



Home Food Preservation Resources

There are many sources for recipes and instructions on home food preservation available online and in the form of printed books. We recommend that you follow research-tested methods and use up-to-date recipes when preserving food at home for high quality products that are safe to eat.

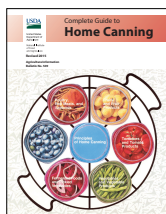


National Center for Home Food Preservation

The **National Center for Home Food Preservation (NCHFP)** is your source for current research-based recommendations for most methods of home food preservation: Can, Freeze, Dry, Cure & Smoke,

Ferment, Pickle, Make Jam & Jelly and Store. <http://nchfp.uga.edu/>

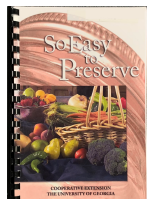
The Center was established with funding from the Cooperative State Research, Education and Extension Service, U.S. Department of Agriculture (CSREES-USDA) to address food safety concerns for those who practice and teach home food preservation and processing methods.



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 http://nchfp.uga.edu/publications/publications_usda.html

Printed form can be purchased from The Education Store (Purdue Cooperative Extension) at https://mdc.itap.purdue.edu/item.asp?item_number=AIG-539



So Easy to Preserve, 6th edition, 2014, University of Georgia Cooperative Extension book includes chapters on Preserving Food, Canning, Pickled Products, Sweet Spreads and Syrups, Freezing and Drying.

Book ordering information online at <https://www.fcs.uga.edu/extension/so-easy-to-preserve>



Read about the recent Fermented Foods study at **UC Davis** and find more University of California authored **Food-Specific Resources on Home Food Preservation** at <https://ucfoodsafety.ucdavis.edu/consumers/food-specific-resources-home-food-preservation>

Cooperative Extension System

Other **State University Cooperative Extension Services** also produce online facts sheets and guides with scientifically tested recipes. Search the web directly, or use links provided by the National Center for Home Food Preservation at http://nchfp.uga.edu/links/links_home.html

Below are some additional resources (subject to change) that the Master Food Preserver of Orange County use. You may choose to rely on others.

- * **Canning recipes** from pectin packaging or inserts provided by **commercial pectin manufacturers**.
- * **Canning recipes** from the **Ball® (Jarden Home Brands) website**, <https://www.ballmasonjars.com/>
(Note: at this time, Water Bath Canning recipes using fresh lemon juice for salsa or broth are not recommended.)
- * **Canning recipes** from **these Ball® books**:



Ball® Complete Book of Home Preserving, 2006, 2012, 2020 editions

Judi Kingry, Lauren Devine, eds. Toronto: R. Rose

Ball® Blue Book: Guide to Preserving, 2014

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/