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Home Preserver Online Resources

Evaluating food preservation information found on the World Wide Web is extremely important. 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. Sources listed in this publication are a sampling of recommended sites and publications of interest. More information is available at bit.ly/HCFoodPreservation

Where to Find USDA-Approved Research-Based Food Preservation Information:

National Center for Home Food Preservation Website

nchfp.uga.edu

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

Selected Cooperative Extension Sites:

Food Preservation Links – On the Web

rrc.k-state.edu

Site compiled by Kansas State University. Answers to questions, news, videos, links to other food preservation resources. Select Food Science, then food preservation.

Colorado State University Cooperative Extension, Food & Nutrition Online Fact Sheets

bit.ly/ColoStateFactSheets

Includes publications in HTML or PDF format to print. Look under the publications tab for **Food Preparation** and **Food Preservation** for relevant fact sheets. Also has tips for planning for emergencies: storage time, containers, food safety

Pennsylvania State University, Food Preservation

bit.ly/PennStateHomeFoodSafety

Site links to approved recipes, food preservation questions and answers, videos, kitchen unit conversions, and food safety.

bit.ly/PennStateFoodSafety

Addresses food safety issues.

The Cornell Food Venture Center

bit.ly/CornellFoodVenture

The Cornell Food Venture Center (CFVC) provides comprehensive assistance to beginning and established food entrepreneurs to help enhance food safety, satisfy regulatory compliance and promote economic development. The CFVC provides access to educational materials, industry resources, workshops and direct assistance for product and process validation for safety and stability, as well as guidance in local, state and federal regulations for food manufacturers.

Selected Commercial Sites:

Alltrista Corporation- includes Ball, Kerr, and Bernardin brands

freshpreserving.com

Site includes canning basics, recipes, online order form and product information.

Purchasing and Using ClearJel®, PennState Extension, March 2019.

http://bit.ly/UseClearJel

ClearJel® starch is a chemically modified corn starch used to thicken the pie filling recipes in the Penn State publication **Fruit Pie Fillings, USDA research sponsored**. It does not break down when canned, baked, or frozen, producing good sauce consistency.

ClearJel® starch is available from:

Kauffman's Fruit Farm: *bit.ly/ClearJelStarch*

ClearJel® might be available in bulk at bulk food stores and cooperatives. Be sure you are purchasing cook-type ClearJel®.

Kraft General Foods

myfoodandfamily.com

Site includes recipes and nutritional information.

National Presto Industries, Inc.

gopresto.com

Site includes product information, catalog, recipes, parts & service for pressure canners.

Selected Recommended Fact Sheets:

Approximate pH of Food and Food Products

bit.ly/USFDApHFood

USFDA, April 2007, updated 10/23/2008

Complete Guide to Home Canning

bit.ly/GuideHomeCanning

USDA, revised 2015

Canning Fruits, Tomatoes and Vegetables.

bit.ly/HCFoodPreservation

1 to 4-page fact sheets from Cornell University, Reviewed 2011

- Food for Health: Canning Fruits, Tomatoes and Vegetables
- Food for Health: Freezing Fruits and Vegetables
- Food for Health: Drying Foods in New York State
- Handy Reference for Canning Fruits
- Handy Reference for Canning Vegetables
- Handy Reference for Freezing Fruits
- Handy Reference for Freezing Vegetables
- Handy Reference for Drying Meat Jerky

Canning and Freezing – Let's Preserve series from Penn State University:

bit.ly/LetsPreserve

- apples
- blueberries
- cherries
- cranberries
- fruit pie fillings
- jelly, jams & spreads
- meat & poultry
- peaches, apricots, nectarines
- pears
- peppers
- potatoes & sweet potatoes
- quick process pickles
- root vegetables: beets, carrots, turnips, and rutabagas
- sauerkraut
- snap beans
- squash & pumpkins
- strawberries
- sweet corn
- tomatoes

Cost of Preserving and Storing Food

bit.ly/CostStoring

From Colorado State University, 2008. Click on the pdf link to print.

Flavored Vinegars

bit.ly/FlavoredVinegars

10-page fact sheet from Clemson University, 2019

Making Garlic- and Herb-Infused Oils at Home

bit.ly/GarlicHerbHome

A Pacific Northwest Extension Publication, October 2014, 4 pages

Herbs and Vegetables in Oil, for flavored oils not covered in above publication, Oregon State University, Revised February 2015

bit.ly/HerbsVegsOil

How do I? ... Freeze, University of Georgia, includes general information and specific commodity fact sheets.

nchfp.uga.edu/how/freeze.html

Preserving Food: Pickled Products

bit.ly/PickledProducts

8-page fact sheet from University of Georgia Cooperative Extension Service, 2017

Storing Maple Syrup: Information on long-term storage of Maple Syrup.

bit.ly/StoreMapleSyrup

The Food Keeper

bit.ly/FoodKeeperApp Search for a specific item.

Print version:

bit.ly/TheFoodKeeper

Developed by: Food Marketing Institute with Cornell University Department of Food Science

A mobile app is also available for Apple & Android devices

Food Safety & Natural Disasters

bit.ly/FoodSafetyDisasters

Finding Answers to Questions in Food Preservation on the Internet:

Search engines are used to find information on the internet. The following search engines are suggested:

Google: *google.com*

Bing: *bing.com*

Yahoo!: *yahoo.com*

Search engines try to find what you type, whether it is real or imaginary, misspelled or not. Word meanings are unfamiliar, so an entry like *food preservation publications* would be evaluated like any line with *food*, any line with *preservation*, and any line with *publications* in it and not necessarily in that order. The search engine will also automatically search for the past tense and plurals of the words typed. This is called **stemming**.

- To search for a **single word**, for example: *pectin*, type the word in the search box.
- To search for **multiple separate words**, type the words *separated by a space* or type the word **AND** in the box. The space and the AND operator select documents that contain all the search terms you specify. For example: To find documents that contain *food* and *preservation* and *freezing*, type *food preservation and freezing* in the box.
- To narrow the search, the words **OR** may be typed between the words you are searching. The OR operator selects documents that contain at least one of the search terms you specify, for example: type *preservation OR freezing* in the box.
- To search for documents containing a specific **string of words**, for example: "*food preservation publications*", type the words in quotes.
- To **narrow down a huge number of results**, keep the search words, and look for the *advanced search* option for Google or Yahoo and select *search by domain* and then specify the domain (*for example: .edu or .gov*). Results for Extension, government sites, or educational institutions will be displayed.
- To search for **a topic within a topic**, for example: *freezing* within the topic *food preservation*, type one or more words and phrases *separated by commas* into the box. (Example: "food preservation, freezing")

Note that **research based food preservation** information is the most reliable. Utilize web pages from government sources such as USDA, FDA, FSIS, Cooperative Extension, and commercial sources of supplies for home food preservation listed in this publication.

You can use the following topics as a starting point when using a search engine for home food preservation information.

Canning

Curing

Drying

Fermenting

Flavored Vinegars

Freezing

Jams, jellies and preserves

Jerky or jerkies

Smoking

The food you want to preserve and by what method

Vegetables in oil

Boiling water canner

Pressure canner

The piece of equipment name

The company name