

Cornell University Cooperative Extension Herkimer County

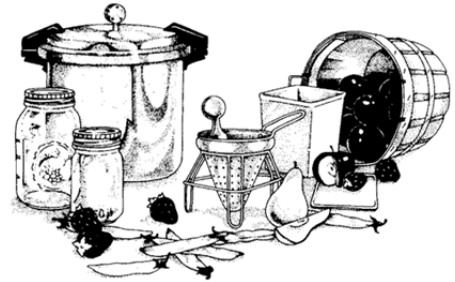
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Food Preservation Resources

Available from CCE of Herkimer County at no charge by downloading from the website at <http://blogs.cornell.edu/cceherkimer/nutrition-programs/food-preservation-resources>

Handy Reference Series (1-page fact sheets from Cornell University):

- Handy Reference for Canning Fruits
- Handy Reference for Canning Vegetables
- Handy Reference for Freezing Fruits
- Handy Reference for Freezing Vegetables
- Handy Reference for Drying Fruits
- Handy Reference for Drying Vegetables & Herbs
- Handy Reference for Drying Meat Jerky



Food for Health Series (4-page fact sheets from Cornell University):

- Canning Fruits, Tomatoes, and Vegetables
- Freezing Fruits and Vegetables
- Drying Foods in New York State

Let's Preserve Fact Sheets (from Penn State University unless otherwise noted):

- | | | |
|--|------------------------------------|----------------|
| • Apples | • Leafy Greens (Purdue) | • Sauerkraut |
| • Berries, <i>except</i>
<i>Strawberries</i> (Purdue) | • Meat & Poultry | • Snap Beans |
| • Blueberries | • Peaches, Apricots,
Nectarines | • Strawberries |
| • Cherries | • Pears | • Sweet Corn |
| • Fruit Pie Fillings | • Peppers | • Tomatoes |
| • Jelly, Jam, Spreads | • Quick Process Pickles | |

Basic "How-To" Booklets

- How to Freeze Food the Right Way
- Canning Know-How



Miscellaneous Fact Sheets:

- Garlic: Safe Methods to Store, Preserve, and Enjoy
- Sensational Salsas
- Web Sites for the Home Preserver
- Flavored Vinegars and Oils
- Food Preservation Without Sugar or Salt
- Herbs and Vegetables in Oil

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Other Resources

National Center for Home Food Preservation Website <http://nchfp.uga.edu/>

Site includes science-based information on home food preservation, publications and links to other Extension sites.

Questions on Jams & Jellies: Call the Kraft Consumer Response Center at 1-877-535-5666 (9 am – 9 pm EST). They handle questions about using Sure-Jell® & Certo® pectins. Recipes and re-make directions available from:

Kraft General Foods (Sure-Jell, MCP, Certo): <http://www.kraftrecipes.com>

Type in “jam” (or “jelly” or “preserves”) in the search box to see recipes, articles or products.

Surejell: <http://www.surejell.com> or <http://www.kraftbrands.com/surejell>

Includes recipes using SureJell products, Certo and MCP pectins, and Splenda low sugar recipes. Search by “meal or occasion” and choose Jams/Jellies/Preserves.

Books:

Ball Blue Book of Preserving - available at Wal-Mart, Ace Hardware, K-Mart, Target and Tru Value or by ordering from Jarden Home Brands, see address below – as of June 2013 price was \$6.49 (plus shipping & handling). Checks should be made to Jarden Home Brands, Blue Book.

Jarden Home Brands, Blue Book

P.O.Box 2005

Muncie, IN 47307

<http://www.freshpreservingstore.com/>

For consumer publications and consultations, call the Jarden Home Brands Consumer Call Center

1-800-240-3340, operates 8:30 am to 4:30 pm EST.

So Easy to Preserve, University of Georgia, Cooperative Extension, 2006. The 5th edition contains the latest U.S. Department of Agriculture recommendations for safe food preservation. It is a 375-page book with over 185 tasted recipes, along with step by step instructions and in-depth information for both the new and experienced food preserver. \$18 (shipping included). For more information and to order: <http://www.uga.edu/setp/book.html>

Complete Guide to Home Canning, USDA, revised 2009. For ways to access it electronically, see http://www.uga.edu/nchfp/publications/publications_usda.html

To order a hard copy, see <http://www.extension.purdue.edu/store>

How to Dry Foods - Deanna DeLong, Tucson, AZ, 1979. Revised 1992; 2006. ISBN# 1557884978. Available at <http://www.amazon.com> or <http://www.bn.com> (Barnes & Noble).

Note: caution on jerky making. **Making jerky from raw meat can be dangerous. Home-dried jerky may be made according to any family or old-time recipe, AS LONG AS the pieces of meat are cut no more than ¼-inch thick before drying, and the dried strips are pasteurized by placing on a baking sheet (close together but not touching) in a 275°F oven for 10 minutes.**