

Reliable Food Preservation Resources

Always use a recipe tested for safety of the final product when canning! The USDA revised several home canning processes in 1994. Recipes published prior to 1994, should be checked against a current, reliable resource for safety. Not all recipes found on the web or in other publications are scientifically tested. Unsafe recipes and procedures may result in severe illness.

Books:

The All New Ball® Book of Canning and Preserving, 2016

Ball Blue Book Guide to Preserving 37th edition , 2014.

Complete Guide to Home Canning, 2015 revision, USDA Bulletin No. 539.

Download PDF: <http://nchfp.uga.edu/index.html>

Order: Purdue University online store, <https://www.extension.purdue.edu/usdacanning/> (\$19 plus S&H).

So Easy to Preserve, 6th Edition, 2014. University of Georgia Cooperative Extension, about \$20 per book
Phone: 706-542-2657 or www.soeasytopreserve.com. Office of Communications, 117 Hoke Smith Annex, Co-operative Extension Services , The University of Georgia, Athens, GA 30602-1456

Putting Food By, 5th Edition. Greene, Hertzberg & Vaughan. The Stephen Greene Press, Lexington, MA, 2010.

Websites: tested recipes, “how to” videos, printable factsheets and more:

- **USDA’s National Center for Home Food Preservation:** <http://www.uga.edu/nchfp>
- **Ball:** <http://www.freshpreserving.com/>

Family and Community Health Sciences (FCHS)

Promoting Healthy Families, Schools & Communities

For additional food, nutrition & food safety information visit these websites:

<http://njaes.rutgers.edu> or <http://getmovinggethealthynj.rutgers.edu>

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Family and Community Health Sciences (FCHS)

More Cooperative Extension Resources:

Pennsylvania State University, Cooperative Extension: <http://extension.psu.edu/food/preservation>

University of Nebraska-Lincoln Extension in Lancaster County

- **Pinterest**—Canning or Freezing: <http://www.pinterest.com/nebraskacarol/unl-canning-and-freezing/>

USDA's National Center for Home Food Preservation: Links for frequently requested information:

Fruit : <http://food.unl.edu/preservation/fruits>

Tomato : <http://food.unl.edu/preservation/tomatoes>

Vegetables : <http://food.unl.edu/preservation/vegetables>

Jellies and Jams: <http://food.unl.edu/preservation/jam-jelly>

Pickles: <http://food.unl.edu/preservation/pickles>

Classes:

FCHS home food preservation classes: Contact your local Rutgers Cooperative Extension office to inquire about classes.

FCHS Master Food Preservers: These trained volunteers work with FCHS to educate the public about safe home food preservation. Contact your local FCHS professional for to learn how to become a FMFP.

