

	MOST COMMON PRESERVATION METHOD RECOMMENDED (when used as a primary ingredient)						
FRUIT	Jams, Jellies, Preserves, Conserves, Fruit Syrups	Acidified Products - Salsas, Chutney, Chow Chow, Relish	High Pressure Canning	Fermenting	Pickling	Drying	Freezing
Abiu	✓					✓	✓
Acerola	✓					✓	✓
Alupag	✓					✓	✓
Atemoya						✓	✓
Avocado		✓				✓	✓
Banana	✓	✓				✓	✓
Bilimbi	✓	✓		✓	✓	✓	✓
Breadfruit (Ulu)		✓	✓	✓	✓		✓
Buddha's Hand	✓	✓					
Cacao						✓	
Calamondin	✓	✓		✓	✓	✓	✓
Cherimoya						✓	✓
Chico Sapodilla						✓	✓
Chu Ume Plum	✓	✓			✓	✓	✓
Coconut	✓	✓				✓	
Coffee	✓	✓				✓	✓
Dragonfruit	✓	✓				✓	✓

FRUIT	Jams, Jellies, Preserves, Conserves, Fruit Syrups	Acidified Products - Salsas, Chutney, Chow Chow, Relish	High Pressure Canning	Fermenting	Pickling	Drying	Freezing
Durian	✓	✓				✓	✓
Egg Fruit						✓	✓
Feijoa	✓	✓			✓	✓	✓
Fig	✓	✓			✓	✓	✓
Finger Lime	✓	✓		✓	✓	✓	✓
Gourka	✓	✓				✓	✓
Green Sapote						✓	✓
Grumichama	✓	✓				✓	✓
Jaboticaba	✓	✓		✓		✓	✓
Jackfruit	✓	✓	✓	✓	✓	✓	✓
Kumquat	✓	✓			✓	✓	✓
Langsat	✓					✓	✓
Lemon	✓	✓		✓	✓	✓	✓
Lime - Abhay Apuri	✓	✓		✓	✓	✓	✓
Lime - Tahitian	✓	✓		✓	✓	✓	✓
Lime (Rangpur)	✓	✓		✓	✓	✓	✓
Longan	✓	✓				✓	✓
Loquat	✓	✓		✓	✓	✓	✓
Lychee	✓	✓				✓	✓
Macademia Nut	✓	✓				✓	✓
Malabar Chestnut		✓					✓
Mamey Sapote	✓	✓				✓	✓

FRUIT	Jams, Jellies, Preserves, Conserves, Fruit Syrups	Acidified Products - Salsas, Chutney, Chow Chow, Relish	High Pressure Canning	Fermenting	Pickling	Drying	Freezing
Mango	✓	✓	✓	✓	✓	✓	✓
Mangosteen	✓	✓				✓	✓
Mountain Apple	✓	✓				✓	✓
Mysore Peach	✓	✓			✓	✓	✓
Mysore Raspberry	✓	✓				✓	✓
Ohelo Berry	✓	✓				✓	✓
Orange	✓	✓		✓	✓	✓	✓
Otaheite Gooseberry	✓	✓		✓	✓	✓	✓
Panama Berry	✓	✓				✓	✓
Papaya	✓	✓		✓	✓	✓	✓
Passion Fruit	✓	✓		✓		✓	✓
Persimmon – Kaki	✓	✓		✓		✓	✓
Pineapple	✓	✓		✓	✓	✓	✓
Poha	✓	✓				✓	✓
Pomegranate	✓			✓		✓	✓
Pulasan	✓					✓	✓
Pumelo	✓					✓	✓
Rambutan	✓					✓	✓
Red Mombin-Jacote	✓						
Rheedia – Bakupari	✓					✓	✓

FRUIT	Jams, Jellies, Preserves, Conserves, Fruit Syrups	Acidified Products - Salsas, Chutney, Chow Chow, Relish	High Pressure Canning	Fermenting	Pickling	Drying	Freezing
Rheedia-Mameyi to	✓					✓	✓
Rollinia						✓	✓
Rose Apple	✓	✓		✓		✓	✓
Santol	✓	✓		✓	✓	✓	✓
Soursop	✓					✓	✓
Star Apple	✓					✓	✓
Starfruit	✓	✓		✓	✓	✓	✓
Strawberry Guava	✓	✓		✓	✓	✓	✓
Sugar Apple	✓					✓	✓
Surinam Cherry	✓	✓		✓	✓	✓	✓
Sweet Lime	✓	✓		✓	✓	✓	✓
Tamarind	✓	✓		✓	✓	✓	✓
Tangerine	✓	✓		✓	✓	✓	✓
Thimble Berry	✓			✓		✓	✓
Tropical Apricot	✓	✓		✓	✓	✓	✓
Ugli Fruit	✓	✓		✓	✓	✓	✓
Vanilla	✓	✓				✓	✓
Wampi	✓	✓		✓	✓	✓	✓
White Guava	✓	✓		✓	✓	✓	✓
White Sapote						✓	✓
Wi Apple	✓	✓				✓	✓
YellowJaboticaba	✓					✓	✓

	MOST COMMON PRESERVATION METHOD RECOMMENDED (when used as a primary ingredient)						
VEGETABLE	Jams, Jellies, Preserves, Conserves, Fruit Syrups	Acidified Products - Salsas, Chutney, Chow Chow, Relish	High Pressure Canning	Fermenting	Pickling	Drying	Freezing
Arugula							
Baby spinach							
Beets	✓	✓	✓	✓	✓	✓	✓
Bell Pepper	✓	✓	✓	✓	✓	✓	✓
Bitter Melon			✓	✓	✓	✓	✓
Bok Choy			✓	✓	✓	✓	✓
Broccoli			✓		✓	✓	✓
Burdock (Gobo)		✓	✓	✓	✓	✓	✓
Cabbage (Head)		✓	✓	✓	✓	✓	✓
Carrots		✓	✓	✓	✓	✓	✓
Celery				✓	✓	✓	✓
Chili Peppers	✓	✓		✓	✓	✓	✓
Cilantro						✓	✓
Corn		✓	✓	✓	✓	✓	✓
Cucumber			✓	✓	✓	✓	✓
Curry Leaf						✓	✓
Daikon							

VEGETABLE	Jams, Jellies, Preserves, Conserves, Fruit Syrups	Acidified Products - Salsas, Chutney, Chow Chow, Relish	High Pressure Canning	Fermenting	Pickling	Drying	Freezing
Eggplant		✓		✓	✓	✓	✓
Galangal	✓	✓	✓	✓	✓	✓	✓
Ginger	✓	✓			✓	✓	✓
Green Beans			✓	✓	✓	✓	✓
Green pepper		✓	✓	✓	✓	✓	✓
Hearts of Palm		✓		✓		✓	✓
Herbs (Various)						✓	✓
Kabocha (Pumpkin)		✓	✓			✓	✓
Lettuce (Various)						✓	✓
Moringa						✓	✓
Mushrooms		✓	✓	✓	✓	✓	✓
Napa Cabbage (Asian)		✓	✓	✓	✓	✓	✓
Ong Choy (Kankon)		✓		✓	✓	✓	✓
Onion (Green)		✓	✓	✓	✓	✓	✓
Onion (Round)		✓	✓	✓	✓	✓	✓
Opo squash (Yugao)		✓	✓	✓	✓	✓	✓
Parsley (American)						✓	✓
Radish		✓	✓	✓	✓	✓	✓
Seaweed (Ogo)				✓	✓	✓	✓

VEGETABLE	Jams, Jellies, Preserves, Conserves, Fruit Syrups	Acidified Products - Salsas, Chutney, Chow Chow, Relish	High Pressure Canning	Fermenting	Pickling	Drying	Freezing
Sprouts							
Sweet Potato			✓	✓	✓	✓	✓
Taro			✓	✓	✓	✓	✓
Taro leaf						✓	✓
Tomato	✓	✓	✓	✓	✓	✓	✓
Turmeric		✓				✓	✓
Warabi			✓	✓	✓	✓	✓
Watercress						✓	✓
Wing beans			✓	✓	✓	✓	✓
Zucchini		✓	✓	✓	✓	✓	✓