starter for any pickle. Increase total and adjust quantities as needed, after tasting.

**Any vinegar with 5% or higher acidity may be used.*

Your choice of seasonings: fennel, dill, ginger, garlic, peppercorns, anise, cloves, mustard seed, bay leaves, rosemary, garlic cloves, cumin seed, jalapeño peppers, turmeric, etc. You can use any spices or herbs you prefer. Whole spices are preferred over powdered spices.

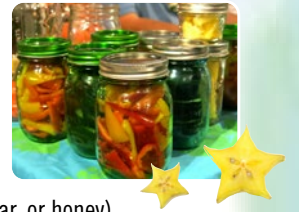
Your choice of produce: cucumber, radish, beans, bell pepper, starfruit, cauliflower, chard stems, carrots, onion, carrots, etc.

Sterilized mason jars: To sterilize jars, put cleaned jars into a large pot, completely submerge with 1-2 inches over the top of the jars. Bring to a rolling boil for 20 minutes and keep jars hot until ready to use by leaving them in the hot water. Do not boil lids; just place in hot water.

Non-reactive sauce pan

Directions

1. Wash and cut produce into desired shapes. Soft veggies can be cut with small cookie cutters to create fun shapes. (Optional: Parboil hard veggies like carrots or radishes, parboil for ~2 minutes to soften.)
2. Add water, vinegar, sugar, and salt to saucepan.
3. Bring mixture to a boil, reduce heat, then simmer for a few minutes, making sure sugar and salt are dissolved.
4. Add spices to clean mason jars, then fill with produce.
5. Fill each jar with the pickling solution, leaving 1/4 inch at the top for 'head space'.
6. Allow to cool. Store covered jars in a refrigerator for at least 24 hours before serving. Full flavor will be developed after 3 weeks. Pickles will last up to 3 months in the refrigerator.





LET'S FERMENT IT: Fermentation has been used for millenia in cultures around the world to preserve produce and provide nutrition through the winter months. Fermented foods contain probiotics, or good bacteria, that benefit our digestive health, immune system, and overall well-being.

SAUERKRAUT

Ingredients

- 1 Head cabbage
- 2 Tablespoons Hawaiian salt

Directions

1. Cut cabbage head in half and take out the core.
2. Cut cabbage into thin slices and place in a large bowl.
3. Measure salt and pour over cabbage in a large bowl.
4. With clean hands, massage salt into cabbage, until at least 1 cup of liquid comes from the mixture. This will take anywhere from 5-10 minutes.
5. Put mixture into an open jar or crock and pack down.
6. Weigh down vegetables with a baggie filled with water. Make sure mixture is covered with liquid to avoid mold growth.
7. Cover with a coffee filter or cheesecloth and secure with a rubber band or string.
8. Set in a warm spot for 5-7 days, taste, then transfer to the fridge in a covered container. It will keep for several months.



KIMCHI

Ingredients

- Veggies - feel free to adapt*
- 1 head Napa Cabbage
- 2 carrots
- 6 green onion stalks

**Note: kale is not recommended for fermenting in kimchi. Gently steamed kale maybe be added to kimchi after fermentation, before it is placed in the fridge.*

Seasoning paste:

- 1 medium garlic head
- 3-inch piece ginger
- 2 Tablespoons chili powder (Korean chili powder is best)
- 2 Tablespoons sugar (optional)
- 2 Tablespoons vinegar
- 1 Tablespoon Hawaiian salt



Directions

1. Slice cabbage into 1" strips, and put aside in large bowl.
2. Chop carrots and green onion and add to bowl.
3. Peel garlic and ginger, and blend in food processor with chili powder, sugar, and vinegar until you have a paste.
4. Add Hawaiian salt to the bowl ingredients, and with your hands massage it into the vegetables, until about 1 cup of liquid comes out of vegetables.
5. Add paste from food processor to bowl, and massage into vegetable mixture until it is well incorporated.
6. Put mixture into open jars and pack down. Weigh down vegetables with a baggie filled with water. Make sure mixture is covered with liquid to avoid mold growth.
7. Cover jar with a coffee filter or cheese cloth and secure.
8. Set in a warm spot for 5-7 days, then transfer to the fridge in a covered container. It will keep for several months.

MORE PRESERVING INFO AND INSPIRATION:

Canning Across America: canningacrossamerica.com

Food In Jars: foodinjars.com

National Center for Home Food Preservation, nchfp.uga.edu

Punk Domestic: punkdomestics.com

So Easy to Preserve: setp.uga.edu

Well Preserved: wellpreserved.ca



More Simplify the Holidays Resources:
 New Dream's Alternative Gift Fair • 12 Days to a Green Holiday
 EPA: Think Green Before You Shop • So Kind Alternative Registry, New Dream
 Visit www.kokuahawaiiifoundation.org/holidays for more ideas and
 Volumes 1 and 2 of our Green Holiday Educator Guide.



Mahalo to **New Dream** for inspiring us to bring **Simplify the Holidays** to Hawai'i. www.newdream.org

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