

Preserving Tomatoes

Freezing vs Canning

Freezing

✓ **Easy**

✓ **Excellent**

Preparation Options:

- ✓ Whole tomatoes
- ✓ Diced tomatoes
- ✓ Crushed tomatoes
- ✓ Puree or sauce

Advantages:

- ✓ Retains excellent flavor
- ✓ No pressure canner needed
- ✓ Fast processing
- ✓ Flexible batch sizes

Disadvantages:

- Requires freezer space
- Requires electricity
- Shorter storage life 8-12 months for best quality)



Water Bath Canning

✓ **Moderate**

✓ **Excellent**

Preparation Options:

- ✓ Whole tomatoes
- ✓ Diced tomatoes
- ✓ Crushed tomatoes
- ✓ Sauce
- ✓ Paste
- ✓ Juice

Advantages:

- ✓ Shelf stable for years (2-5+ after processing;
- ✓ No electricity required
- ✓ Ready to use immediately
- ✓ Most space-efficient storage

Disadvantages:

- ✓ More time intensive
- ✓ Requires jars, processing equipment



Overall Preservation Rating

Freezing ✓ **Excellent**

Canning ✓ **Excellent**

Both freezing and water bath canning are excellent ways to preserve tomatoes, retaining full flavor for sauces, soups, and more.