



## University of California

Agriculture and Natural Resources

■ UCCE Master Food Preserver

### HOME FOOD PRESERVATION RECIPES

*The following resources provide a wide variety of tested recipes and information, based on USDA recommendations for safe canning and preserving methods. **Only Use Recommended, Tested Recipes!***

#### BOOKS:

***Ball Blue Book: Guide to Preserving.*** Daleville, IN: Hearthmark LLC, 2011.

Classic reference book with over 500 tested recipes. Includes recipes and instructions for canning, pickling, freezing, and dehydrating all types of foods, including recipes for special diets. Book is available for purchase at Amazon, [www.freshpreserving.com](http://www.freshpreserving.com), and Walmart.

***Ball Complete Book of Home Preserving.*** Kingry, Judi, Devine, Lauren, eds. Toronto: R. Rose, 2006 (earlier editions not recommended).

Compilation of over 400 tested recipes for spreads, fruits, salsas, relishes, chutneys, condiments, pickles, and tomatoes. Includes special instructions for beginners and tips for experienced canners. Book is available for purchase from Amazon.

***So Easy to Preserve.*** Athens, GA: Cooperative Extension Service, University of Georgia, 2006 (earlier editions not recommended).

Book contains USDA tested recipes plus 35 additional tested recipes, including a new section for home canned salsas. Book is available for purchase from University of Georgia at: <http://setp.uga.edu/>

***USDA Complete Guide to Home Canning.*** Washington, D.C.: U.S. Department of Agriculture, National Institute of Food and Agriculture, 2009.

Also available free online at: [http://nchfp.uga.edu/publications/publications\\_usda.html](http://nchfp.uga.edu/publications/publications_usda.html)

Book contains the most current, research-based canning techniques. Includes 277 tested canning recipes for fruits, tomatoes, vegetables, red meats, poultry, seafood, pickles, relishes, jams and jellies. Print book is available for purchase from The Education Store (Purdue Cooperative Extension) at:

[https://mdc.itap.purdue.edu/item.asp?item\\_number=AIG-539](https://mdc.itap.purdue.edu/item.asp?item_number=AIG-539)

#### FREE ONLINE RECIPES:

Various state Cooperative Extension Services produce online facts sheets and guides with scientifically tested recipes. Links to these publications are available at: [http://nchfp.uga.edu/links/links\\_home.html](http://nchfp.uga.edu/links/links_home.html)

**Ball® website.** <http://www.freshpreserving.com>

Site provides access to 230 tested recipes. Recipes can be searched by name, main ingredient, level of difficulty, category of food, or preserving method. To search recipes, click "Recipes" link on banner at top of home page.

**REMEMBER...when canning home-preserved foods:**

- Use tested, up-to-date recipes from the resources in this guide.
- Follow directions carefully and do not change the measurements of fruit, vegetables, or acid.
- Adjust processing time for altitude.
- Date home-preserved foods and store them no more than 12 months between 50-70 °F.
- Avoid direct sunlight.

**Home Canned Sweet Spreads Made with Green Chile.**

New Mexico State University Cooperative Extension Service. July 2009.

[http://www.chilepepperinstitute.org/files/tiny\\_mce/file\\_manager/educ\\_info/CannedSprdswgrnchile.pdf](http://www.chilepepperinstitute.org/files/tiny_mce/file_manager/educ_info/CannedSprdswgrnchile.pdf)

Guide includes 5 tested recipes for preparing sweet spreads with green chilies.

**National Center for Home Food Preservation** website. <http://nchfp.uga.edu/>

Site contains over 400 laboratory tested recipes for canning fruits, tomatoes, salsa, nuts, vegetables, poultry, red meats and seafood; freezing all types of foods; drying fruits, herbs, and vegetables; leathers and jerkies; curing and smoking meats; fermenting; pickling; and jam and jelly making. Includes reduced-sugar recipes. To view recipes, click links under "How do I?" on left side of home page.

**Preserving Food in Wyoming: Wild Berries and Other Wild Fruit.** University of Wyoming Cooperative Extension Service. July 2011. <http://www.wyomingextension.org/agpubs/pubs/B1210-3.pdf>

Bulletin contains 30 tested recipes for canning/drying chokecherries, wild plums, serviceberries, rose hips, buffaloberries, wild currants, gooseberries, wild grapes, prickly pear cactus, and dandelions.

**Salsa Recipes for Canning.**

New Mexico State University Cooperative Extension Service. August 2006. [http://aces.nmsu.edu/pubs/\\_e/e-323.pdf](http://aces.nmsu.edu/pubs/_e/e-323.pdf)

Guide includes 5 tested salsa recipes.

**SURE-JELL® Premium Fruit Pectin** website. <http://www.kraftbrands.com/SureJell>

Site contains tested recipes from SURE-JELL® and CERTO® pectin package inserts, as well as over 20 other tested recipes for jam and jelly making. Includes reduced and no sugar recipes. To view insert recipes, click "Jamming Tips" link on home page. To view other jam and jelly recipes, click "Our Favorite Jam & Jelly Recipes" link.

**USDA Complete Guide to Home Canning, 2009 revision** (Electronic Book).

[http://nchfp.uga.edu/publications/publications\\_usda.html](http://nchfp.uga.edu/publications/publications_usda.html)

Online version of book contains the most current, research-based canning techniques. Includes 277 tested canning recipes for fruits, tomatoes, vegetables, red meats, poultry, seafood, pickles, relishes, jams and jellies.

Visit the UCCE Master Food Preservers of Orange County  
for questions or additional information:

<http://ucanr.edu/sites/MFPOC/>

Helpline: [http://ucanr.edu/sites/MFPOC/Contact\\_Us/](http://ucanr.edu/sites/MFPOC/Contact_Us/)