

# **Cornell Cooperative Extension**

## **HOME FOOD PRESERVATION RESOURCE LIST**

### **Recommended for New York State – 2022**

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Addresses verified in March & April 2022

Web addresses are subject to change.

Links appearing to have a space actually contain an underline.

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 and might be dangerous.

#### **GENERAL PRINT RESOURCES**

<b>National Center for Home Food Preservation (NCHFP) Website</b> <a href="http://nchfp.uga.edu/">http://nchfp.uga.edu/</a>
<b>So Easy to Preserve, new 6<sup>th</sup> Edition</b> , University of Georgia, Cooperative Extension, 2014 (Order book for \$ 25. Bulk rate for 12 or more books, \$23.00) <a href="https://setp.uga.edu/">https://setp.uga.edu/</a>
<b>Preserving Food at Home Resource Guide</b> , includes “Let’s Preserve” factsheets; research-based guidelines for safely canning, freezing and drying food at home; nutrition and storage information. \$20.00 <a href="https://extension.psu.edu/preserving-food-at-home-resource-guide">https://extension.psu.edu/preserving-food-at-home-resource-guide</a>
<b>Botulism</b> , 4 pages, Colorado State University, 2012, reviewed 2021 <a href="http://extension.colostate.edu/topic-areas/nutrition-food-safety-health/botulism-9-305/">http://extension.colostate.edu/topic-areas/nutrition-food-safety-health/botulism-9-305/</a>
<b>Food Preservation Botulism Outbreaks</b> , 6 cases, UC Davis 2008 - 2018 <a href="https://ucfoodsafety.ucdavis.edu/consumers/food-safety-home/home-food-preservation">https://ucfoodsafety.ucdavis.edu/consumers/food-safety-home/home-food-preservation</a>
<b>Burning Issue: Green Beans and Botulism</b> , NCHFP 2020 <a href="https://nchfp.uga.edu/publications/nchfp/factsheets/greenbeans.html">https://nchfp.uga.edu/publications/nchfp/factsheets/greenbeans.html</a>
<b>Approximate pH of Food and Food Products</b> , 13 pages, FDA, 2003 <a href="http://webpal.org/SAFE/aaarecovery/2_food_storage/Processing/lacf-phs.htm">http://webpal.org/SAFE/aaarecovery/2_food_storage/Processing/lacf-phs.htm</a>
<b>Canning Foods – the pH Factor</b> , 3 pages, Clemson University, 2011 <a href="https://hgic.clemson.edu/factsheet/canning-foods-the-ph-factor/">https://hgic.clemson.edu/factsheet/canning-foods-the-ph-factor/</a>
<b>Table of Temperatures for Food Preservation</b> , 1 page, NCHFP <a href="http://nchfp.uga.edu/how/general/food_pres_temps.html">http://nchfp.uga.edu/how/general/food_pres_temps.html</a>
<b>Table of Boiling Water Temperatures at Different Altitudes</b> , 1 page, NCHFP <a href="http://nchfp.uga.edu/how/general/boil_water_chart.html">http://nchfp.uga.edu/how/general/boil_water_chart.html</a>
<b>Cost of Preserving and Storing Food</b> , 7 pages, Colorado State, 9/2008 <a href="http://extension.colostate.edu/topic-areas/nutrition-food-safety-health/cost-of-preserving-and-storing-food-8-704#top">http://extension.colostate.edu/topic-areas/nutrition-food-safety-health/cost-of-preserving-and-storing-food-8-704#top</a>
<b>Hazardous Food Preservation and Storage Advice</b> , 1 page, Utah State University, 2008 (butter, eggs, cheese) <a href="https://extension.usu.edu/files/publications/publication/FN_Food_Safety_2008-09.pdf">https://extension.usu.edu/files/publications/publication/FN_Food_Safety_2008-09.pdf</a>
<b>Canning and Freezing Questions and Answers</b> , Penn State University, A variety of often-asked questions <a href="https://extension.psu.edu/canning-and-freezing-questions-and-answers#section-0">https://extension.psu.edu/canning-and-freezing-questions-and-answers#section-0</a>

## GENERAL VIDEO/ELECTRONIC MEDIA RESOURCES

<p><b>So Easy to Preserve Video Series</b>, University of Georgia, reviewed 2019. Eight shows (20 to 35 minutes each) on 2 discs that demonstrate preservation principles and methods \$ 20. CURRENTLY NOT AVAILABLE  <a href="https://setp.uga.edu/">https://setp.uga.edu/</a></p>
<p><b>Short Preservation Videos</b>, NCHFP, 2 dehydration, 4 freezing, 8 canning&lt; excerpts from So Easy to Preserve video series  <a href="https://nchfp.uga.edu/multimedia_videos.html">https://nchfp.uga.edu/multimedia_videos.html</a></p>
<p><b>How microbes live and survive</b>, ~7 ½ minutes, Univ of Minnesota Extension 2017  <a href="https://www.youtube.com/watch?v=aLBDmwNcufU">https://www.youtube.com/watch?v=aLBDmwNcufU</a></p>
<p><b>Stop Bot (Botulism)</b>, 4 minutes, Univ Minnesota Extension, 2017  <a href="https://www.youtube.com/watch?v=KgU0RVEmTT0">https://www.youtube.com/watch?v=KgU0RVEmTT0</a></p>
<p><b>Botulism Survivor Urges Safe Canning</b>, Utah State University, 10 minutes  <a href="https://www.youtube.com/watch?v=ON8FEyVHE30">https://www.youtube.com/watch?v=ON8FEyVHE30</a></p>

## CANNING PRINT RESOURCES

<p><b>Complete Guide to Home Canning, USDA, 2015 edition</b>  <a href="http://nchfp.uga.edu/publications/usda/GUIDE01_HomeCan_rev0715.pdf">http://nchfp.uga.edu/publications/usda/GUIDE01_HomeCan_rev0715.pdf</a>  <b>“Selecting, Preparing and Canning Tomatoes and Tomato Products”</b>  <a href="http://nchfp.uga.edu/publications/usda/GUIDE03_HomeCan_rev0715.pdf">http://nchfp.uga.edu/publications/usda/GUIDE03_HomeCan_rev0715.pdf</a>  <b>“Preparing and Canning Fruit and Fruit Products”</b>  <a href="http://nchfp.uga.edu/publications/usda/GUIDE02_HomeCan_rev0715.pdf">http://nchfp.uga.edu/publications/usda/GUIDE02_HomeCan_rev0715.pdf</a>  <b>“Selecting, Preparing, and Canning Vegetables and Vegetable Products”</b>  <a href="http://nchfp.uga.edu/publications/usda/GUIDE04_HomeCan_rev0715.pdf">http://nchfp.uga.edu/publications/usda/GUIDE04_HomeCan_rev0715.pdf</a>  <b>“Preparing and Canning Poultry, Red Meats, and Seafoods”</b>  <a href="http://nchfp.uga.edu/publications/usda/GUIDE05_HomeCan_rev0715.pdf">http://nchfp.uga.edu/publications/usda/GUIDE05_HomeCan_rev0715.pdf</a></p>
<p><b>Canning Fruits, Tomatoes and Vegetables</b>, 6 pages Cornell University Extension  <b>Handy Reference for Canning Fruits</b>  <b>Handy Reference for Canning Vegetables</b>  <a href="http://ccesaratoga.org/nutrition-food/food-preservation">http://ccesaratoga.org/nutrition-food/food-preservation</a>            Scroll down right column to <b>Extension Fact Sheets</b></p>
<p><b>Home Canning Meat: Poultry, Red Meats, Game and Seafood</b>, North Dakota State University, 2019  <a href="https://www.ag.ndsu.edu/publications/food-nutrition/home-canning-meat-poultry-red-meats-game-and-seafood/fn188.pdf">https://www.ag.ndsu.edu/publications/food-nutrition/home-canning-meat-poultry-red-meats-game-and-seafood/fn188.pdf</a></p>
<p><b>How to: Home Food Preservation</b>, Judy Price, CCE Home Food Preservation expert for Tractor Supply, Summer 2013 article  <a href="https://www.tractorsupply.com/out-here_issues_2013-summer_home-food-preservation.html">https://www.tractorsupply.com/out-here_issues_2013-summer_home-food-preservation.html</a></p>
<p><b>Guidelines of using an Atmospheric Steam Canner for Home Food Preservation</b>, 1 page, NCHFP 2020  <a href="http://nchfp.uga.edu/publications/nchfp/factsheets/steam_canners.html">http://nchfp.uga.edu/publications/nchfp/factsheets/steam_canners.html</a></p>
<p><b>Guidelines for Safe Canning of Acid Foods in a Steam Canner</b>, 5 pages, U of California, 9/2017  <a href="http://anrcatalog.ucanr.edu/pdf/8573.pdf">http://anrcatalog.ucanr.edu/pdf/8573.pdf</a></p>

<b>Using and Caring for Your Pressure Canner</b> , 16 pages, PNW, reviewed 2015 <a href="https://catalog.extension.oregonstate.edu/pnw421">https://catalog.extension.oregonstate.edu/pnw421</a>
<b>Presto Pressure Canner Tester 81288</b> Call Customer Service, 1-800-877-0441, M – F, 9:00 a.m. - 5:00 p.m. EST. Testers will only be sold to Extension Educators.
<b>PRESTO Dial Gauge Inspection Record</b> , 1-page, Presto 2019 <a href="https://www.gopresto.com/downloads/canning/DialGaugeTestingForm.pdf">https://www.gopresto.com/downloads/canning/DialGaugeTestingForm.pdf</a>
<b>Canners and Canning Methods that are Not Recommended</b> , Penn State Extension <a href="https://extension.psu.edu/canners-and-canning-methods-that-are-not-recommended">https://extension.psu.edu/canners-and-canning-methods-that-are-not-recommended</a>
<b>Burning Issue: Canning in Electric Multi-Cookers</b> , NCHFP 2019 <a href="http://nchfp.uga.edu/publications/nchfp/factsheets/electric_cookers.html">http://nchfp.uga.edu/publications/nchfp/factsheets/electric_cookers.html</a>
<b>Canning in Electric Multi-Cookers</b> , 1 page Penn State Extension, 2018 <a href="https://extension.psu.edu/canning-in-electric-multi-cookers">https://extension.psu.edu/canning-in-electric-multi-cookers</a>
<b>Microwave Pressure Cookers</b> , 1 page, Penn State Extension <a href="https://extension.psu.edu/canning-and-freezing-questions-and-answers#section-5">https://extension.psu.edu/canning-and-freezing-questions-and-answers#section-5</a>
<b>Canning in Pressure Cookers</b> , 1 page, NCHFP 2015 <a href="http://nchfp.uga.edu/publications/nchfp/factsheets/pressurecookers.html">http://nchfp.uga.edu/publications/nchfp/factsheets/pressurecookers.html</a>
<b>Canning on Smooth Cooktops</b> , 1 page, NCHFP 2018 <a href="https://nchfp.uga.edu/publications/nchfp/factsheets/smoothtops.html">https://nchfp.uga.edu/publications/nchfp/factsheets/smoothtops.html</a>
<b>Burning Issue: Canning on Portable Burners</b> , 1 page, NCHFP 2014 <a href="https://nchfp.uga.edu/publications/nchfp/factsheets/canning_portable.html">https://nchfp.uga.edu/publications/nchfp/factsheets/canning_portable.html</a>
<b>Burning Issue: Pre-Sterilizing Jars Before Canning</b> , 1 page NCHFP rev 2017 <a href="https://nchfp.uga.edu/publications/nchfp/factsheets/sterilizing.html">https://nchfp.uga.edu/publications/nchfp/factsheets/sterilizing.html</a>
<b>Home Preserving Pumpkins</b> , 2 pages, U of Georgia 2015 <a href="http://nchfp.uga.edu/tips/fall/pumpkins.html">http://nchfp.uga.edu/tips/fall/pumpkins.html</a>
<b>Canning Breads and Cakes?</b> 3 pages, University of Georgia <a href="http://nchfp.uga.edu/questions/FAQ_canning.html#30">http://nchfp.uga.edu/questions/FAQ_canning.html#30</a>
<b>Canning Soup</b> , Oregon State University <a href="https://extension.oregonstate.edu/food/preservation/canning-soup-sp-50-931">https://extension.oregonstate.edu/food/preservation/canning-soup-sp-50-931</a>
<b>Fish Canning Resources</b> <a href="http://www.uaf.edu/files/ces/publications-db/catalog/">http://www.uaf.edu/files/ces/publications-db/catalog/</a>
<b>Fresh Preserving Questions</b> <a href="https://www.freshpreserving.com/fresh-preserving-faqs">https://www.freshpreserving.com/fresh-preserving-faqs</a>
<b>Preserving Beets</b> , Penn State Extension, 2021 also includes freezing, drying, pickling <a href="https://extension.psu.edu/preserving-beets">https://extension.psu.edu/preserving-beets</a>
<b>Preserving Foods: Asian Pears</b> , Oregon State University, revised 2015 <a href="https://extension.oregonstate.edu/sites/default/files/documents/8836/sp50694preservin_gasianpears.pdf">https://extension.oregonstate.edu/sites/default/files/documents/8836/sp50694preservin_gasianpears.pdf</a>
<b>Preserving White Peaches</b> , Penn State, 2020 <a href="https://extension.psu.edu/preserving-white-peaches">https://extension.psu.edu/preserving-white-peaches</a>
<b>Preserving Elderberries</b> , Penn State 2020 <a href="https://fyi.extension.wisc.edu/safefood/2020/06/05/elderberries-beautiful-to-look-at-not-for-canning/">https://fyi.extension.wisc.edu/safefood/2020/06/05/elderberries-beautiful-to-look-at-not-for-canning/</a>
<b>Home Canning Water</b> , 4 pages NCHFP 2020 <a href="https://nchfp.uga.edu/publications/nchfp/factsheets/home_canning_water.pdf">https://nchfp.uga.edu/publications/nchfp/factsheets/home_canning_water.pdf</a>

## CANNING VIDEO/ELECTRONIC MEDIA RESOURCES

<b>Tips on Selecting Pressure Canners</b> , 2-minute video, NCHFP <a href="https://nchfp.uga.edu/video/pressure_canners.html">https://nchfp.uga.edu/video/pressure_canners.html</a>
<b>Canning videos</b> , Univ of Minnesota Extension 2016, 2017, 8 videos running 6 to 8 minutes each. <a href="https://extension.umn.edu/preserving-and-preparing/food-preservation-videos">https://extension.umn.edu/preserving-and-preparing/food-preservation-videos</a>
<b>How to: Home Food Preservation</b> , 7-minute video, Judy Price, CCE Home Food Preservation expert for Tractor Supply, Summer 2013 article <a href="https://youtu.be/rqla7SBtPU">https://youtu.be/rqla7SBtPU</a>
<b>Short Canning Videos</b> , NCHFP, includes 10 videos about acid levels, altitude effects, headspace and cooling methods. <a href="https://nchfp.uga.edu/multimedia_videos.html#video">https://nchfp.uga.edu/multimedia_videos.html#video</a>
<b>Canning Tomatoes</b> – recorded Power Point presentation, Cornell Cooperative Extension Saratoga County, 2020 <a href="http://ccesaratoga.org/nutrition-food/how-to-videos">http://ccesaratoga.org/nutrition-food/how-to-videos</a>
<b>Pressure Canning Vegetables, Meats and Soup</b> – recorded Power Point presentation, Cornell Cooperative Extension Saratoga County, 2020 <a href="http://ccesaratoga.org/nutrition-food/how-to-videos">http://ccesaratoga.org/nutrition-food/how-to-videos</a>
<b>Pressure Canning – Preserving the Maine Harvest</b> , 45-minute webinar, Univ of Maine <a href="https://www.bing.com/videos/search?q=university+of+maine+food+preservation&amp;docid=607986482549909359&amp;mid=C31FB5F0D556631F16ECC31FB5F0D556631F16EC&amp;view=detail&amp;FORM=VIRE">https://www.bing.com/videos/search?q=university+of+maine+food+preservation&amp;docid=607986482549909359&amp;mid=C31FB5F0D556631F16ECC31FB5F0D556631F16EC&amp;view=detail&amp;FORM=VIRE</a>
<b>What's wrong with this canning recipe?</b> 5 minute video, Univ Minnesota Extension, 2016 <a href="https://www.youtube.com/watch?v=XTWixBQPwg8">https://www.youtube.com/watch?v=XTWixBQPwg8</a>
<b>Unsafe Outdated Food Preservation Methods</b> , Univ of Minnesota Extension 2017 <a href="https://www.youtube.com/watch?v=NU8naI9D2QI">https://www.youtube.com/watch?v=NU8naI9D2QI</a>
<b>Tips on Selecting Pressure Canners</b> , 2 ½ minute video, NCHFP <a href="https://nchfp.uga.edu/video/pressure_canners.html">nchfp.uga.edu/video/pressure_canners.html</a>

## JELLIED PRINT RESOURCES

<b>Complete Guide to Home Canning, USDA, 2015 edition</b> <b>“Preparing and Canning Jams and Jellies”</b> <a href="http://nchfp.uga.edu/publications/usda/GUIDE07_HomeCan_rev0715.pdf">http://nchfp.uga.edu/publications/usda/GUIDE07_HomeCan_rev0715.pdf</a>
<b>Making Jams, Jellies and Fruit Preserves</b> , 64 pages, U of Wisconsin <a href="http://www.foodsafety.wisc.edu/assets/preservation/b2909_jams_2008.pdf">http://www.foodsafety.wisc.edu/assets/preservation/b2909_jams_2008.pdf</a>
<b>Let's Preserve Jelly, Jam, Spreads</b> , 6 pages, Penn State University <a href="http://extension.psu.edu/food/preservation/safe-methods/jelly-jam-spreads">http://extension.psu.edu/food/preservation/safe-methods/jelly-jam-spreads</a>
<b>Preserving Food: Jams and Jellies</b> , 6 pages, University of Georgia rev. 2019 <a href="http://nchfp.uga.edu/publications/uga/uga_jams_jellies.pdf">http://nchfp.uga.edu/publications/uga/uga_jams_jellies.pdf</a>
<b>Causes and Possible Solutions for Problems with Jellied Fruit Products</b> , 4 pages, U of Georgia <a href="http://nchfp.uga.edu/how/can_07/jellyproblems.html">http://nchfp.uga.edu/how/can_07/jellyproblems.html</a>
<b>Making jams, marmalades, preserves and conserves</b> , U of Minnesota Extension

<a href="https://extension.umn.edu/preserving-and-preparing/making-jams-marmalades-preserves-and-conserves#create-jams-and-jellies-from-frozen-fruit-195412">https://extension.umn.edu/preserving-and-preparing/making-jams-marmalades-preserves-and-conserves#create-jams-and-jellies-from-frozen-fruit-195412</a>
<b>Microwave Jam</b> , 1 page, Purdue 2002 <a href="http://www.four-h.purdue.edu/foods/Microwave%20jam.htm">http://www.four-h.purdue.edu/foods/Microwave%20jam.htm</a>
<b>Can I Use Agave Syrup to make jams and jellies</b> , Penn State University <a href="https://extension.psu.edu/canning-and-freezing-questions-and-answers#section-40">https://extension.psu.edu/canning-and-freezing-questions-and-answers#section-40</a>
<b>Uncooked Jams</b> , 3 pages, Purdue University, September 2002 <a href="https://www.extension.purdue.edu/extmedia/CFS/CFS-131-W.pdf">https://www.extension.purdue.edu/extmedia/CFS/CFS-131-W.pdf</a>
<b>Remake Directions</b> National Center for Home Food Preservation: <a href="https://nchfp.uga.edu/how/can_07/remake_soft_jelly.html">https://nchfp.uga.edu/how/can_07/remake_soft_jelly.html</a> For cooked jam or jelly and for freezer jams using CERTO®, Sure-Jell®, Sure-Jell® low or no sugar needed and MCP® pectins see this Kraft/Heinz webpage. <a href="https://www.myfoodandfamily.com/search?searchTerm=remake%20directions">https://www.myfoodandfamily.com/search?searchTerm=remake%20directions</a> Remake directions are also printed in some pectin package instruction inserts.

## JELLIED VIDEO/ELECTRONIC MEDIA RESOURCES

<b>Making Strawberry Kiwi Jam</b> – recorded Power Point presentation, Cornell Cooperative Extension Saratoga County, 2020 <a href="http://ccesaratoga.org/nutrition-food/how-to-videos">http://ccesaratoga.org/nutrition-food/how-to-videos</a>
<b>Jam and jelly basics: essential ingredients for sweet success</b> , video ~5 ½ min, Univ Minnesota, 2017 <a href="https://www.youtube.com/watch?v=hhXJiexXOfw">https://www.youtube.com/watch?v=hhXJiexXOfw</a>
<b>How to Make Strawberry Jam</b> , 4-minute video, University of Maine Cooperative Extension: Food and Health <a href="https://extension.umaine.edu/food-health/food-preservation/how-to-videos/how-to-make-strawberry-jam/">https://extension.umaine.edu/food-health/food-preservation/how-to-videos/how-to-make-strawberry-jam/</a>
<b>Making Apple Juice</b> , Power Point Slide Show, NCHFP <a href="http://nchfp.uga.edu/multimedia.html">nchfp.uga.edu/multimedia.html</a>
<b>Making Apple Jelly</b> , Power Point Slide Show, NCHFP <a href="http://nchfp.uga.edu/multimedia.html">nchfp.uga.edu/multimedia.html</a>

## PICKLING AND FERMENTATION PRINT RESOURCES

<b>Complete Guide to Home Canning, USDA, 2015 edition</b> <b>“Preparing and Canning Fermented Foods and Pickled Vegetables”</b> <a href="http://nchfp.uga.edu/publications/usda/GUIDE06_HomeCan_rev0715.pdf">http://nchfp.uga.edu/publications/usda/GUIDE06_HomeCan_rev0715.pdf</a>
<b>Preserving Food: Pickled Products</b> , 8 pages, U of Georgia <a href="http://www.uga.edu/nchfp/publications/uga/uga_pickled_products.pdf">http://www.uga.edu/nchfp/publications/uga/uga_pickled_products.pdf</a>
<b>Peppers: Safe Methods to Store, Preserve and Enjoy</b> , 14 pgs, U of California 1998 <a href="http://nchfp.uga.edu/publications/uc_davis/uc_davis_peppers.pdf">http://nchfp.uga.edu/publications/uc_davis/uc_davis_peppers.pdf</a>
<b>Making Cider Vinegar at Home</b> , 12 pages, Ohio State University Extension 2009 <a href="http://ucfoodsafety.ucdavis.edu/files/192135.pdf">http://ucfoodsafety.ucdavis.edu/files/192135.pdf</a>
<b>Salsa Recipes for Canning</b> , 12 pages, PNW Extension Publication, revised 2014 <a href="https://catalog.extension.oregonstate.edu/pnw395">https://catalog.extension.oregonstate.edu/pnw395</a>

<b>Canning Your Own Salsa Recipe</b> , 3 pages, NCHFP, revised 2019 <a href="http://nchfp.uga.edu/publications/nchfp/factsheets/salsa.html">http://nchfp.uga.edu/publications/nchfp/factsheets/salsa.html</a>
<b>How Do I Ferment?</b> , National Center for Home Food Preservation, 7 publications <a href="http://nchfp.uga.edu/how/can6a_ferment.html">http://nchfp.uga.edu/how/can6a_ferment.html</a>
<b>Let's Preserve Sauerkraut</b> , Penn State Extension, Home Food Preservation <a href="http://extension.psu.edu/food/preservation/safe-methods/sauerkraut">http://extension.psu.edu/food/preservation/safe-methods/sauerkraut</a>
<b>Wild Fermentation: the flavor, nutrition, and craft of live-culture foods</b> , Sandor E. Katz, 2 <sup>nd</sup> Edition, 2016 Found on Wild Fermentation Portal site, also 5 other recommended books by Sandor Katz <a href="https://www.wildfermentation.com/">https://www.wildfermentation.com/</a>
<b>Let's Preserve Quick Process Pickles</b> , 4 pages, Penn State Extension <a href="http://extension.psu.edu/food/preservation/safe-methods/quick-process-pickles">http://extension.psu.edu/food/preservation/safe-methods/quick-process-pickles</a>
<b>Understanding and Making Kimchi</b> , Colorado State University Extension, 2020 <a href="https://foodsmartcolorado.colostate.edu/food-safety/safe-preparation-handling-and-storage/1understanding-and-making-kimchi/">https://foodsmartcolorado.colostate.edu/food-safety/safe-preparation-handling-and-storage/1understanding-and-making-kimchi/</a>
<b>Understanding and Making Kombucha</b> , Colorado State University Extension, 2020 <a href="https://foodsmartcolorado.colostate.edu/food-safety/safe-preparation-handling-and-storage/understanding-and-making-kombucha/">https://foodsmartcolorado.colostate.edu/food-safety/safe-preparation-handling-and-storage/understanding-and-making-kombucha/</a>

## PICKLING AND FERMENTATION VIDEO/ELECTRONIC MEDIA RESOURCES

<b>Quick Pickling</b> – recorded Power Point presentation, Cornell Cooperative Extension Saratoga County, 2020 <a href="http://ccesaratoga.org/nutrition-food/how-to-videos">http://ccesaratoga.org/nutrition-food/how-to-videos</a>
<b>Crunch time: pickling 101</b> , 4 ½ minute video, Univ of Minnesota, 2021 <a href="https://www.youtube.com/watch?v=0dAgagnvbkk">https://www.youtube.com/watch?v=0dAgagnvbkk</a>
<b>Preserve your Catch (Pickling Fish)</b> , 5 ¾ min video, Univ of Minnesota Ext, 2021 <a href="https://www.youtube.com/watch?v=QxyNqG-lJeo">https://www.youtube.com/watch?v=QxyNqG-lJeo</a>
<b>Step by Step Making Salsa</b> – recorded Power Point presentation, Cornell Cooperative Extension Saratoga County, 2020 <a href="http://ccesaratoga.org/nutrition-food/how-to-videos">http://ccesaratoga.org/nutrition-food/how-to-videos</a>
<b>Fermenting Vegetables</b> – recorded Power Point presentation, Cornell Cooperative Extension Saratoga County, 2020 <a href="http://ccesaratoga.org/nutrition-food/how-to-videos">http://ccesaratoga.org/nutrition-food/how-to-videos</a>
<b>Home food fermentation and food safety</b> , 6 min. video, Univ of Minnesota Extension 2018 <a href="https://www.youtube.com/watch?v=VNt9mclZxcY">https://www.youtube.com/watch?v=VNt9mclZxcY</a>

## FREEZING PRINT RESOURCES

<b>Home Freezing Equipment</b> , Clemson Cooperative Extension, 2020 <a href="https://hgic.clemson.edu/factsheet/home-freezing-equipment/">https://hgic.clemson.edu/factsheet/home-freezing-equipment/</a>
<b>Quality for Keeps: Freezing Basics</b> , 6 pages, U of Missouri, reviewed 2021 <a href="http://extension.missouri.edu/p/GH1501">http://extension.missouri.edu/p/GH1501</a>
<b>Freezing Fruits and Vegetables Foods</b> , Cornell, 4 pages <b>Handy Reference for Freezing Fruits</b> , Cornell, 1 page <b>Handy Reference for Freezing Vegetables</b> , Cornell, 1 page

<a href="http://ccesaratoga.org/nutrition-food/food-preservation">http://ccesaratoga.org/nutrition-food/food-preservation</a>
Scroll down right column to <b>Extension Fact Sheets</b>
<b>Freezing Fruits</b> , 7 pages, Colorado State U Extension, 2013 <a href="http://extension.colostate.edu/topic-areas/nutrition-food-safety-health/freezing-fruits-9-331/">http://extension.colostate.edu/topic-areas/nutrition-food-safety-health/freezing-fruits-9-331/</a>
<b>Freezing Vegetables</b> , Colorado State U Extension <a href="http://extension.colostate.edu/topic-areas/nutrition-food-safety-health/freezing-vegetables-9-330/">http://extension.colostate.edu/topic-areas/nutrition-food-safety-health/freezing-vegetables-9-330/</a>
<b>Preserving Food: Freezing Animal Products</b> , 8 pages, U of GA, 2002 <a href="http://nchfp.uga.edu/publications/uga/FreezingAnimalProducts.pdf">http://nchfp.uga.edu/publications/uga/FreezingAnimalProducts.pdf</a>
<b>Preserving Food: Freezing Prepared Foods</b> , 12 pages, U of GA, 2002 <a href="http://nchfp.uga.edu/publications/uga/FreezingPreparedFoods.pdf">http://nchfp.uga.edu/publications/uga/FreezingPreparedFoods.pdf</a>
<b>Freezing Fresh Herbs</b> , 1 page, Purdue <a href="http://www.four-h.purdue.edu/foods/Freezing%20fresh%20herbs.htm">http://www.four-h.purdue.edu/foods/Freezing%20fresh%20herbs.htm</a>
<b>Freezing Casseroles, Soups and Stews</b> , 1 page, U of GA 2004 <a href="https://nchfp.uga.edu/tips/winter/Freezing_Prepared_Foods.html">https://nchfp.uga.edu/tips/winter/Freezing_Prepared_Foods.html</a>
<b>Preserving Food: What to do if the Freezer Stops</b> , 2 pages, U of GA, reviewed 2011 <a href="http://www.uga.edu/nchfp/publications/uga/uga_freezer_stops.pdf">http://www.uga.edu/nchfp/publications/uga/uga_freezer_stops.pdf</a>
<b>The Big Thaw – Safe Defrosting Methods for Consumers</b> , 2 pages, modified 2013 <a href="https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/big-thaw-safe-defrosting-methods">https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/big-thaw-safe-defrosting-methods</a>
<b>Foods that Do Not Freeze Well</b> , 2 pages, U of GA, 2006 <a href="http://nchfp.uga.edu/how/freeze/dont_freeze_foods.html">http://nchfp.uga.edu/how/freeze/dont_freeze_foods.html</a>
<b>Methods of Wrapping</b> , 2 pages, North Dakota State, reviewed 2017 <a href="https://www.ag.ndsu.edu/publications/food-nutrition/food-freezing-basics-methods-of-wrapping">https://www.ag.ndsu.edu/publications/food-nutrition/food-freezing-basics-methods-of-wrapping</a>

## **FREEZING VIDEO/ELECTRONIC MEDIA RESOURCES**

<b>Freezing videos</b> , Includes Freezing fruit for sweet success; Freezing vegetables for tasty results; Preserve your catch (fish); Preserving herbs, University of Minnesota, 2021 <a href="https://extension.umn.edu/preserving-and-preparing/food-preservation-videos">https://extension.umn.edu/preserving-and-preparing/food-preservation-videos</a>
<b>Short Freezing Videos</b> , includes 4 videos on preventing browning, sugar, syrup and dry pack methods, NCHFP. <a href="https://nchfp.uga.edu/multimedia_videos.html#video">https://nchfp.uga.edu/multimedia_videos.html#video</a>
<b>Food Preservation – “How to” Freezing Videos</b> , Includes: fiddleheads, rhubarb, green beans, tomatoes, strawberries, approx. 4 minutes each, University of Maine Cooperative Extension: Food and Health. <a href="https://extension.umaine.edu/food-health/food-preservation/how-to-videos/">https://extension.umaine.edu/food-health/food-preservation/how-to-videos/</a>

## **DRYING PRINT RESOURCES**

<b>Drying Fruits and Vegetables Foods</b> , Cornell, 4 pages
<b>Handy Reference for Drying Fruits</b> , Cornell, 1 page
<b>Handy Reference for Drying Vegetables and Herbs</b> , Cornell, 2 pages
<b>Handy Reference for Drying Meat Jerky</b> , Cornell, 2 pages <a href="http://ccesaratoga.org/nutrition-food/food-preservation">http://ccesaratoga.org/nutrition-food/food-preservation</a>
Scroll down right column to <b>Extension Fact Sheets</b>

<b>Food Dehydrators</b> , 1 page, U of Georgia <a href="http://nchfp.uga.edu/how/dry/dehydrator.html">http://nchfp.uga.edu/how/dry/dehydrator.html</a>
<b>How do I?</b> , National Center for Home Food Preservation <i>National Center for Home Food Preservation   How Do I? Dry</i>
<b>Preserving Food: Drying Fruits and Vegetables</b> , nchfp.uga.edu <a href="http://nchfp.uga.edu/publications/uga/uga_dry_fruit.pdf">nchfp.uga.edu/publications/uga/uga_dry_fruit.pdf</a>
<b>Preparing Safer Jerky</b> , 2 pages, U of Georgia <a href="http://nchfp.uga.edu/publications/uga/prep_safe_jerky.html">http://nchfp.uga.edu/publications/uga/prep_safe_jerky.html</a>
<b>Making Jerky at Home Safely</b> , PNW 632 A Pacific Northwest Extension Publication University of Idaho · Oregon State University · Washington State University <a href="https://www.cals.uidaho.edu/edcomm/pdf/PNW/PNW0632.pdf">https://www.cals.uidaho.edu/edcomm/pdf/PNW/PNW0632.pdf</a>
<b>Drying Jerky</b> , 2006, 2 pages, University of Georgia <a href="http://nchfp.uga.edu/how/dry/jerky.html">http://nchfp.uga.edu/how/dry/jerky.html</a>
<b>Leathers and Jerkies</b> , 3 pages, Colorado State University Extension <a href="https://extension.colostate.edu/topic-areas/nutrition-food-safety-health/leathers-and-jerkies-9-311/">https://extension.colostate.edu/topic-areas/nutrition-food-safety-health/leathers-and-jerkies-9-311/</a>
<b>Making Fruit Leathers</b> , 4 pages, North Dakota State U Extension Service, rev. 2017 <a href="https://www.ag.ndsu.edu/publications/food-nutrition/making-fruit-leathers">https://www.ag.ndsu.edu/publications/food-nutrition/making-fruit-leathers</a>
<b>Drying Herbs</b> , 2 pages, National Center for Home Food Preservation, UGA <a href="http://nchfp.uga.edu/how/dry/herbs.html">http://nchfp.uga.edu/how/dry/herbs.html</a>
<b>Oxygen Absorbers</b> , 2 pages, Utah State University Cooperative Extension, 2011 <a href="http://digitalcommons.usu.edu/cgi/viewcontent.cgi?article=1196&amp;context=extension_curall">http://digitalcommons.usu.edu/cgi/viewcontent.cgi?article=1196&amp;context=extension_curall</a>
<b>Should I Vacuum Package Foods at Home?</b> , 3 pages, UGA, 1999 <a href="http://nchfp.uga.edu/publications/uga/vacuum_packaging.html">http://nchfp.uga.edu/publications/uga/vacuum_packaging.html</a>
<b>How to Dry Foods</b> , Deanna DeLong, 1987, reprinted 2006 Available through many outlets, including: <a href="http://www.amazon.com">http://www.amazon.com</a> Search: Deanna DeLong

## DRYING VIDEO/ELECTRONIC MEDIA RESOURCES

<b>Drying videos</b> , includes “Dry it you’ll like it”; “Homemade jerky 101”; “Preserving herbs”, Univ of Minnesota, 2021. <a href="https://extension.umn.edu/preserving-and-preparing/food-preservation-videos">https://extension.umn.edu/preserving-and-preparing/food-preservation-videos</a>
<b>Dehydrating Fruits and Vegetables</b> , recorded Power Point presentation, Cornell Cooperative Extension Saratoga County, 2020 <a href="http://ccesaratoga.org/nutrition-food/how-to-videos">http://ccesaratoga.org/nutrition-food/how-to-videos</a>
<b>Making Jerky Safely</b> , recorded Power Point presentation, Cornell Cooperative Extension Saratoga County, 2020 <a href="http://ccesaratoga.org/nutrition-food/how-to-videos">http://ccesaratoga.org/nutrition-food/how-to-videos</a>
<b>Short Drying Videos</b> , includes 2 videos on drying vegetables and determining dryness and storage of dried fruit, NCHFP <a href="https://nchfp.uga.edu/multimedia_videos.html#video">https://nchfp.uga.edu/multimedia_videos.html#video</a>
<b>Food Preservation – “How to” Drying Videos</b> , Includes: fruits, herbs, vegetables, approximately 4 minutes each, University of Maine Cooperative Extension: Food and Health <a href="https://extension.umaine.edu/food-health/food-preservation/how-to-videos/">https://extension.umaine.edu/food-health/food-preservation/how-to-videos/</a>



## OTHER PRESERVATION TOPIC PRINT RESOURCES

<b>Herb Infused Oils</b> , Clemson University, 2017 <a href="https://hgic.clemson.edu/factsheet/herb-infused-oils/">https://hgic.clemson.edu/factsheet/herb-infused-oils/</a>
<b>Herbs and Vegetables in Oil</b> , Oregon State University Extension Service, 2015 <a href="https://extension.oregonstate.edu/sites/default/files/documents/8836/sp50701herbsandvegetablesinoil.pdf">https://extension.oregonstate.edu/sites/default/files/documents/8836/sp50701herbsandvegetablesinoil.pdf</a>
<b>Preserving Garlic</b> , Oregon State University, 2015 <a href="https://extension.oregonstate.edu/sites/default/files/documents/8836/sp50645preservinngarlic.pdf">https://extension.oregonstate.edu/sites/default/files/documents/8836/sp50645preservinngarlic.pdf</a>
<b>Flavored Vinegars</b> , 3 pages, Clemson University, updated 2019 <a href="http://www.clemson.edu/extension/hgic/food/pdf/hgic3470.pdf">http://www.clemson.edu/extension/hgic/food/pdf/hgic3470.pdf</a>
<b>Dry-Curing Virginia-Style Ham</b> , 8 pages, Virginia Cooperative Extension, 2011 <a href="https://www.pubs.ext.vt.edu/content/dam/pubs_ext_vt_edu/458/458-223/458-223_pdf.pdf">https://www.pubs.ext.vt.edu/content/dam/pubs_ext_vt_edu/458/458-223/458-223_pdf.pdf</a>
<b>Basics of Sausage Making</b> , 47 pages, UGA Extension, 2014 <a href="https://secure.caes.uga.edu/extension/publications/files/pdf/B%201437_1.PDF">https://secure.caes.uga.edu/extension/publications/files/pdf/B%201437_1.PDF</a>
<b>Summer Sausage &amp; Deli Style Meats</b> , Oregon State University <a href="https://extension.oregonstate.edu/food/preservation/summer-sausage-deli-style-meats-sp-50-735">https://extension.oregonstate.edu/food/preservation/summer-sausage-deli-style-meats-sp-50-735</a>
<b>Curing and Smoking Meats for Home Food Preservation – literature review and critical preservation points</b> , NCHFP <a href="http://nchfp.uga.edu/publications/nchfp/lit_rev/cure_smoke_toc.html">http://nchfp.uga.edu/publications/nchfp/lit_rev/cure_smoke_toc.html</a>
<b>Smoking Fish at Home – Safely</b> , 4 pages, PNW, reprinted 1999 <a href="https://seafood.oregonstate.edu/sites/agscid7/files/snic/smoking-fish-at-home-safely.pdf">https://seafood.oregonstate.edu/sites/agscid7/files/snic/smoking-fish-at-home-safely.pdf</a>
<b>Home Canning Smoked Fish and Home Smoking Fish for Canning</b> , 4 pages, U of Alaska via UC Davis, revised 2017 <a href="https://ucfoodsafety.ucdavis.edu/sites/g/files/dgvnsk7366/files/inline-files/208606.pdf">https://ucfoodsafety.ucdavis.edu/sites/g/files/dgvnsk7366/files/inline-files/208606.pdf</a>
<b>Smoking Poultry Meat</b> , Colorado State University Extension 2012 <a href="https://foodsmartcolorado.colostate.edu/recipes/preservation/smoking-poultry-meat/">https://foodsmartcolorado.colostate.edu/recipes/preservation/smoking-poultry-meat/</a>
<b>Storing Vegetables and Fruits at Home</b> , EB1326E, 12 pgs, Washington State, 2013 <a href="https://pubs.extension.wsu.edu/search?q=Storing+Vegetables+and+Fruits+at+Home">https://pubs.extension.wsu.edu/search?q=Storing+Vegetables+and+Fruits+at+Home</a>
<b>Garden to Table: Storing Fresh Garden Produce</b> , Universities of RI, CT, ME, NH & VT <a href="https://extension.umaine.edu/york/wp-content/uploads/sites/28/2018/03/Final-Storing-Chart-for-Fresh-Garden-Produce-1.pdf">https://extension.umaine.edu/york/wp-content/uploads/sites/28/2018/03/Final-Storing-Chart-for-Fresh-Garden-Produce-1.pdf</a>
<b>Let's Preserve Cranberries</b> , Penn State Extension <a href="https://extension.psu.edu/preserving-cranberries">https://extension.psu.edu/preserving-cranberries</a>
<b>Let's Preserve Cranberries</b> , U of Maine Extension <a href="https://extension.umaine.edu/publications/4045e/">https://extension.umaine.edu/publications/4045e/</a>
<b>Can I can Shelled Nutmeats</b> , 1 page, NCHFP <a href="http://nchfp.uga.edu/questions/FAQ_canning.html#34">http://nchfp.uga.edu/questions/FAQ_canning.html#34</a>
<b>Harvesting, Cracking, and Storing Black Walnuts   Horticulture and Home Pest News</b> , Iowa State. <a href="https://hortnews.extension.iastate.edu/1994/9-16-1994/bnut.html">https://hortnews.extension.iastate.edu/1994/9-16-1994/bnut.html</a>
<b>Hazardous Food Preservation and Storage Advice</b> , (butter, eggs, cheese) 1 page, Utah State University <a href="https://extension.usu.edu/files/publications/publication/FN_Food_Safety_2008-09.pdf">https://extension.usu.edu/files/publications/publication/FN_Food_Safety_2008-09.pdf</a>

**Canning Chocolate Sauces Unsafe**, 2 pages, NCHFP, 2003

[http://nchfp.uga.edu/publications/nchfp/factsheets/choc\\_sauce.html](http://nchfp.uga.edu/publications/nchfp/factsheets/choc_sauce.html)

**Storing Honey**, 1 page, Penn State Extension, 2015

<https://extension.psu.edu/canning-and-freezing-questions-and-answers#section-15>

**Storing Maple Syrup**, 1 page, Maine Maple Producers, 2015

<https://mainemapleproducers.com/storing-maple-syrup>

## **OTHER PRESERVATION TOPIC VIDEO/ELECTRONIC MEDIA RESOURCES**

**Food Preservation – “How to” Harvest and Store Videos**, Includes: apples, cranberries, onions and pumpkins approximately 4 minutes each, University of Maine Cooperative Extension: Food and Health,

<https://extension.umaine.edu/food-health/food-preservation/how-to-videos/>

## **RESOURCES for Food Processing**

**Cornell Food Venture Center** helps food businesses large and small introduce new food products into the marketplace. The Center provides educational materials, workshops and direct assistance with product safety evaluation, process development and guidance in local, state and federal regulatory compliance.

<https://cals.cornell.edu/cornell-agritech/partners-institutes/cornell-food-venture-center>

**\*\*New York State Department of Agriculture and Markets**, Food Business Licensing including definitions, regulations, exemptions, and an application for a Food Processing Establishment.

<https://agriculture.ny.gov/food-business-licensing>