



# Preserve Today, Relish Tomorrow

UCCE Master Food Preservers of El Dorado County

311 Fair Lane, Placerville CA 95667

Helpline (530) 621-5506 • Email: [edmfip@ucanr.edu](mailto:edmfip@ucanr.edu) • Visit us on Facebook and Instagram!

## What to do with Zillions of Zucchini

There are a lot of recipes online and in cookbooks that use fresh zucchini. This handout presents ideas for preserving zucchini for long-term storage to use throughout the year, along with some delicious ways to use preserved zucchini in meals.

### Freezing Zucchini

Choose young squash with tender skin. Wash and cut in 1/2-inch slices. Water blanch 3 minutes. Cool promptly, drain and package, leaving 1/2-inch headspace. Seal and freeze.

**Grated Zucchini (for Baking)**– Choose young tender zucchini. Wash and grate. Steam blanch in small quantities 1 to 2 minutes until translucent. Pack in measured amounts into containers, leaving 1/2-inch headspace. Cool by placing the containers in cold water. Seal and freeze. If watery when thawed, discard the liquid before using the zucchini.

### Meal Idea: Zucchini Burgers

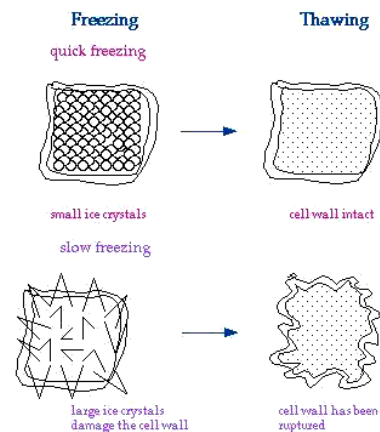
- 2 cups grated zucchini
- 1 ½ Tbsp. chicken-flavored powdered seasoning
- ½ tsp. salt
- 1 small onion, minced
- 1 clove garlic, minced
- 1 carrot, finely grated
- ⅓ cup walnuts, chopped fine
- ¼ cup nutritional yeast flakes
- 1 cup quick oats
- ½ cup gluten flour

Place zucchini in a mixing bowl. Mix well with seasoning and salt. Set aside while you chop the veggies. (This forms the liquid for the patties.) In another medium size bowl, mix together the walnuts, yeast flakes, oats and flour. Stir in the chopped veggies and lastly, the seasoned zucchini, and mix well. Form burgers with a large mouth jar ring to make burger size patties. Place on sprayed cookie sheet and bake at 375° for 15 minutes on one side. Turn and bake another 15-20 minutes on the other side till lightly browned. These freeze well.

### Meal idea: Mom's Zucchini Bread (using frozen zucchini)

- 3 cups all-purpose flour
- 1 tsp. salt
- 1 tsp. baking soda
- 1 tsp. baking powder
- 3 tsp. ground cinnamon
- 3 eggs
- ½ cup vegetable oil
- ½ cup buttermilk
- ¾ cup white sugar
- 1 Tbsp. vanilla extract
- 2 cups frozen shredded zucchini, thawed
- 1 cup chopped walnuts

1. Grease and flour two 8x4 inch pans. Preheat oven to 325 degrees F.
2. Sift flour, salt, baking powder, baking soda, ground cinnamon together.
3. Beat eggs, oil, buttermilk, vanilla, and sugar in a large bowl. Add sifted ingredients to the creamed mixture and beat well. Stir in thawed zucchini.
4. Bake for 40 to 60 minutes, or until a tester inserted in the center comes out clean. Cool in pans on a rack for 20 minutes. Remove bread from pan, and completely cool.



## Drying Zucchini

### Zucchini Slices

1. Wash, trim, cut into 1/4-inch slices.
2. Blanch 1.5 minutes in boiling water. Using a strainer, remove zucchini from boiling water and immediately plunge into cold water for 1.5 minutes. Drain well.
3. Dehydrate at 135°F for 10-12 hours. Slices are dry when crisp and brittle.

Variation: Sprinkle zucchini chips with your favorite spice blends before drying.

Uses: Add to soups, rehydrating while the soup cooks. Eat as a snack; spiced zucchini chips are great road trip food.

### Shredded Dried Zucchini

1. Rinse whole zucchini. Cut in half and scoop out seeds.
2. Shred in food processor. Squeeze out liquid.
3. Spread on dryer sheets. Dehydrate at 115°F until dry and crisp.

Variation: Season 6 freshly shredded zucchini with 1/2 teaspoon each of sea salt, olive oil and garlic. Use dried shredded zucchini as a topper for soups, salads, sandwiches and baked potatoes.

**Meal Idea: Zucchini Fritters**

Yield: 6 fritters

- 1 cup **dried shredded zucchini**
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1 tablespoon grated lemon zest
- 1 tablespoon minced flat-leaf parsley
- 1 clove garlic, peeled and minced
- 2 large eggs, lightly beaten
- 1/2 cup all-purpose flour
- 2-4 tablespoons olive oil

1. Reconstitute zucchini in 1 cup boiling water. Allow to sit for about 30 minutes, then drain thoroughly.
2. Mix together the drained zucchini, salt, pepper, lemon zest, parsley, garlic, and eggs. Slowly add the flour, stirring well so no lumps form.
3. Heat about 2 tablespoons olive oil in a large sauce pan over medium-high heat. When the oil is hot (the oil should sizzle when you drop a tiny amount of the zucchini mixture into it), carefully drop in the zucchini mixture 2 tablespoons at a time, spacing the fritters a few inches apart.
4. Cook until the fritter bottoms are golden, about 2-3 minutes. Lower the heat to medium, turn the fritters over, and cook another 2-3 minutes, until fritters are completely golden. Remove fritters to a plate lined with paper towels to absorb any excess oil. If you need to cook the remaining zucchini mixture, add more oil to the pan as needed.

Source: Adapted from "Martha Stewart Living" magazine

**Canning Zucchini**

It is not recommended to can just plain zucchini and other summer squash. As a low-acid food, plain zucchini would need to be pressure canned. Slices or cubes of cooked zucchini or other summer squash will get quite soft and pack tightly into the jars. The amount of squash filled into a jar will affect the heating pattern in that jar, causing potential food safety issues. Plus, the final pressure canned product would be a jar of canned mush. It is best to pickle zucchini for canning or mix it with other high-acid ingredients. This Zucchini-Pineapple recipe is one example of a tested recipe that makes zucchini safe to can by adding acid to the product.

**Zucchini-Pineapple**

Yield: About 4 to 5 pints

- 2 quarts cubed or shredded zucchini
- 23 ounces canned unsweetened pineapple juice
- 3/4 cups bottled lemon juice
- 1 1/2 cups sugar

1. Peel zucchini and either cut into 1/2 inch cubes or shred.
2. Mix zucchini with other ingredients in a large saucepan and bring to a boil. Simmer 20 minutes.
3. Fill clean, hot jars with hot mixture and cooking liquid, leaving 1/2-inch headspace. Apply two-piece metal lids and adjust to finger-tight.
4. Process pint or half pint jars in either a boiling water or steam canner for 15 minutes up to 1000', 20 minutes between 1,001-6000', and 25 minutes above 6,000'.

Before removing canner lid, wait 5 minutes for boiling water or 2-3 minutes for steam canner, then remove jars, cool jars for 12-24 hours.



5. Clean and label jars. Store sealed jars in a cool, dry, dark location.

*Source: "Complete Guide to Home Canning," Agriculture Information Bulletin No. 539, USDA, 2015*

**Note:** The zucchini absorbs the pineapple flavor and can be used in any recipe that calls for pineapple chunks (cubed zucchini) or crushed pineapple (shredded zucchini).

### **Meal Idea using Zucchini-Pineapple: Bill's Rafting Chili**

*I first had this chili in the 1990s on a company rafting trip – loved it! It has a sweet flavor and people can't tell what the seasonings are. When I tell them there's pickle relish in there, they're surprised; they think the green bits are peppers. It's different, but oh so good! I got the ultimate compliment on this chili from my husband, "This is better than my mom's chili!" It's a great way to use the shredded zucchini pineapple, too. - Sue Mosbacher*

- 23 oz. can Ranch Beans
- 2 cans kidney beans
- 2 chopped onions
- Steak
- 2 Polish Sausages, sliced
- Some garlic
- ¼ cup brown sugar
- 8 ounce jar sweet pickle relish (*store bought or homemade*)
- 1 pint **shredded zucchini-pineapple** (*or 1 large can of crushed pineapple*)
- Large mild picante sauce

1. Sauté onions, steak and sausages. Add everything else and let it simmer for at least an hour.

### **Meal Idea using Zucchini-Pineapple: Crockpot Meatballs**

- 12 oz. grape jelly
- 2 ea. 12 oz. bottles chili sauce
- ½ pint **Zucchini-Pineapple tidbits**
- ¼ cup Worcestershire sauce

Meatballs

1. Mix all ingredients in a crockpot. Make sure all meatballs are covered.
2. Heat through and simmer for at least one hour.

### **Gingered Zucchini Marmalade**

Yield: About 4 half-pints

- 2 oranges
- 2 lemons
- 2-3 inch piece of gingerroot, peeled & chopped
- 5 cups shredded zucchini
- 1 tart apple, cored and shredded
- 4 cups granulated sugar

1. Wash jars, lids and rings in warm, soapy water. Set rings and lids aside. Heat jars in canner.
2. Thoroughly wash citrus fruit. With a vegetable peeler, remove colored peel from oranges; thinly slice orange peel and place in a large, deep stainless steel saucepan.
3. Cut white pith and any remaining peel from oranges and lemons. Tie pith, peel and gingerroot in a large square of cheesecloth, creating a spice bag; add to peel in saucepan. Finely chop orange and lemon pulp; add to saucepan with zucchini, apple and sugar.

4. Over medium-high heat, bring mixture to a boil, stirring frequently, boil uncovered until mixture reaches gel stage, about 45 minutes.
5. Ladle hot marmalade immediately into hot jars, leaving 1/2-inch headspace. Wipe rims with a dampened clean paper towel; apply two-piece metal lids and adjust to finger-tight.
6. Process in a boiling water or atmospheric steam canner for 10 minutes at 0-1,000 feet elevation, 15 minutes at 1,001-3,000 feet, 20 minutes at 3,001-6,000 feet, 25 minutes at 6,001-8,000 feet, and 30 minutes at 8,001-10,000 feet.  
Before removing canner lid, wait 5 minutes for boiling water or 2-3 minutes for steam canner, then remove jars, cool jars for 12-24 hours.
7. Clean and label jars. Store sealed jars in a cool, dry, dark location.

Source: *freshpreserving.com*, 2018

### ***Meal Idea Using Gingered Zucchini Marmalade: Mary's Marmalade Cake***

- 2 cups flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/3 cup canola oil
- 1/2 cup sugar
- 1 teaspoon orange extract
- 2 eggs
- 1 cup **marmalade**
- 3/4 cup buttermilk or sour milk (1-1/2 teaspoons lemon juice plus enough fresh milk to make 3/4 cup can be substituted for sour milk)

1. Sift together and set aside flour, baking soda and salt.
2. In a separate bowl, make the batter by mixing the oil, sugar and orange extract. Add eggs.
3. In another separate bowl, mix marmalade and buttermilk.
4. Stir marmalade mixture into the batter by thirds, alternating with the flour mixture.
5. Spoon into 2 greased and floured 9-inch layer cake tins or a Bundt pan.
6. Bake at 350° for 25 to 30 minutes or when a toothpick inserted into the center comes out clean.

### ***Meal Ideas Using Gingered Zucchini Marmalade***

- Add to yogurt.
- Add to a pan sauce for meat.
- Use it as a glaze on roasted chicken or pork.
- Stir it into a quick bread batter.
- Heat and brush on as a glaze for oatmeal muffins.
- Use it with some sharp cheese in a grilled cheese sandwich.
- Use it to make bread and butter pudding. Spread slices of leftover bread with butter and the marmalade and arrange in the shallow baking pan. Whisk together 3 eggs, a little over a cup of milk or half and half, 2 tablespoons of sugar and a drop of vanilla. Pour over the bread. Plan the pan in a larger baking tray half filled with hot water. Bake at 350 °F for about 35 minutes.

## Pickling Zucchini

### Small Batch Refrigerator Zucchini Pickles

Yield: 1 quart

- 1 pound medium zucchini (about 3 small or 2 medium) - trimmed
  - 1 medium white onion - trimmed
  - 3 shallots - trimmed
  - 1 ½ Tbsp. canning salt or fine grain sea salt
  - ¼ cup fresh dill sprigs
  - 1 small fresh red chili pepper - thinly sliced
  - ½ tablespoon yellow mustard seed
  - ¾ cup Apple Cider Vinegar
  - ¾ cup white wine vinegar
  - ½ cup organic white cane sugar
1. Thinly slice zucchini, onion and shallots into ribbons. Toss together with the salt and place in a colander over a bowl. Cover the bowl and place in the refrigerator for several hours or overnight. Toss vegetables a few times, extracting as much liquid as possible.
  2. Mix together the vinegars and sugar in a small saucepan over medium heat. Bring to a simmer, stirring until the sugar dissolves. Boil for 3 minutes.
  3. Drain zucchini mixture on a paper towel to dry. Place in a clean, sterilized 1-quart jar along with the dill, sliced chili pepper and mustard seeds. Pour hot pickling liquid over vegetables. Seal with plastic or 2-piece canning lid. Let cool for 24 hours and enjoy.
  4. Will keep up to 3 months in the refrigerator.

Source: adapted from Colorado State University Extension; Making Pickles – 9.304

### Bread-and-Butter Zucchini Pickles

Yield: About 8 pints

- 6 pounds of slender zucchini (1 to 1 ½ inches in diameter)
  - 8 cups thinly sliced onions (about 3 pounds)
  - ½ cup canning or pickling salt
  - 4 cups vinegar (5% acidity)
  - 4 ½ cups sugar
  - 2 Tbsp. mustard seed
  - 1 ½ Tbsp. celery seed
  - 1 Tbsp. ground turmeric
1. Wash zucchini. Cut 1/16-inch off blossom end and discard. Cut into 3/16-inch slices. Combine zucchini and onions in a large bowl. Add salt. Cover with 2 inches crushed or cubed ice. Refrigerate 3 to 4 hours, adding more ice as needed.
  2. Wash jars, lids and rings in warm, soapy water. Set rings and lids aside. Heat jars in canner.
  3. Combine remaining ingredients in a large pot. Boil 10 minutes. Drain and add zucchini and onions and slowly reheat to boiling.
  1. Fill jars with slices and cooking syrup, leaving 1/2-inch headspace. Wipe rims with a dampened clean paper towel; apply two-piece metal lids and adjust to finger-tight. Process pints and quarts in a boiling water or atmospheric steam canner for 10 minutes up to 1000', 15 minutes between 1,001-6000', and 20 minutes above 6,000'. Before removing canner lid, wait 5 minutes for boiling water or 2-3 minutes for steam canner, then remove jars, cool jars for 12-24 hours.
  2. Clean and label jars. Store sealed jars in a cool, dry, dark location for 4 to 5 weeks to develop ideal flavor.

Source: National Center for Home Food Preservation, 2014



**Summer Squash Relish**

Yield: About 5 pints

- 4 pounds fresh, firm yellow and/or zucchini summer squash
- ½ cup diced sweet onion (about 2.4 ounces prepared)
- 2 cups cider vinegar (5% acidity)
- 2 ¼ cups white sugar
- 2 tsp. celery seed
- 2 tsp. turmeric
- 4 tsp. mustard seed

1. Wash jars, lids and rings in warm, soapy water. Set rings and lids aside. Heat jars in canner.
2. Rinse squash well, remove blossom and stem ends and shred in a food processor. Peel onions and remove root and stem ends. Rinse well and dice, or shred in a food processor.
3. Combine remaining ingredients and bring to a boil. Carefully add squash and onions. Return combined ingredients to a boil; boil gently for 5 minutes, stirring often.
4. Pack hot vegetables with liquid into hot jars, leaving ½-inch headspace. Remove air bubbles and adjust headspace if needed. Make sure liquid covers the top of the food pieces. Wipe rims of jars with a dampened, clean paper towel. Apply two-piece metal lids and adjust to finger-tight.

Process pints and half-pints in a boiling water or atmospheric steam canner for 15 minutes up to 1000', 20 minutes between 1,001-6000', and 25 minutes above 6,000'. Before removing canner lid, wait 5 minutes for boiling water or 2-3 minutes for steam canner, then remove jars, cool jars for 12-24 hours.

5. Clean and label jars. Store sealed jars in a cool, dry, dark location.

Source: *National Center for Home Food Preservation, 2015*

**Notes:**

- Recipe may use all yellow squash, all zucchini squash or a combination of both. (One choice we liked is ¾ yellow and ¼ zucchini squash; another was half and half.) Squash may be diced or shredded by hand instead of being shredded in food processor. For recipe development, Vidalia onions were used. Any variety of onion is acceptable. Celery salt may be used in place of celery seed as taste preference.
- Refrigerate any leftover relish from filling jars, if any, and enjoy freshly made! Refrigerate the canned relish once jars are opened for use.

**Meal Ideas using Zucchini Relish**

- Mix with ground beef for meatloaf.
- Add to chicken salad, potato salad and pasta salad.
- Puree it and add to salad dressing.
- Mix it with Greek yogurt to make a dip.
- Puree it and glaze meat, roasted sweet potatoes, butternut squash, etc.
- Puree it and use as a dipping sauce for egg rolls, samosa, any fried food.

It is the policy of the University of California (UC) and the UC Division of Agriculture & Natural Resources not to engage in discrimination against or harassment of any person in any of its programs or activities (Complete nondiscrimination policy statement can be found at <http://ucanr.edu/sites/anrstaff/files/187680.pdf>). Inquiries regarding ANR's nondiscrimination policies may be directed to Linda Marie Manton, Affirmative Action Contact, University of California, Agriculture and Natural Resources, 2801 Second Street, Davis, CA 95618, (530) 750-1318.