

## Home Food Preservation

Food preservation including canning, freezing, and drying allows people to preserve fruits and vegetables for use throughout the year. However, if not done correctly, the results can be disastrous ranging from a poor quality product to food poisoning and even death.

Canning, in particular, can be risky business! The canning process is quite different from every day cooking. When cooking, you may modify a recipe based on your likes or dislikes and what you have on hand in your pantry. When canning, experimentation can be dangerous and even deadly. Use only the most recent research-based tested recipes by USDA, cooperative extension service at land grant universities, or the Ball® Blue Book (dated 1989 or later). These same principles apply to jams and jellies, salsas, and pickles and relishes. The processing times and temperatures have been scientifically tested and must be carefully followed. Too little time or too low a temperature may not destroy the bacteria, enzymes, molds, and yeasts in the food. For safe, high quality home canned food, it's important to follow the directions.

### Recommended Food Preservation Websites

- National Center for Home Food Preservation  
<http://nchfp.uga.edu>
- University of Rhode Island  
<http://web.uri.edu/foodsafety/foodPreservation>
- Pennsylvania State University  
<http://extension.psu.edu/food-safety/food-preservation>
- University of Georgia  
[www.fcs.uga.edu/ext/pubs/food.php?category=Preserving](http://www.fcs.uga.edu/ext/pubs/food.php?category=Preserving)
  - Preserving Food at Home blog, brought to you by the NCHFP, hosted by UGA  
<http://preservingfoodathome.com>
- University of Missouri Extension  
<http://extension.missouri.edu/publications/DisplayPub.aspx?P=CB20>

### Recommended Food Preservation Books

- Ball® Blue Book Guide to Preserving (dated 1989 or later)
- Ball® Complete Book of Home Preserving, Edited by Judi Kingry and Lauren Devine
- *So Easy To Preserve*, 5th Edition, 2006, Cooperative Extension Service of the University of Georgia,  
<http://setp.uga.edu/>
- USDA's Complete Guide to Home Canning, 2009 [http://nchfp.uga.edu/publications/publications\\_usda.html](http://nchfp.uga.edu/publications/publications_usda.html)

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## Food Preservation Supplies, Ingredients, and Resources

Below is a listing of websites and other sources of food preservation information. Note: the listing of websites and other sources of food preservation in this document does not constitute an official endorsement or approval by the University of Rhode Island Cooperative Extension Food Safety Education Program of any product or service.

- *Check your local hardware or general store!*
- Aubuchon Hardware - Pressure canners and replacement parts  
<http://housewares.hardwarestore.com/38-pressure-cookers-canners.aspx>
- Ball® Corporation - Recipes, equipment, and supplies; Hotline: 1-800-240-3340  
[www.freshpreserving.com](http://www.freshpreserving.com)
- Canning Pantry - Equipment and supplies  
[www.canningpantry.com](http://www.canningpantry.com)
- Hayneedle.com - Home Canning Supply & Specialties - Equipment and supplies  
[www.hayneedle.com/kitchen/pressure-cookers\\_175363](http://www.hayneedle.com/kitchen/pressure-cookers_175363)
- Kraft Foods, Inc. – FAQ's on jams and jellies, pectin and recipes  
[www.kraftbrands.com/surejell](http://www.kraftbrands.com/surejell)
- Mrs. Wages - Home canning information, pectin and other ingredients.  
[www.mrswages.com](http://www.mrswages.com)
- National Presto Industries - Pressure canners and information.  
[www.gopresto.com](http://www.gopresto.com)
- Pressure Cooker Outlet - Features name brand pressure canners including: Presto, Mirro, All American, and Maitres. They also carry parts for the brands they sell as well as older models.  
[www.pressurecooker-outlet.com](http://www.pressurecooker-outlet.com)

***A note on pressure canners:*** Pressure canners with dial gauges should be checked yearly for accuracy. Contact the manufacturer of the pressure canner. For Presto, National, Maid of Honor, Magic Seal and Kwik Kook brands, contact Presto at 800-877-0411.