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City girl goes country (part 11) My new friend - the pressure cooker

Wednesday, July 17, 2013

We always had a pressure cooker in our house when I was a child. Before crock pots, that was one way to get a meal on the table when there wasn't a lot of time immediately beforehand. Dad always told me that it was the best way to insure that the vitamins in the vegetables didn't get poured down the drain with the liquid.

I've heard horror stories about unwatched pots and understand that some people are afraid to use them, but this was something I was familiar with from childhood.

So even though I've been unable to spend much time on SP over the last week, I wanted to check in and report that our garden is rewarding us for our efforts.

However, as nature's bounty increased, I realized that I had to DO something with it.

We have a table at church where we share our garden produce. In the past I would pick up something now and then. On Sunday I was a contributor and people took what WE grew – how exciting!

Then I dragged out the pressure cooker. As much as I want to eat naturally and healthily, I really don't like spending a lot of time in the kitchen.

These took 2 minutes.



and were followed in the pot by these.

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I wore plastic gloves to clean the beets since I remember how fingers can get stained.

I'm really enjoying this and thank you to all sparkers who have given me suggestions.

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WATERMELLEN

My mum had a pressure cooker too -- old fashioned kind -- and made lots of use of it. How exciting that you are reaping the fruits of your labours: and sharing with your church friends!
2888 days ago



CD8634484

I've always used a pressure cooker too, not just to save time, but to make cheaper cuts of meat fall off the bone. The old ones could be a problem, but the more modern ones (mines (only) 30 years old) have wax round the pressure valve, so that if it does boil dry, the wax melts, the valve falls in and the pressure is released. I even inherited my Mums, so now I have two, both in good working order.
2888 days ago



COCK-ROBIN

yum!
2888 days ago



MARYJEANSL

My mother never had a pressure cooker, though I am not sure why. I think it would have made her life a good bit easier. In any event, though I am not experienced with one, I would love to have one. I do some canning, but so far only boiling-water bath canning - jam, tomatoes, pickles. I would like to do some pressure canning. Though I don't have anything like the gardening success you are having. Anything I try to grow, the squirrels manage to eat before it ripens. Anyway, congrats on the great-looking veggies! I am jealous, for sure.
2888 days ago



CD12146214

Wow I am in awe.....you not only grew all the produce, you actually eat beets....never could get the hang of them!

Happy pressure cooking
2888 days ago



RUNNINGAL425

Can I come to your house for dinner? I love fresh green beans and beets!!
2888 days ago



LINDAKAY228

I'm one of those that have always been afraid of them because of the stories. My mom often used one when I was kid, but she was also the one that told me the stories. I really should get over my fear and try this great tool sometime. I bet it felt so awesome to have people taking the things you grew!
2888 days ago





SHESMITH1

I love my pressure cooker, even after surviving a pot of exploding pinto beans a few years ago. Thankfully, no one was in the kitchen at the time - only the ceiling wears the scars. I did learn from that event, though, and now never leave my pressure cooker unattended!

Envious of your bounty!



2888 days ago



CD8467616

I weigh in on the "scary" side. My mom never used one and I am definitely not to be trusted with one, since I have a bad track record re burning pots. However, I applaud your efforts re city/country. Quite the challenge!
2888 days ago



CD14034154

Yes, I grew with a pressure cooker in my home, too. My mom used it almost every night. I loved the way the food tasted, when she served it, and it was always piping hot!!!

I've never heard of any horror stories, concerning pressure cookers.

I think it's great the way you're sharing your bounty and finding other ways to cook everything!!!

Be blessed,

- Nancy Jean -
2889 days ago



DR1939

My secretary was from India. According to her a pressure cooker was standard in every home. I've always been afraid of them--so many scary stories.
2889 days ago



SLIMMERJESSE

Me and a pressure cooker - not a great idea. (smiling)
2889 days ago



SUZYMOBILE

Can't help it, but I'm scared of pressure cookers to this day! That rattling, hissing meter on top! That steam! You could put your eye out with that thing!
2889 days ago



LINDA

My sister discovered the pressure cooker a while back and now even has two to help her get food on the table quickly as she works long hours as a school janitor as well as doing chores on the farm. I so envy people able to grow their own veggies! Those look so delicious!!!
Enjoy!
2889 days ago



WILSONWR

You really have done well in your garden! I like using the pressure cooker to can those extra tomatoes each year.
2889 days ago



CD14029645

Sounds like an exciting day. Loved the pressure cooking pictures. I've never used one.
2889 days ago




ONEKIDSMOM

I remember mom using the pressure cooker in the canning process... fuzzily.
Well done, by the way!
2889 days ago



NANNABLACK


2889 days ago





GLUECIPHER

AWESOME

2889 days ago



RIDLEYRIDER

A valuable kitchen tool, yes...I had forgotten!
2889 days ago



GRAMPIAN

Must dig out mine! Thanks for this.
2889 days ago



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