

FALL FOODS: SEASONAL GROCERIES YOU CAN PICKLE, CAN & MORE

Looking for fall food choices to buy in bulk for canning, pickling, and dehydrating? Use this grocery list to choose the best seasonal products from your wholesale food store.

FALL FRUIT & PRODUCE FOR CANNING

These bulk produce items can be canned in large pieces or pureed into sauces. You can also get creative and make jams, jelly, and butter before canning.

- ☐ Apples
- ☐ Beets
- ☐ Carrots
- ☐ Corn
- ☐ Cranberries
- ☐ Potatoes
- ☐ Tomatoes



FALL FOODS FOR PICKLING

Pickle these items individually or combine a few together for unique flavor profiles.

- ☐ Apples
- ☐ Brussel Sprouts
- ☐ Cabbage
- ☐ Carrots
- ☐ Cauliflower
- ☐ Celery Root
- ☐ Garlic
- ☐ Jalapenos and other hot peppers
- ☐ Mushrooms
- ☐ Squash, including pumpkins
- ☐ Turnips

FALL PRODUCE FOR DEHYDRATING

Purchase these items to dehydrate and use for snacks or use as a component in other dishes.

- ☐ Apples
- ☐ Blueberries
- ☐ Cantaloupe
- ☐ Chilies like serrano, jalapeno, habanero, and cayenne
- ☐ Greens like chard, collards, and kale
- ☐ Herbs like parsley, oregano, sage, and rosemary
- ☐ Peaches and other stone fruits
- ☐ Root vegetables like beets, fennel, and parsnips

PROTEINS FOR DEHYDRATING

These meat and seafood options make for a great jerky or can be added to stews and soups

Beef

- ☐ Brisket
- ☐ Flank steak
- ☐ Rib steak
- ☐ Tri-tip

Fish and Seafood

- ☐ Bass
- ☐ Cod
- ☐ Halibut
- ☐ Shrimp
- ☐ Sole

