

Cornell University
Cooperative Extension
Herkimer County

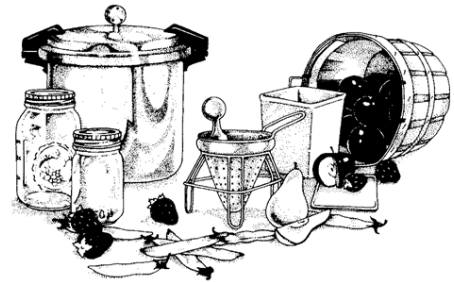
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Food Preservation Resources

Available from Cornell Cooperative Extension 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/products/kraft-pectin.aspx> or <http://www.kraftbrands.com/surejell>

Includes recipes using SureJell products, Certo and MCP pectins, and Splenda low sugar recipes. Type in “Remake Jam” (or Jelly) for low or no-sugar recipes.

Books:

Ball Blue Book Guide to 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 May 2015 price was \$11.95 (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, 6th Edition is available. This edition contains the latest U.S. Department of Agriculture recommendations for safe food preservation, along with step by step instructions and in-depth information for both the new and experienced food preserver. There are 10 new products and 2 revised product recommendations in this edition. For more information and to order: <http://setp.uga.edu/>

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> click on “Food & Nutrition,” then “Food Preservation & Storage”

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. Home-dried jerky made from **raw** meat may be made according to any 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 in a single layer, close together, but not touching, in a **preheated 275°F oven for 10 minutes** (watch carefully so the product does not scorch, as the amount being pasteurized at one time will make a difference).