



So Easy to Preserve

The University of Georgia is pleased to offer the **6th edition** of its popular book, *So Easy to Preserve* (©2014). Chapters in the 388-page book include *Preserving Food, Canning, Pickled Products, Sweet Spreads and Syrups, Freezing and Drying*.

Canning: The basics of canning, such as which methods are safe, what equipment will be needed, and how to actually perform the steps to ensure a safe product, are provided. Specific directions are listed for canning many fruits, vegetables, tomato products, salsas, meats, poultry and seafood.

Pickled Products: Ingredients and equipment needed for successful pickling are discussed. Recipes for cucumber and other vegetable pickles, fruit pickles and a wide assortment of relishes provide the opportunity to add spice to your meals.

Sweet Spreads and Syrups: This chapter offers an assortment of jellies, jams, preserves, marmalades, conserves, butters, syrups, refrigerator/freezer jams and jellies, and a few products without added sugar.

Freezing: Details are included about how freezing affects food, which foods do not freeze well, what to do when your freezer breaks down and how to freeze more than 150 different foods.

Drying: Different methods for drying food are discussed, but our procedures are mostly developed for electric dehydrators. Offerings include directions for fruits, vegetables, some leathers, and safer jerky, as well as which foods do not dry well and how to store your dried foods.

A video series, also called *So Easy to Preserve*, is also available in a set of DVDs (©2005). The series is eight shows (20 to 35 minutes each) which provide discussion of preservation principles and how-to demonstrations. **The book is not contained on the DVDs.** Features include home canning of tomatoes, vegetables and fruits; freezing fruits and vegetables; drying fruits and vegetables; quick pickling; making jams and jellies; and, a show devoted to the canned specialties of hot chile salsa, mango chutney and spicy jicama relish. The methods demonstrated continue our tradition of teaching USDA-recommended practices for food safety as well as high quality finished products.

More information on both these resources is available at www.soeasytopreserve.org.

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If paying by check or money order, fill out the other side of this page and indicate the number of copies for the book and/or video series and your total payment enclosed. Make payable to **University of Georgia** and include with this form.

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