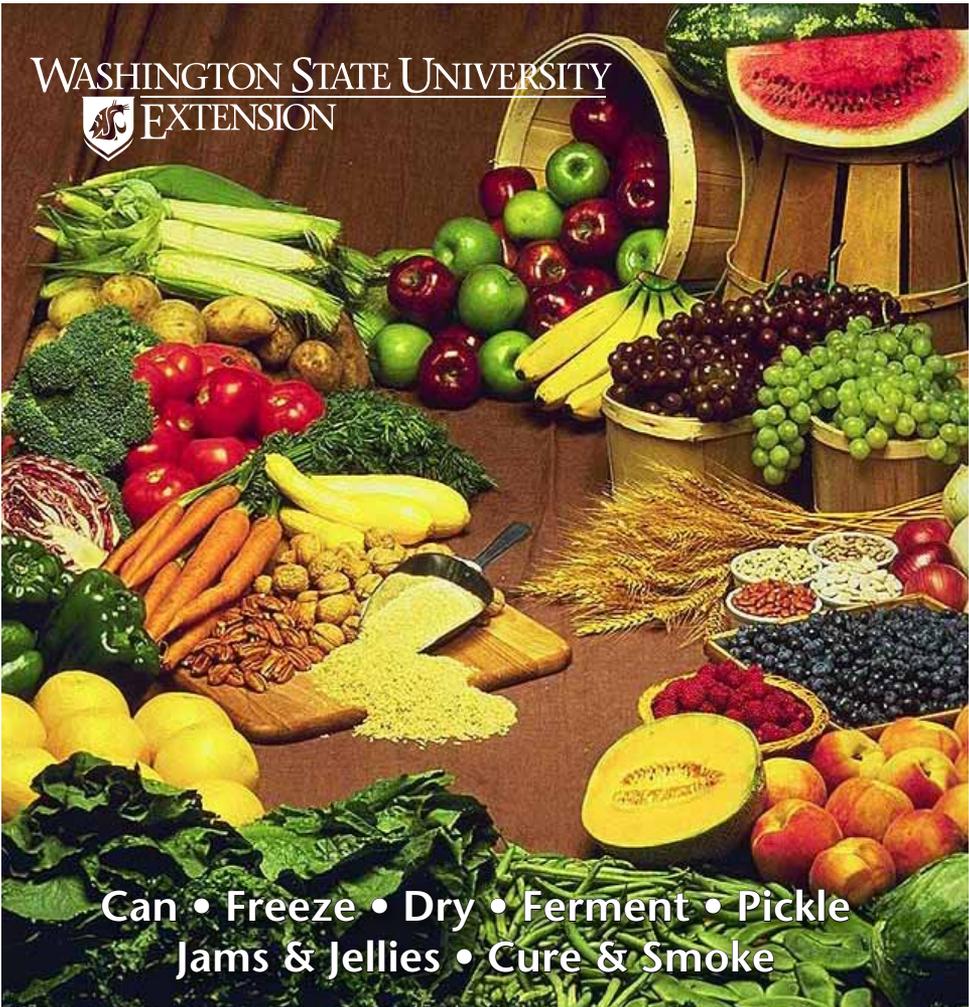


Food Preservation Resources

FINDING ANSWERS • C1117E

WASHINGTON STATE UNIVERSITY
EXTENSION



Can • Freeze • Dry • Ferment • Pickle
Jams & Jellies • Cure & Smoke

LEARN ABOUT HOME



National Center for Home Food Preservation

Online Resources are Free • www.uga.edu/nchfp

- USDA Complete Guide to Home Canning—Revised 2009
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

Phone orders: 706-542-2657

Office of Communications, University of Georgia

Ask Karen

USDA Food Safety Inspection Services • 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

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

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

Cost: \$35.00 • Carol Hampton: 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

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
• Curing and Smoking Poultry Meat	EB1660
• Freezing Meat, Fish and Poultry at Home	EB1195
• Freezing Fruits and Vegetables	PNW0214
• Pickled Eggs	EB1104
• Pickling Vegetables	PNW0355
• Smoking Fish at Home Safely	PNW238
• Envasado de Tomates	WREP0112
• Envasado de Frutas	WREP0114
• Envasado de Hortalizas	WREP113S

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://cahnrsnews.wsu.edu/foodsafety>

B. Susie Craig
Area Faculty
Food Safety & Health
Summer 2010



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