



Home Food Preservation Resources

The UCCE Master Food Preservers extend research-based information to the public for home food preservation based on USDA guidelines established through scientific testing. The techniques and recipes described in the following four resources result in quality, safe food when directions are followed as written.



1. The **National Center for Home Food Preservation (NCHFP)** <http://nchfp.uga.edu/> is your source for current research-based recommendations for most methods of home food preservation: Canning, Jams & Jellies, Pickling, Fermenting, Freezing, Drying, Curing & Smoking, Storing. The Center was established with funding from the Cooperative State Research, Education and Extension Service, U.S. Department of Agriculture (CSREES-USDA) to address food safety concerns for those who practice and teach home food preservation and processing methods.



2. **USDA Complete Guide to Home Canning, 2015 revision** is the basis for all research-based home canning recipes recommended by the Cooperative Extension. It presents the principles of home canning and contains hundreds of tested canning recipes.

Digital download is free at <https://nchfp.uga.edu/resources/category/usda-guide>
Printed form can be purchased from The Education Store (Purdue Cooperative Extension) at https://mdc.itap.purdue.edu/item.asp?item_number=AIG-539



3. **So Easy to Preserve, 6th edition, 2020, University of Georgia Cooperative Extension** book has chapters on Preserving Food, Canning, Pickled Products, Sweet Spreads and Syrups, Freezing and Drying. <https://www.fcs.uga.edu/extension/so-easy-to-preserve> to read more, to get **2020 corrections** for 6th edition books printed prior to 2020, or to order the 2020 printing of the 6th edition of So Easy to Preserve.

Cooperative Extension System

4. **State University Cooperative Extension Services** who specialize in home food preservation offer online facts sheets and guides with research-based information and scientifically tested recipes. The University of California, one of these land-grant universities, lists some of their **Food-Specific Resources on Home Food Preservation** at <https://ucfoodsafety.ucdavis.edu/consumers/food-specific-resources-home-food-preservation>. You can find others by including ‘.edu’ in your internet searches on home food preservation. The UC Master Food Preservers have also searched the internet for current publication and videos, and organized their findings into collections for easier access. You will find a Document Library at https://mfp.ucanr.edu/Resources/_Extension_Document_Library/ and a Video Library at https://mfp.ucanr.edu/Resources/_Video_Library/.

For more canning recipes, the UC Master Food Preservers of Orange County use the following. You may choose to use others.

1. **Canning recipes** from pectin packaging or inserts provided by commercial pectin manufacturers.
2. **Canning recipes** from Ball books. Note: Not all Ball books are approved, but these have our approval:



Ball® Complete Book of Home Preserving
editions 2012, 2020 Judi Kingry, Lauren Devine, eds. Toronto: R. Rose



Ball® Blue Book: Guide to Preserving
Edition 37 / ISBN 0-9727537-4-5

Visit **UCCE Master Food Preservers of Orange County** website at <http://ucanr.edu/sites/MFPOC/>
Helpline: http://ucanr.edu/sites/MFPOC/Contact_Us/