



University of California Cooperative Extension Marin Master Gardener Program

Free for Download – UCCE Food Preservation and Food Safety Documents

Available at: <http://anrcatalog.ucdavis.edu/FreePublications/>

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Would you like to become a Master Gardener? Applications are accepted each September for classes that begin in January. More information available at:

<http://cemarin.ucdavis.edu/>
Master Gardener/

Apples: Safe Methods to Store, Preserve, and Enjoy

Apples are generally abundant and inexpensive, and they add a healthy component to a well-balanced diet. Learn how to get the most out of the apples you buy at market or from a U-Pick farm or grow in your own garden. Catalog # 8229

Cantaloupe: Safe Methods to Store, Preserve, and Enjoy

Includes tips on selecting cantaloupe from your garden or the grocery store as well as storing, safe handling, and preserving. Catalog # 8095

Egg Basics for the Consumer: Packaging, Storage, and Nutritional Information

How to recognize freshness and quality in the eggs you buy for your home and family. Catalog # 8154

Garlic: Safe Methods to Store, Preserve, & Enjoy

How to store and preserve this popular food, while avoiding common food-safety problems. Catalog # 7231

Growing Seed Sprouts at Home

How to grow edible sprouts at home while avoiding food safety hazards. Catalog # 8151

Guidelines for Food Safety during Short-Term Power Outages: Consumer Fact Sheet

All Californians now and then experience random, unplanned power outages or blackouts. Learn how to keep fresh and frozen foods safe in power outages of 2 hours or less and how to plan in advance for rolling blackouts. Catalog # 7264

Harvesting and Storing Your Home Orchard's Nut Crop: Almonds, Walnuts, Pecans,

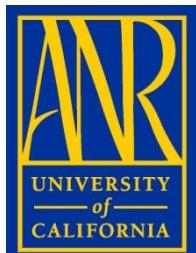
The quality and quantity of your home orchard's nut crop depend on the harvesting, handling, and storage methods that you use. This publication offers some handy advice for almonds, walnuts, pecans, pistachios, and chestnuts. Catalog # 8005

Key Points of Control and Management for Microbial Food Safety: Edible

Landscape Plants and Home Garden Produce: Most fruit and vegetables that we eat from our home gardens are wholesome and disease-free, but it takes some work and attention to keep it that way. Here are some basic steps to remember. Catalog # 8101

Oranges: Safe Methods to Store, Preserve, and Enjoy

Safety tips for handling fresh oranges along with methods to freeze, dry, and can. Also includes a recipe for citrus marmalade. Catalog # 8199



Peppers: Safe Methods to Store, Preserve, & Enjoy

This guide includes safety tips for preserving peppers along with recommended methods for storing, freezing, drying, pickling, and canning. Also includes seven recipes for pickled peppers, salsa, jellies, and relishes. Catalog # 8004

Safe Handling of Fruits and Vegetables

How to keep food-poisoning bacteria out of your kitchen and off your plate. Catalog # 8121

Safe Methods of Canning Vegetables

A guide to methods and equipment for safe canning of foods at home. Catalog # 8072

Strawberries: Safe Methods to Store, Preserve, and Enjoy

Strawberries are a seasonal delight in California and they add a healthy component to a well-balanced diet. Learn how to get the most out of the strawberries you buy at market or from a You-Pick farm or grow in your own garden. Catalog # 8256

The Lunch Box Series, C: Safe Lunches for Preschool Children

Tips on keeping food safety in mind when you put together your preschooler's nutritious sack lunch. Catalog # 8109

Tomatoes: Safe Methods to Store, Preserve, and Enjoy

This guide includes advice on selecting tomatoes for the home garden as well as from the market; safety tips for handling fresh tomatoes; and recommended methods for storing, freezing, drying, and canning. Also includes two salsa recipes. Catalog # 8116