

Cornell Cooperative Extension
HOME FOOD PRESERVATION RESOURCE LIST
Recommended for New York State – 2018

Compiled by Cornell Cooperative Extension Experts, Diane Whitten and Judy Price
 Addresses verified in April 2018.

Links appearing to have a space actually contain an underline.
 Adobe Acrobat is required to open many of these documents. Web addresses are subject to change.

** 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

National Center for Home Food Preservation (NCHFP) Website http://nchfp.uga.edu/
So Easy to Preserve, new 6th Edition , University of Georgia, Cooperative Extension, 2014 (Order book for \$18.00, DVD set (8 shows, 20-35 minutes each) for \$39.95, discounts for bulk purchases) http://setp.uga.edu/6thed SETP orderform sept2015.pdf
Botulism , 4 pages, Colorado State University, 2012 http://extension.colostate.edu/topic-areas/nutrition-food-safety-health/botulism-9-305/
Approximate pH of Food and Food Products , 13 pages, FDA, 2003 http://webpal.org/SAFE/aaarecovery/2_food_storage/Processing/lacf-phs.htm
Elevation Finder: http://www.freemaptools.com/elevation-finder.htm Type address in the Enter a Location box. Then follow directions printed below map
Table of Temperatures for Food Preservation , 1 page, NCHFP http://nchfp.uga.edu/how/general/food_pres_temps.html
Table of Boiling Water Temperatures at Different Altitudes , 1 page, NCHFP http://nchfp.uga.edu/how/general/boil_water_chart.html
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
Canning and Freezing Questions and Answers, Penn State University https://extension.psu.edu/canning-and-freezing-questions-and-answers#section-0
Judging Home Preserved Foods , 105 pages, NCHFP http://nchfp.uga.edu/publications/nchfp/tech_bull/0Judging_Preserved_full.pdf
Keeping Food Safe During an Emergency, FSIS, USDA, 2013 https://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/emergency-preparedness/keeping-food-safe-during-an-emergency/CT_Index

CANNING RESOURCES – see also GENERAL RESOURCES

**Canning Foods at Home: The Basics , Power Point Slide Show, NCHFP nchfp.uga.edu/multimedia.html
**Pressure Canning and Canning Low Acid Foods at Home , Power Point Slide Show, National Center for Home Food Preservation nchfp.uga.edu/multimedia.html
**How to: Home Food Preservation , Judy Price, CCE Home Food Preservation expert for Tractor Supply, Summer 2013, video, www.tractorsupply.com/out-here_Out-Here-Magazine_summer-2013
Complete Guide to Home Canning, USDA, 2015 edition http://nchfp.uga.edu/publications/usda/GUIDE01_HomeCan_rev0715.pdf “Selecting, Preparing and Canning Tomatoes and Tomato Products” http://nchfp.uga.edu/publications/usda/GUIDE03_HomeCan_rev0715.pdf “Preparing and Canning Fruit and Fruit Products” http://nchfp.uga.edu/publications/usda/GUIDE02_HomeCan_rev0715.pdf “Selecting, Preparing, and Canning Vegetables and Vegetable Products” http://nchfp.uga.edu/publications/usda/GUIDE04_HomeCan_rev0715.pdf “Preparing and Canning Poultry, Red Meats, and Seafoods” http://nchfp.uga.edu/publications/usda/GUIDE05_HomeCan_rev0715.pdf
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
Tips on Selecting Pressure Canners , NCHFP, 2 ½ minute video nchfp.uga.edu/video/pressure_canners.html
Using and Caring for Your Pressure Canner , 16 pages, PNW http://extension.oregonstate.edu/lane/sites/default/files/images/pnw0421.pdf
Presto Pressure Canner Tester 81288 Call Customer Service, 1-800-877-0441, M – F, 9:00 a.m. - 5:15 p.m. est, ask for Shelley Peterson. Testers will only be sold to Extension Educators not \$89.99 (includes shipping, yearly testing and repair.)
Canners and Canning Methods that are Not Recommended https://extension.psu.edu/canners-and-canning-methods-that-are-not-recommended
Burning Issue: Canning in Electric Multi-Cookers , NCHFP 2017 http://nchfp.uga.edu/publications/nchfp/factsheets/electric_cookers.html
Microwave Pressure Cookers , 1 page, Penn State Extension https://extension.psu.edu/canning-and-freezing-questions-and-answers#section-5
Canning in Pressure Cookers , 1 page, NCHFP http://nchfp.uga.edu/publications/nchfp/factsheets/pressurecookers.html
Canning on Smooth Cooktops , 1 page, NCHFP http://nchfp.uga.edu/publications/nchfp/factsheets/smoothtops.html
Guidelines of using an Atmospheric Steam Canner for Home Food Preservation , 1 page, NCHFP http://nchfp.uga.edu/publications/nchfp/factsheets/steam_canners.html

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
Canning Pumpkin Butter and Mashed or Pureed Squashes , 2 pages, U of Georgia http://nchfp.uqa.edu/tips/fall/pumpkins.html
Canning Breads and Cakes? 3 pages, University of Georgia http://nchfp.uqa.edu/questions/FAQ_canning.html#30
Home Canning Smoked Fish and Home Smoking Fish for Canning ,4 pages, U of Alaska http://www.uaf.edu/files/ces/publications-db/catalog/hec/FNH-00223.pdf

JELLIED RESOURCES see also **GENERAL RESOURCES**

Complete Guide to Home Canning, USDA, 2015 edition "Preparing and Canning Jams and Jellies" http://nchfp.uqa.edu/publications/usda/GUIDE07_HomeCan_rev0715.pdf
Making Jams, Jellies and Fruit Preserves , 64 pages, U of Wisconsin http://www.foodsafety.wisc.edu/assets/preservation/b2909_jams_2008.pdf
Let's Preserve Jelly, Jam, Spreads , Penn State University, 6 pages http://extension.psu.edu/food/preservation/safe-methods/jelly-jam-spreads
Preserving Food: Jams and Jellies , 6 pages, University of Georgia http://nchfp.uqa.edu/publications/uqa/uqa_jams_jellies.pdf
Causes and Possible Solutions for Problems with Jellied Fruit Products , 4 pages, U of Georgia http://nchfp.uqa.edu/how/can_07/jellyproblems.html
Create Jams and Jellies from Frozen Fruit ,1 page, U of Minnesota http://www.extension.umn.edu/food/food-safety/preserving/fruits/create-jams-and-jellies-from-frozen-fruit
Microwave Jam ,1 page, Purdue http://www.four-h.purdue.edu/foods/Microwave%20jam.htm
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
Uncooked Jams , Purdue University, September 2002, 3 pages https://www.extension.purdue.edu/extmedia/CFS/CFS-131-W.pdf
**Making Apple Juice , Power Point Slide Show, NCHFP nchfp.uqa.edu/multimedia.html
**Making Apple Jelly , Power Point Slide Show, NCHFP nchfp.uqa.edu/multimedia.html
**Jams, Jellies, Preserves & Butters: The Basics of Making Jellied Products , Power Point Slide Show, NCHFP Nchfp.uqa.edu/multimedia.html
**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/

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.

<http://www.kraftrecipes.com/>

Type **remake and product name** in Search box

PICKLING AND FERMENTATION RESOURCES see also GENERAL RESOURCES

Complete Guide to Home Canning, USDA, 2015 edition

“Preparing and Canning Fermented Foods and Pickled Vegetables”

http://nchfp.uga.edu/publications/usda/GUIDE06_HomeCan_rev0715.pdf

Preserving Food: Pickled Products, 8 pages, U of Georgia

http://www.uga.edu/nchfp/publications/uga/uga_pickled_products.pdf

Peppers: Safe Methods to Store, Preserve and Enjoy, 14 pages, U of California

http://nchfp.uga.edu/publications/uc_davis/uc_davis_peppers.pdf

Making Cider Vinegar at Home, 12 pages, Ohio State University Extension

<http://ucfoodsafety.ucdavis.edu/files/192135.pdf>

Salsa Recipes for Canning, 12 pages, PNW Extension Publication

http://extension.oregonstate.edu/fch/sites/default/files/documents/pnw_395_salsarecipesforcanning.pdf

Canning Your Own Salsa Recipe, 3 pages, NCHFP

<http://nchfp.uga.edu/publications/nchfp/factsheets/salsa.html>

How Do I Ferment?, National Center for Home Food Preservation

http://nchfp.uga.edu/how/can6a_ferment.html

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, 2nd 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>

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/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
Methods of Wrapping , 2 pages, North Dakota State, 2012 http://www.ag.ndsu.edu/pubs/yf/foods/fnw613.pdf
**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/

DRYING RESOURCES see also **GENERAL RESOURCES**

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
Food Dehydrators , 1 page, U of Georgia http://nchfp.uga.edu/how/dry/dehydrator.html
How do I? , National Center for Home Food Preservation http://nchfp.uga.edu Click on Dry , then choose from list
Preserving Food: Drying Fruits and Vegetables , nchfp.uga.edu nchfp.uga.edu/publications/uga/uga_dry_fruit.pdf
Preparing Safer Jerky , 2 pages, U of Georgia http://nchfp.uga.edu/publications/uga/prep_safe_jerky.html
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
Drying Jerky , 2006, 2 pages, University of Georgia http://nchfp.uga.edu/how/dry/jerky.html
Leathers and Jerkies , 3 pages, Colorado State University Extension http://extension.colostate.edu/topic-areas/nutrition-food-safety-health/leathers-and-jerkies-9-311/

Making Fruit Leathers , 4 pages, North Dakota State U Extension Service http://www.ag.ndsu.edu/pubs/yf/foods/fn1586.pdf
Drying Herbs , 2 pages, National Center for Home Food Preservation, UGA http://nchfp.uga.edu/how/dry/herbs.html
Oxygen Absorbers , 2 pages, Utah State University Cooperative Extension http://digitalcommons.usu.edu/cgi/viewcontent.cgi?article=1196&context=extension_curall
Should I Vacuum Package Foods at Home? , 3 pages, UGA, 1999 http://nchfp.uga.edu/publications/uga/vacuum_packaging.html
**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/
How to Dry Foods , Deanna DeLong 1992, reprinted 2006 Available through many outlets, including: http://www.amazon.com Search: Deanna DeLong

OTHER PRESERVATION TOPIC RESOURCES

Making Garlic- and Herb-Infused Oils at Home , 4 pages, Oregon State University, Pacific Northwest Extension Publication, 2014 http://extension.oregonstate.edu/fch/sites/default/files/documents/pnw_664_making_garlicandherb_infused_oils.pdf
Flavored Vinegars , 3 pages, Clemson University http://www.clemson.edu/extension/hgic/food/pdf/hgic3470.pdf
Food Safety and Preservation: Herbs and Vegetables in Oil , Oregon State University, SP-50-701. Revised February 2015, 2 pages http://extension.oregonstate.edu/fch/sites/default/files/documents/sp_50_701_herbsandvegetablesinoil.pdf
How do I Cure and Smoke? , 1 page, general information and various fish and meat recipes, U of Georgia http://nchfp.uga.edu/how/cure_smoke.html
Curing and Smoking Meats for Home Food Preservation – literature review and critical preservation points , NCHFP http://nchfp.uga.edu/publications/nchfp/lit_rev/cure_smoke_toc.html
Smoking Fish at Home – Safely , 4 pages, PNW http://cru.cahe.wsu.edu/cepuplications/pnw238/pnw238.pdf
Storing Vegetables and Fruits at Home , EB1326E, 12 pages, Washington State, 2013 http://cru.cahe.wsu.edu/CEPublications/EB1326E/EB1326E.pdf
**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.uga.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.uga.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
http://mainemapleproducers.com/storing_maple_syrup.html

RESOURCE for selling your food product

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