

Cornell Cooperative Extension
HOME FOOD PRESERVATION RESOURCE LIST
Recommended for New York State – 2020

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 Addresses verified in February/March 2020.

Web addresses are subject to change.

Links appearing to have a space actually contain an underline.

** indicates Power Point or Video, suitable for teaching.

When searching for information on the internet, search for research-based information from Cooperative Extension sites affiliated with Land Grant Universities, as there is much information that is dubious.

GENERAL RESOURCES

<p>National Center for Home Food Preservation (NCHFP) Website http://nchfp.uga.edu/</p>
<p>So Easy to Preserve, new 6th Edition, University of Georgia, Cooperative Extension, 2014 (Order book for \$ 20. Bulk rate for 12 or more books, \$18.00) https://setp.uga.edu/</p>
<p>Botulism, 4 pages, Colorado State University, 2012 http://extension.colostate.edu/topic-areas/nutrition-food-safety-health/botulism-9-305/</p>
<p>Approximate pH of Food and Food Products, 13 pages, FDA, 2003 http://webpal.org/SAFE/aaarecovery/2_food_storage/Processing/lacf-phs.htm</p>
<p>Canning Foods – the pH Factor, 3 pages, Clemson University, 2020 https://hgic.clemson.edu/factsheet/canning-foods-the-ph-factor/</p>
<p>Hazardous Food Preservation and Storage Advice, 1 page, Utah State University (butter, eggs, cheese) https://extension.usu.edu/files/publications/publication/FN_Food_Safety_2008-09.pdf</p>
<p>Elevation Finder: http://www.freemaptools.com/elevation-finder.htm Change <i>Latitude/Longitude</i> box to <i>Current Location GPS</i>. OR change to <i>Free Text Search</i>, type address in box and click on <i>Estimate Elevation</i> OR ask your smart phone</p>
<p>Table of Temperatures for Food Preservation, 1 page, NCHFP http://nchfp.uga.edu/how/general/food_pres_temps.html</p>
<p>Table of Boiling Water Temperatures at Different Altitudes, 1 page, NCHFP http://nchfp.uga.edu/how/general/boil_water_chart.html</p>
<p>Cost of Preserving and Storing Food, 7 pages, Colorado State, 9/2008 http://extension.colostate.edu/topic-areas/nutrition-food-safety-health/cost-of-preserving-and-storing-food-8-704#top</p>

<p>Nutrition & Cost of Select Canned, Frozen and Fresh Fruits and Vegetables, 33 pages, 2012. http://www.cancentral.com/sites/cancentral.com/files/public-documents/cmi-msu-analysis-final.pdf</p>
<p>Canning and Freezing Questions and Answers, Penn State University https://extension.psu.edu/canning-and-freezing-questions-and-answers#section-0</p>
<p>Judging Home Preserved Foods, 105 pages, NCHFP http://nchfp.uga.edu/publications/nchfp/tech_bull/0Judging_Preserved_full.pdf</p>
<p>Keeping Food Safe During an Emergency, FSIS, USDA, 2013 https://www.fsis.usda.gov/wps/portal/food-safety-topics/food-safety-education/get-answers/food-safety-fact-sheets/emergency-preparedness/keeping-food-safe-during-an-emergency/CT_Index</p>
<p>Ball Corporation Equipment https://www.freshpreserving.com</p>
<p>Ball Blue Book Guide to Preserving (37th Edition), Walmart, Amazon, etc. Ball Complete Book of Home Preserving, Amazon, Barnes and Noble, etc.</p>

CANNING RESOURCES – see also GENERAL RESOURCES

<p>**Canning Foods at Home: The Basics, Power Point Slide Show, NCHFP nchfp.uga.edu/multimedia.html</p>
<p>**Pressure Canning and Canning Low Acid Foods at Home, Power Point Slide Show, National Center for Home Food Preservation nchfp.uga.edu/multimedia.html</p>
<p>How to: Home Food Preservation, Judy Price, CCE Home Food Preservation expert for Tractor Supply, Summer 2013 article https://www.tractorsupply.com/out-here_issues_2013-summer_home-food-preservation.html</p>
<p>**Video https://youtu.be/rqla7SBeTPU</p>
<p>Complete Guide to Home Canning, USDA, 2015 edition http://nchfp.uga.edu/publications/usda/GUIDE01_HomeCan_rev0715.pdf</p> <p>“Selecting, Preparing and Canning Tomatoes and Tomato Products” http://nchfp.uga.edu/publications/usda/GUIDE03_HomeCan_rev0715.pdf</p> <p>“Preparing and Canning Fruit and Fruit Products” http://nchfp.uga.edu/publications/usda/GUIDE02_HomeCan_rev0715.pdf</p> <p>“Selecting, Preparing, and Canning Vegetables and Vegetable Products” http://nchfp.uga.edu/publications/usda/GUIDE04_HomeCan_rev0715.pdf</p> <p>“Preparing and Canning Poultry, Red Meats, and Seafoods” http://nchfp.uga.edu/publications/usda/GUIDE05_HomeCan_rev0715.pdf</p>
<p>Canning Fruits, Tomatoes and Vegetables, 6 pages Cornell Handy Reference for Canning Fruits Handy Reference for Canning Vegetables http://ccesaratoga.org/nutrition-food/food-preservation Scroll down left column to Extension Fact Sheets</p>
<p>Home Canning Meat: Poultry, Red Meats, Game and Seafood, North Dakota State University, 2019 https://www.ag.ndsu.edu/publications/food-nutrition/home-canning-meat-poultry-red-meats-game-and-seafood/fn188.pdf</p>

<p>Tips on Selecting Pressure Canners, NCHFP, 2 ½ minute video nchfp.uga.edu/video/pressure_canners.html</p>
<p>Using and Caring for Your Pressure Canner, 16 pages, PNW https://catalog.extension.oregonstate.edu/pnw421</p>
<p>Presto Pressure Canner Tester 81288 Call Customer Service, 1-800-877-0441, M – F, 9:00 a.m. - 5:00 p.m. est, ask for Shelley Peterson. Testers will only be sold to Extension Educators not \$89.99 (includes shipping, yearly testing and repair.) May send entire unit to have more than gauge tested. Must include physical address (not P.O. Box #) and phone number.</p>
<p>Canners and Canning Methods that are Not Recommended https://extension.psu.edu/canners-and-canning-methods-that-are-not-recommended</p>
<p>Burning Issue: Canning in Electric Multi-Cookers, NCHFP 2017 http://nchfp.uga.edu/publications/nchfp/factsheets/electric_cookers.html</p>
<p>Microwave Pressure Cookers, 1 page, Penn State Extension https://extension.psu.edu/canning-and-freezing-questions-and-answers#section-5</p>
<p>Canning in Pressure Cookers, 1 page, NCHFP http://nchfp.uga.edu/publications/nchfp/factsheets/pressurecookers.html</p>
<p>Canning on Smooth Cooktops, 1 page, NCHFP http://nchfp.uga.edu/publications/nchfp/factsheets/smoothtops.html</p>
<p>Guidelines of using an Atmospheric Steam Canner for Home Food Preservation, 1 page, NCHFP http://nchfp.uga.edu/publications/nchfp/factsheets/steam_canners.html</p>
<p>Guidelines for Safe Canning of Acid Foods in a Steam Canner, 5 pages, U of California, 9/2017 http://anrcatalog.ucanr.edu/pdf/8573.pdf</p>
<p>Home Preserving Pumpkins, 2 pages, U of Georgia http://nchfp.uga.edu/tips/fall/pumpkins.html</p>
<p>Canning Breads and Cakes? 3 pages, University of Georgia http://nchfp.uga.edu/questions/FAQ_canning.html#30</p>
<p>Fish Canning Resources http://www.uaf.edu/files/ces/publications-db/catalog/</p>
<p>Fresh Preserving Questions https://www.freshpreserving.com/fresh-preserving-faqs</p>

JELLIED RESOURCES see also GENERAL RESOURCES

<p>Complete Guide to Home Canning, USDA, 2015 edition “Preparing and Canning Jams and Jellies” http://nchfp.uga.edu/publications/usda/GUIDE07_HomeCan_rev0715.pdf</p>
<p>Making Jams, Jellies and Fruit Preserves, 64 pages, U of Wisconsin http://www.foodsafety.wisc.edu/assets/preservation/b2909_jams_2008.pdf</p>
<p>Let's Preserve Jelly, Jam, Spreads, Penn State University, 6 pages http://extension.psu.edu/food/preservation/safe-methods/jelly-jam-spreads</p>
<p>Preserving Food: Jams and Jellies, 6 pages, University of Georgia http://nchfp.uga.edu/publications/uga/uga_jams_jellies.pdf</p>

<p>Causes and Possible Solutions for Problems with Jellied Fruit Products, 4 pages, U of Georgia http://nchfp.uqa.edu/how/can_07/jellyproblems.html</p>
<p>Create Jams and Jellies from Frozen Fruit, 1 page, U of Minnesota https://extension.umn.edu/preserving-and-preparing/making-jams-marmalades-preserves-and-conserves#create-jams-and-jellies-from-frozen-fruit-195412</p>
<p>Microwave Jam, 1 page, Purdue http://www.four-h.purdue.edu/foods/Microwave%20jam.htm</p>
<p>Can I Use Agave Syrup to make jams and jellies, Penn State University https://extension.psu.edu/canning-and-freezing-questions-and-answers#section-40</p>
<p>Uncooked Jams, Purdue University, September 2002, 3 pages https://www.extension.purdue.edu/extmedia/CFS/CFS-131-W.pdf</p>
<p>**Making Apple Juice, Power Point Slide Show, NCHFP nchfp.uqa.edu/multimedia.html</p>
<p>**Making Apple Jelly, Power Point Slide Show, NCHFP nchfp.uqa.edu/multimedia.html</p>
<p>** Jams, Jellies, Preserves & Butters: The Basics of Making Jellied Products, Power Point Slide Show, NCHFP Nchfp.uqa.edu/multimedia.html</p>
<p>**How to Make Strawberry Jam, Video, University of Maine Cooperative Extension: Food and Health, approximately 4 minutes https://extension.umaine.edu/food-health/food-preservation/how-to-videos/how-to-make-strawberry-jam/</p>
<p>Remake Directions for CERTO® cooked jam or jelly, Sure-Jell® freezer jam or jelly, Sure-Jell® low or no sugar needed freezer jam or jelly, and MCP® freezer jam or jelly. Remake directions are also printed in some package instruction inserts. https://www.myfoodandfamily.com/search?searchTerm=remake%20directions Type remake and product name in Search box</p>

PICKLING AND FERMENTATION RESOURCES see also **GENERAL RESOURCES**

<p>Complete Guide to Home Canning, USDA, 2015 edition “Preparing and Canning Fermented Foods and Pickled Vegetables” http://nchfp.uqa.edu/publications/usda/GUIDE06_HomeCan_rev0715.pdf</p>
<p>Preserving Food: Pickled Products, 8 pages, U of Georgia http://www.uqa.edu/nchfp/publications/uqa/uqa_pickled_products.pdf</p>
<p>Peppers: Safe Methods to Store, Preserve and Enjoy, 14 pages, U of California http://nchfp.uqa.edu/publications/uc_davis/uc_davis_peppers.pdf</p>
<p>Making Cider Vinegar at Home, 12 pages, Ohio State University Extension http://ucfoodsafety.ucdavis.edu/files/192135.pdf</p>
<p>Salsa Recipes for Canning, 12 pages, PNW Extension Publication https://catalog.extension.oregonstate.edu/pnw395/</p>
<p>Canning Your Own Salsa Recipe, 3 pages, NCHFP http://nchfp.uqa.edu/publications/nchfp/factsheets/salsa.html</p>
<p>How Do I Ferment?, National Center for Home Food Preservation http://nchfp.uqa.edu/how/can6a_ferment.html</p>

Let's Preserve Sauerkraut , Penn State Extension, Home Food Preservation http://extension.psu.edu/food/preservation/safe-methods/sauerkraut
Wild Fermentation: the flavor, nutrition, and craft of live-culture foods , Sandor E. Katz, 2 nd Edition, 2016 https://www.wildfermentation.com/
Let's Preserve Quick Process Pickles , 4 pages, Penn State Extension http://extension.psu.edu/food/preservation/safe-methods/quick-process-pickles
Understanding and Making Kimchi , Colorado State University Extension http://farmtotable.colostate.edu/prepare-ferment/kimchi.php#.XM9JqKQpDIU
Understanding and Making Kombucha , Colorado State University Extension http://farmtotable.colostate.edu/prepare-ferment/kombucha.php#.XM9J1KQpDIU
Fresh Preserving Questions https://www.freshpreserving.com/fermentation-faqs

FREEZING RESOURCES see also **GENERAL RESOURCES**

Freezing Basics , 6 pages, U of Missouri , 2003 http://extension.missouri.edu/p/GH1501
Freezing Fruits and Vegetables Foods , Cornell, 4 pages Handy Reference for Freezing Fruits , Cornell, 1 page Handy Reference for Freezing Vegetables , Cornell, 1 page http://ccesaratoga.org/nutrition-food/food-preservation Scroll down left column to Extension Fact Sheets
Freezing Fruits ,7 pages, Colorado State U Extension, 2013 http://extension.colostate.edu/topic-areas/nutrition-food-safety-health/freezing-fruits-9-331/
Freezing Vegetables , Colorado State U Extension http://extension.colostate.edu/topic-areas/nutrition-food-safety-health/freezing-vegetables-9-330/
Preserving Food: Freezing Animal Products , 8 pages, U of GA, 2002 http://nchfp.uga.edu/publications/uga/FreezingAnimalProducts.pdf
Preserving Food: Freezing Prepared Foods , 12 pages, U of GA, 2002 http://nchfp.uga.edu/publications/uga/FreezingPreparedFoods.pdf
Preserving Food: What to do if the Freezer Stops , 2 pages, U of GA, reviewed 2011 http://www.uga.edu/nchfp/publications/uga/uga_freezer_stops.pdf
Freezing Fresh Herbs , 1 page, Purdue http://www.four-h.purdue.edu/foods/Freezing%20fresh%20herbs.htm
The Big Thaw – Safe Defrosting Methods for Consumers , 2 pages, last modified 2013 http://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling/the-big-thaw-safe-defrosting-methods-for-consumers/CT_Index
Foods that Do Not Freeze Well , 2 pages, U of GA, 2006 http://nchfp.uga.edu/how/freeze/dont_freeze_foods.html

<p>Methods of Wrapping, 2 pages, North Dakota State, 2012 https://www.ag.ndsu.edu/publications/food-nutrition/food-freezing-basics-methods-of-wrapping</p>
<p>**Food Preservation – “How to” Freezing Videos, University of Maine Cooperative Extension: Food and Health, approximately 4 minutes each. (Includes: fiddleheads, rhubarb, green beans, tomatoes, strawberries) https://extension.umaine.edu/food-health/food-preservation/how-to-videos/</p>

DRYING RESOURCES see also **GENERAL RESOURCES**

<p>Drying Fruits and Vegetables Foods, Cornell, 4 pages Handy Reference for Drying Fruits, Cornell, 1 page Handy Reference for Drying Vegetables and Herbs, Cornell, 2 pages Handy Reference for Drying Meat Jerky, Cornell, 2 pages http://ccesaratoga.org/nutrition-food/food-preservation Scroll down left column to Extension Fact Sheets</p>
<p>Food Dehydrators, 1 page, U of Georgia http://nchfp.uga.edu/how/dry/dehydrator.html</p>
<p>How do I?, National Center for Home Food Preservation http://nchfp.uga.edu Click on Dry, then choose from list</p>
<p>Preserving Food: Drying Fruits and Vegetables, nchfp.uga.edu nchfp.uga.edu/publications/uga/uga_dry_fruit.pdf</p>
<p>Preparing Safer Jerky, 2 pages, U of Georgia http://nchfp.uga.edu/publications/uga/prep_safe_jerky.html</p>
<p>Making Jerky at Home Safely, PNW 632 A Pacific Northwest Extension Publication University of Idaho · Oregon State University · Washington State University https://www.cals.uidaho.edu/edcomm/pdf/PNW/PNW0632.pdf</p>
<p>Drying Jerky, 2006, 2 pages, University of Georgia http://nchfp.uga.edu/how/dry/jerky.html</p>
<p>Leathers and Jerkies, 3 pages, Colorado State University Extension http://extension.colostate.edu/topic-areas/nutrition-food-safety-health/leathers-and-jerkies-9-311/</p>
<p>Making Fruit Leathers, 4 pages, North Dakota State U Extension Service http://www.ag.ndsu.edu/pubs/yf/foods/fn1586.pdf</p>
<p>Drying Herbs, 2 pages, National Center for Home Food Preservation, UGA http://nchfp.uga.edu/how/dry/herbs.html</p>
<p>Oxygen Absorbers, 2 pages, Utah State University Cooperative Extension http://digitalcommons.usu.edu/cgi/viewcontent.cgi?article=1196&context=extension_curall</p>
<p>Should I Vacuum Package Foods at Home?, 3 pages, UGA, 1999 http://nchfp.uga.edu/publications/uga/vacuum_packaging.html</p>
<p>**Food Preservation – “How to” Drying Videos, (Includes: fruits, herbs, vegetables), University of Maine Cooperative Extension: Food and Health, approximately 4 minutes each https://extension.umaine.edu/food-health/food-preservation/how-to-videos/</p>
<p>How to Dry Foods, Deanna DeLong 1979, 1987, 1992, 2006 Available through many outlets, including: http://www.amazon.com Search: Deanna DeLong</p>

OTHER PRESERVATION TOPIC RESOURCES

Herb Infused Oils , Clemson University, 2017 https://hgic.clemson.edu/factsheet/herb-infused-oils/
Flavored Vinegars , 3 pages, Clemson University http://www.clemson.edu/extension/hgic/food/pdf/hgic3470.pdf
Making Garlic- and Herb-Infused Oils at Home , PNW, Oct 2014, 4 pages Catalog.extension.oregonstate.edu/pnw664 Click on “view it now”
How do I Cure and Smoke? , 1 page, general information and various fish and meat recipes, U of Georgia http://nchfp.uqa.edu/how/cure_smoke.html
Curing and Smoking Meats for Home Food Preservation – literature review and critical preservation points , NCHFP http://nchfp.uqa.edu/publications/nchfp/lit_rev/cure_smoke_toc.html
Smoking Fish at Home – Safely , 4 pages, PNW https://seafood.oregonstate.edu/sites/agscid7/files/snic/smoking-fish-at-home-safely.pdf
Home Canning Smoked Fish and Home Smoking Fish for Canning , 4 pages, U of Alaska (Other publication also available) http://www.uaf.edu/files/ces/publications-db/catalog/hec/FNH-00223.pdf
Storing Vegetables and Fruits at Home , EB1326E, 12 pgs, Washington State, 2013 http://pubs.cahnrs.wsu.edu/publications/pubs/eb1326e/
**Food Preservation – “How to” Harvest and Store Videos , (Includes: apples, onions and pumpkins), University of Maine Cooperative Extension: Food and Health, approximately 4 minutes each https://extension.umaine.edu/food-health/food-preservation/how-to-videos/
Can I can Shelled Nutmeats , 1 page, NCHFP http://nchfp.uqa.edu/questions/FAQ_canning.html#34
Harvesting & Storing Your Home Orchard’s Nut Crop: Almonds, Walnuts, Pecans, Pistachios, and Chestnuts , 9 pages, U of California http://homeorchard.ucdavis.edu/8005.pdf
Hazardous Food Preservation and Storage Advice , (butter, eggs, cheese) 1 page, Utah State University https://extension.usu.edu/files/publications/publication/FN_Food_Safety_2008-09.pdf
Canning Chocolate Sauces Unsafe , 2003, 2 pages, NCHFP http://nchfp.uqa.edu/publications/nchfp/factsheets/choc_sauce.html
Storing Honey , 2015, 1 page, Penn State Extension https://extension.psu.edu/canning-and-freezing-questions-and-answers#section-15
Storing Maple Syrup , 2015, 1 page, Maine Maple Producers https://mainemapleproducers.com/storing-maple-syrup
Canning and Freezing Questions and Answers , Penn State University https://extension.psu.edu/canning-and-freezing-questions-and-answers#section-0

RESOURCE for selling your food product

Cornell Food Venture Center https://cfvc.foodscience.cals.cornell.edu/
