



# LEARN ABOUT HOME



## National Center for Home Food Preservation

Online Resources are Free • [www.uga.edu/nchfp](http://www.uga.edu/nchfp)

- USDA Complete Guide to Home Canning—Revised 2009  
[http://www.uga.edu/nchfp/publications/publications\\_usda.html](http://www.uga.edu/nchfp/publications/publications_usda.html)
- Online resources: canning, drying, freezing, pickling, fermenting, jams and jellies, curing and smoking foods
- Ask questions and request information from experts
- Seasonal tips
- Research-based, tested recipes
- Multimedia videos, slide shows, and tutorials including an online course in home canning

### ***So Easy to Preserve*—Book—\$18.00**

Fifth edition; 375 pages with more than 185 tested recipes with step-by-step instructions and a new section on canned salsas.

### ***So Easy to Preserve*—DVD Series—\$39.95**

This series consists of eight shows (20-25 minutes each). Includes how-to demonstrations of methods. Disc 1 includes canning tomatoes, fruits, and vegetables and freezing foods. Disc 2 includes pickling, jams and jellies, canned specialties, and drying. The book is not contained on the DVD.

**Order online:** [www.uga.edu/nchfp](http://www.uga.edu/nchfp)

**Phone orders:** 706-542-2657

Office of Communications, University of Georgia

## Ask Karen

USDA Food Safety Inspection Services • [www.fsis.usda.gov](http://www.fsis.usda.gov)

“Ask Karen” is a knowledge base with consumer information about preventing food-borne illness, handling food safely, proper food storage, and safe preparation of meat, poultry, and egg products. You can ask questions from a virtual representative 24/7 or have a live, online chat from 10 am–4 pm, M–F Eastern time (excluding federal holidays), or call 888-674-6854.

# FOOD PRESERVATION



When canning home-preserved foods:

- Use research-based, laboratory tested, up-to-date recipes from the resources in this brochure
- Follow directions carefully, including the appropriate use of water bath canners and pressure canners.
- Date and store home-canned foods no more than 12 months between 50–70 degrees F. Avoid direct sunlight.

## More Resources for Home Food Preservation Be Safe

Use Approved, Tested Recipes and Instructions

### **Ball®—[www.freshpreserving.com](http://www.freshpreserving.com)**

Tested recipes; preserving guides including Seed-to-Table Harvest Guide with pounds of produce needed for jar size; E-newsletter and online message boards. Ball Blue Book for Preserving available for purchase.

### **National Presto Industries, Inc.—[www.gopresto.com](http://www.gopresto.com)**

On home page, click on pressure canning for recipes, guide for canning, frequently asked questions, and instruction manuals. Consumer products and services: 800-877-0441, M-F business hours, Central time.

### **Use a Search Engine**

Type in "Food Preservation Cooperative Extension."

### **Visit Your Local Library**

### **Take an Online Course**

Preserve@Home is a web-based food preservation course from the University of Idaho Extension. Learn how to produce quality products and the science and safety behind food preservation.

[www.extension.uidaho.edu/boundary/online\\_courses.htm](http://www.extension.uidaho.edu/boundary/online_courses.htm)

Cost: \$35.00 • Carol Hampton: [champton@uidaho.edu](mailto:champton@uidaho.edu)

### **View Web-based Learning Modules Including Video**

Visit the University of Alaska at Fairbanks Cooperative Extension site, Preserving Alaska's Bounty. Includes modules on basic water bath and pressure canning methods, how-to's for canning fish in jars or cans, making sausage and jerky, jams, and infused vinegars. Free viewing.

[www.uaf.edu/ces/preservingalaskasbounty/index.html](http://www.uaf.edu/ces/preservingalaskasbounty/index.html)

## Washington State University Extension Publications

<http://pubs.wsu.edu>

Search by publication number or title

Publication	Number
• Using and Caring for Your Pressure Canner	PNW0421
• Canning Fruits	PNW0199
• Canning Meat, Poultry and Game	PNW0361
• Canning Seafood	PNW0194
• Salsa Recipes for Canning	PNW0395
• Recetas Para el Envasado de Salsas	PNW0395S
• Home Canning Smoked Fish	PNW0450
• Canning Tomatoes and Tomato Products	PNW0300
• Canning Vegetables	PNW0172
• Freezing Fruits and Vegetables	PNW0214
• Pickled Eggs	EB1104
• Pickling Vegetables	PNW0355
• Smoking Fish at Home Safely	PNW238

Most Washington State University Extension Publications are available online at no cost, or are available for purchase online or by phone at 800-723-1763.

### Food Safety in a Minute Podcasts

Listen on Your Computer or Download to Your MP3 Player

<http://news.cahnrs.wsu.edu/category/food-safety-in-a-minute/>

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WSU Extension programs and employment are available to all without discrimination. Evidence of noncompliance may be reported through your local WSU Extension office.  
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