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
- Berries, except Strawberries (Purdue)
- Blueberries
- Cherries
- Fruit Pie Fillings
- Jelly, Jam, Spreads
- Leafy Greens (Purdue)
- Meat & Poultry
- Peaches, Apricots, Nectarines
- Pears
- Peppers
- Quick Process Pickles
- Saurerkraut
- Snap Beans
- Strawberries
- Sweet Corn
- Tomatoes

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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Cornell Cooperative Extension of Herkimer County provides equal program and employment opportunities.
Other Resources

**National Center for Home Food Preservation Website** [http://nchfp.uga.edu/](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](http://www.kraftrecipes.com)
  Type in “jam” (or “jelly” or “preserves”) in the search box to see recipes, articles or products.

  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

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](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](http://www.uga.edu/nchfp/publications/publications_usda.html)
To order a hard copy, see [http://www.extension.purdue.edu/store](http://www.extension.purdue.edu/store)


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.

Reviewed June 2013