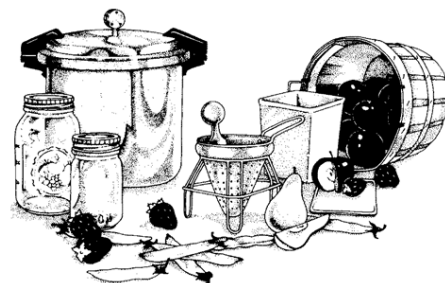


Food Preservation Resources

Available from Cornell Cooperative Extension of Herkimer County at no charge by downloading from the website at bit.ly/HCFoodPreservation

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):

- | | | |
|---|------------------------------------|--------------------|
| ● Apples | ● Meat & Poultry | ● Sauerkraut |
| ● Beets | ● Peaches, Apricots, Nectarines | ● Snap Beans |
| ● Blueberries | ● Pears | ● Squash & Pumpkin |
| ● Cherries | ● Peppers | ● Strawberries |
| ● Cranberries | ● Potatoes & Sweet Potatoes | ● Soup |
| ● Fruit Pie Fillings | ● Quick Process Pickles | ● Sweet Corn |
| ● Ingredients Used in Home Food Preservation | ● Root Vegetables | ● Tomatoes |
| ● Jelly, Jam, Spreads | | ● White Peaches |



Miscellaneous Fact Sheets (more on CCE Herkimer Co website):

- Basics of Sausage Making
- Canning in Electric Multi-Cookers
- Food Preservation Without Sugar or Salt
- Herbs and Vegetables in Oil
- Making Flavored Vinegar
- Making Garlic- and Herb-Infused Oils at Home
- Salsa Recipes for Canning
- Storing Fresh Garden Produce

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Note that **research based food preservation** information is the most reliable. Utilize web pages from government sources such as USDA, FDA, FSIS and Cooperative Extension. Preparing a safe home-canned product requires a laboratory-tested recipe with research based processing time. If the recipe posted is not from a credible source, a product that is hazardous to your health could be the result.

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**National Center for Home Food Preservation Website** [nchfp.uga.edu/](http://nchfp.uga.edu/)

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

**So Easy to Preserve**, University of Georgia, Cooperative Extension, 6<sup>th</sup> 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: [setp.uga.edu/](http://setp.uga.edu/)

**Questions on Jams & Jellies:** Call the Kraft Consumer Response Center at 1-877-535-5666 (9 am – 8 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): [bit.ly/SureJell](http://bit.ly/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.

**Ball Blue Book Guide to Preserving 37<sup>th</sup> Edition**- available at Wal-Mart, Walmart.com and Amazon. Many of their recipes can be found at: [ballmasonjars.com/recipes?fdid=recipes](http://ballmasonjars.com/recipes?fdid=recipes)  
For consumer publications and consultations, call the Newell Brands Consumer Help Line for Ball and Kerr fresh preserving products: 1-800-240-3340, 8:30 am to 4:30 pm EST.

**Complete Guide to Home Canning**, USDA, revised 2015. For ways to access it electronically, go to [bit.ly/3u9leO2](http://bit.ly/3u9leO2). To order a hard copy, see [bit.ly/3oEWZG8](http://bit.ly/3oEWZG8)

**How to Dry Foods** - Deanna DeLong, Tucson, AZ, 2006. ISBN# 1557884978. Available at [amazon.com](http://amazon.com) or [bn.com](http://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).