

RESOURCES: FREEZING & DEHYDRATING
Master Gardeners Napa County
July 21, 2018

FOOD SAFETY:

Food Safety in Your Home Vegetable Garden
UCANR publication 8366

<https://anrcatalog.ucanr.edu/pdf/8366.pdf>

Safe Handling of Fruits and Vegetables
UCANR publication 8121

<http://homeorchard.ucdavis.edu/8121.pdf>

UC RECOMMENDED PUBLICATIONS:

Food-Specific Resources on Home Food Preservation

http://ucfoodsafety.ucdavis.edu/Home_Food_Preservation/Food-Specific_Resources_on_Home_Food_Preservation/

UC Home Preservation & Storage Publications

This is a listing of all the UC General & Specific Publications

http://ucfoodsafety.ucdavis.edu/UC_Publications/UC_Home_Preservation_and_Storage_Publications/

UC Recipes and Preservation Information/Sources

Research-based home food preservation methods & recipes

UC ANR Publications: Food and Canning Preservations

http://mfp.ucanr.edu/Resources_/Recipes_and_Information/

National Center for Home Food Preservation

<https://nchfp.uga.edu/>

Penn State Extension – “Let’s Preserve”

*Mostly canning & freezing information

<https://extension.psu.edu/food-safety-and-processing/home-food-safety/lets-preserve>

UC RECOMMENDED PUBLICATIONS (cont)

“So Easy to Preserve”

Book & Web Site

Freezing, Pickling, Dehydrating

<https://setp.uga.edu/>

University of Alaska Cooperative Extension

<https://www.uaf.edu/ces/foods/preservation/>

USDA Guide to Home Canning

<https://www.healthycanning.com/usda-complete-guide-home-canning/>

Preserve@Home University of Idaho Extension

This is a 6 week online course for \$35.00

<https://www.uidaho.edu/extension/county/franklin/family/consumer/preserve-at-home>

FREEZING:

Frozen Food Foundation: Not a ‘how to’ site

<http://www.frozenfoodfacts.org/about-frozen-food-foundation>

<http://www.frozenfoodfacts.org/research/new-study-reinforces-nutritional-benefits-frozen-fruits-and-vegetables>

National Center for Home Food Preservation – FREEZING

<https://nchfp.uga.edu>

Example – HOW DO I FREEZE: APRICOTS

<https://nchfp.uga.edu/how/freeze/apricot.html>

DEHYDRATING:

<http://www.cals.uidaho.edu/edcomm/pdf/pnw/pnw0397.pdf>