



# FALL FOODS GROCERY LIST

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 butters before canning.

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

## Proteins for Canning

Stock up on your favorite wholesale meats and fish and turn them into broths, stews, chili, and more.

- Fish like salmon, tuna, and trout
- Game meats like venison for chilis and stews
- Poultry like chicken and turkey for stocks and soups

## 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
- Jalapenos and other hot peppers
- Mushrooms
- Squash, including pumpkins
- Turnips
- Garlic

## 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