



# Food Preservation, Safety, & Storage Publications

## University of Idaho Extension

### Nez Perce County

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Lewiston, ID 83501  
(208) 799-3096  
[nezperce@uidaho.edu](mailto:nezperce@uidaho.edu)

### Nez Perce Reservation

P.O. Box 365  
Lapwai, ID 83540  
(208) 621-3514  
[vsteele@uidaho.edu](mailto:vsteele@uidaho.edu)

### Latah County

P.O. Box 8068  
Moscow, ID 83843  
(208) 883-2267  
[krichel@uidaho.edu](mailto:krichel@uidaho.edu)

### Idaho County

320 W. Main, Room 3  
Grangeville, ID 83530  
(208) 983-2667  
[idaho@uidaho.edu](mailto:idaho@uidaho.edu)

### Clearwater County

2200 Michigan Avenue  
Orofino, ID 83544  
(208) 476-4434  
[clearwater@uidaho.edu](mailto:clearwater@uidaho.edu)

### Lewis County

510 Oak Street, Room 6  
Nezperce, ID 83543  
(208) 937-2311  
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### WASHINGTON STATE UNIVERSITY



ASOTIN COUNTY EXTENSION

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Asotin, WA 99402

(509) 243-2009

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Home canning has changed greatly in the 180 years since it was introduced as a way to preserve food. Scientists have found ways to produce safer, higher quality products. Research is continually being conducted in areas that affect food preservation recommendations. Make sure your food preservation information is always current with up-to-date tested guidelines.

### Altitude

It is important to know your approximate elevation or altitude above sea level in order to determine a safe processing time for canned foods. Since the boiling temperature of liquid is lower at higher elevations, it is critical that additional time be given for the safe processing of foods at altitudes above sea level.

### Elevations\*

Idaho		Washington	
Lewiston (downtown)	740	Clarkston (Charles Francis High School)	835
Lewiston Orchards (Orchards Elementary)	1474	Clarkston Heights (Lincoln Junior High)	1175
Culdesac (School)	1656	Asotin (Asotin/Anatone School)	775
Genesee (Elementary)	2740	Anatone	3560
Juliaetta (Elementary)	1228		
Kendrick (Jr/Sr High School)	1243		
Lapwai (High School)	973		
Orofino (Elementary)	1063		

\*Elevations from United States Geologic Service National Map Viewer

### Recommended pressures for higher elevations

#### Weighted-gauge pressure canner

Sea level to 1,000 feet—	use 10-pound weight
Above 1,000 feet —	use 15-pound weight

#### Dial-gauge pressure canner

Sea level to 2,000 feet—	11 pounds	pressure on dial
2,001-4,000 feet —	12 pounds	pressure on dial
4,001-6,000 —	13 pounds	pressure on dial
6,001-8,000 feet —	14 pounds	pressure on dial

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### Pressure gauges

Check dial gauges for accuracy before use each year. Gauges that read high cause under-processing and may result in unsafe food. Every pound of pressure is very important to the temperature needed inside the canner for producing safe food, so accurate gauges and adjustments are essential when a gauge reads higher than it should. Low readings cause over-processing. Gauges may be checked at many county Extension offices or contact the pressure canner manufacturer for other options.

# Canning

PNW 199

## Canning Fruits

How to can fruit and fruit juice using a boiling water canner.

1993, Price: \$1.00

Online: <http://www.cals.uidaho.edu/edComm/catalog.asp> Publishing Catalog, Family & Consumer Issues, Food & Nutrition

PNW 361

## **Canning Meat, Poultry, and Game**

How to pressure can meat, poultry, and game.

1999, Price: \$1.00

PNW 194

## Canning Seafood

How to pressure can fish and shellfish.

2003, Price: \$1.50

Online: <http://www.cals.uidaho.edu/edComm/catalog.asp> Publishing Catalog, Family & Consumer Issues, Food & Nutrition

PNW 300

## Canning Tomatoes and Tomato Products

How to can tomatoes and tomato products such as Mexican tomato sauce and spaghetti sauce using a boiling water canner or a pressure canner.

2010, Price: \$3.00

Online: <http://www.cals.uidaho.edu/edComm/catalog.asp> Publishing Catalog, Family & Consumer Issues, Food & Nutrition

PNW 172

## **Canning Vegetables**

Directions and research-tested canning times for using a pressure canner to can vegetables at home.

1999, Price: \$1.00

PNW 450

## Home Canning Smoked Fish

How to can smoked fish safely.

1993, Price: \$1.00

Online: <http://www.cals.uidaho.edu/edComm/catalog.asp> Publishing Catalog, Family & Consumer Issues, Food & Nutrition

EB 1665

## Let's Preserve Jelly, Jam, Spreads

Make jams and jellies with and without pectin and also with reduced sugar.

2008, Price: \$1.00

Online: <https://cru84.cahe.wsu.edu/> Youth and Families, Families - Food

## **Extracting Juice for Jelly & Steam Juicers**

PNW 395

## Salsa Recipes for Canning

You can safely can a variety of salsas in a boiling water canner by following the procedures in this publication. Discusses salsa ingredients, including spices and sources of acid. Seven recipes include Tomato Green Salsa, Tomato Taco Sauce, and Hot Tomato Pepper Sauce

2000, Price: \$1.00

Online: <http://www.cals.uidaho.edu/edComm/catalog.asp> Publishing Catalog, Family & Consumer Issues, Food & Nutrition

PNW 421

## Using and Caring for Your Pressure Canner

Pressure canning is the only safe way to can meat, poultry, seafood, and vegetables. This booklet explains how to keep your pressure canner in top condition and use it safely.

2008, Price: \$1.50

Online: <http://www.cals.uidaho.edu/edComm/catalog.asp> Publishing Catalog, Family & Consumer Issues, Food & Nutrition

## **ClearJel<sup>®</sup>**

Canned pie filling. ClearJel<sup>®</sup> is available only through a few supply outlets. Contact your Extension office for where to purchase or more information.

## Freezing

- PNW 296 **Freezing Convenience Foods**  
Learn all about freezing foods that you have prepared at home, including cakes; pies; meat, fish, poultry, and pasta dishes; soups, meals in a bag; and vegetable dishes. Find out which items not to freeze and the best ways to get foods from the freezer to the table ready to eat. 2002, Price: \$2.00  
Online: <http://www.cals.uidaho.edu/edComm/catalog.asp> Publishing Catalog, Family & Consumer Issues, Food & Nutrition
- PNW 214 **Freezing Fruits and Vegetables**  
How to freeze fruits with syrup, sugar, or water or juice pack. How to prepare and blanch vegetable before freezing and how to freeze them. 2007. Price: \$1.50  
Online: <http://www.cals.uidaho.edu/edComm/catalog.asp> Publishing Catalog, Family & Consumer Issues, Food & Nutrition
- EB 1195 **Freezing Meat, Fish and Poultry at Home**  
A helpful pamphlet to help you store frozen meat properly and reduce freezer burn. 1983, Price: \$1.00  
<https://cru84.cahe.wsu.edu/> Youth and Families, Families - Food
- PNW 586 **Home Freezing of Seafood**  
Learn how to prepare and freeze fish so that it tastes almost as fresh and delicately flavored as the day it was caught. 2006, Price: \$1.00  
Online: <http://www.cals.uidaho.edu/edComm/catalog.asp> Publishing Catalog, Family & Consumer Issues, Food & Nutrition

### What to do if the Freezer Stops

## Pickling – Smoking – Curing

- PNW 183 **Pickling Fish and Other Aquatic Foods for Home Use**  
Outlines the basic steps in pickling fish and gives a basic recipe suitable for pickling most fish with high oil contents. 2007, Price: \$1.00  
Online: <http://www.cals.uidaho.edu/edComm/catalog.asp> Publishing Catalog, Family & Consumer Issues, Food & Nutrition
- PNW 355 **Pickling Vegetables**  
Learn how to make brined and quick pickles, including sauerkraut. The 18-page booklet Includes tested recipes and pointers for using untested recipes. 2007, Price: \$3.00  
Online: <http://www.cals.uidaho.edu/edComm/catalog.asp> Publishing Catalog, Family & Consumer Issues, Food & Nutrition
- EB 1104 **Pickled Eggs**  
Besides being a conversation topic at a party with their bright colors, pickled eggs are tasty and nutritious. This publication tells you how to select eggs for pickling; how to cook, peel, and pickle; preparing the pickling solution; and recipes. 2002, Price: \$1.00  
Online: <https://cru84.cahe.wsu.edu/> Youth and Families, Families - Food
- Penn State **Let's Preserve Sauerkraut**  
Instructions for making and preserving sauerkraut. 2007, Price: \$0.25  
Online: <http://pubs.cas.psu.edu/FreePubs/pdfs/uk133.pdf> (Penn State University)
- EB 1660 **Curing and Smoking Poultry Meat**  
Explains how to cure and smoke chicken, turkey, and other poultry. Includes instructions brining, liquid smoke, and natural smoking processes 1997, Price: \$1.00  
Online: <http://cru.cahe.wsu.edu/CEPublications/eb1660/eb1660.pdf>

EB 1661 **Homemade Meat, Poultry and Game Sausages**  
This booklet describes the many different types of sausages and how they are made. It lists equipment and supplies for making fresh, cooked, semi-dry, or dry sausages and specialty meats. Includes recipes for these sausages: thuringer, liver, cotto salami, Polish, bockwurst, and country-style bologna.  
2003, Price: \$1.00  
Online: <http://cru.cahe.wsu.edu/CEPublications/eb1661/eb1661.pdf>

PNW 238 **Smoking Fish at Home—Safely**  
How to salt and smoke fish. Covers equipment and suggested wood for smoking.  
2003, Price: \$1.00  
Online: <http://www.cals.uidaho.edu/edComm/catalog.asp> Publishing Catalog, Family & Consumer Issues, Food & Nutrition

## Drying

PNW 397 **Drying Fruits & Vegetables**  
Written primarily for drying in an electric dehydrator, this guide applies as well to oven and sun drying. Sections cover selecting, preparing, and pretreating foods for drying as well as storing and using dried foods. A drying chart gives specific suggestions for drying dozens of different fruits and vegetables. Covers how to make fruit leathers and gives recipes using dried foods.  
2009, Price: \$2.50  
Online: <http://www.cals.uidaho.edu/edComm/catalog.asp> Publishing Catalog, Family & Consumer Issues, Food & Nutrition

## Other

PNW 517 **Big Game from Hunt to Home**  
For your next hunting trip, the information in this bulletin will make sure the meat you bring home will be high quality. Meat from big game animals (deer, antelope, elk, moose, and bear) is a nutritious choice for family meals. Step-by-step instructional text and photos tell how to field dress the animal and protect the meat by cooling it quickly. Aging and transporting to a cooler are discussed. An illustrated guide shows skinning and butchering. Authors offer step-by-step instructions for jerking, canning, and freezing. Diagrams show butcher and drugstore wrap methods for freezing meat. Also includes whole meal cooking tips with recipes for main dishes, herbs, sauces, and desserts. Translates carcass weights into expected meat cuts. Nutritional data on calories, protein, and fat content of game meat  
2010, Price: \$3.00  
Online: <http://www.cals.uidaho.edu/edComm/catalog.asp> Publishing Catalog, Family & Consumer Issues, Food & Nutrition

HS 007 **Food Preservation for Special Diets**  
With a few precautions and changes in standard recipes, you can freeze, can, dry, juice, pickle, and make jam and jelly without sugar and/or salt.  
1997, Price: \$1.00

PNW 539 **Queso Fresco: Fresh Cheese Made Safely**  
Here is a fabulous recipe for the fresh cheese used in traditional Mexican cooking.  
2000, Price: Online  
Online: <http://www.cals.uidaho.edu/edComm/catalog.asp> Publishing Catalog, Family & Consumer Issues, Food & Nutrition

MISC 512 **Now You're Cookin'—Using a Food Thermometer**  
Five recipes designed to have 5 ingredients or less and take 15 minutes or less to prepare. Directions include recommended endpoint temperatures and cooking instructions for skillet, broiler, indoor and outdoor grill.  
2008, Price: Online  
Online: <https://cru84.cahe.wsu.edu/> Youth and Families, Families - Food

## Ball® Blue Book of Preserving

Not long ago, canning and storing jars of fresh-picked produce and ready-to-serve homemade recipes was a necessity. Today, it is about enjoying the great taste and goodness of fresh foods right in your own kitchen. Tried and true recipes and the right tools, mixes and ingredients make it easy to capture the genuine fresh flavor that people have enjoyed for generations. Published by Jarden Home Brands.

Contact your local Extension office. Also available in some stores that carry canning supplies.

### So Easy to Preserve

This beautiful book contains the latest U.S. Department of Agriculture recommendations for safe food preservation. *So Easy To Preserve* is now a 375-page book with over 185 tested recipes, along with step by step instructions and in-depth information for both the new and experienced food preserver. Chapters include *Preserving Food, Canning, Pickled Products, Jellied Fruit Products, Freezing and Drying*. This 5th edition has 35 new tested recipes and processes, in addition to a new section with recommended procedures for home-canned salsas.

2006, Price: \$18 order from the University of Georgia

### USDA Complete Guide to Home Canning

This comprehensive U.S. Department of Agriculture publication covers everything from the principles of canning to actual directions for canning tomatoes and tomato products; vegetables; poultry, red meats and seafood; fermented and pickled vegetables; and jam and jellies

2009, Price: \$15

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

PNW 250

### You Can Prevent Foodborne Illness

In the United States alone there are some 76 million cases of foodborne illness each year. Learn about common and not-so-common foodborne pathogens and what you can do to keep them from making you sick.

2009, Price \$1.50

Online: <http://www.cals.uidaho.edu/edComm/catalog.asp> Publishing Catalog, Family & Consumer Issues, Food & Nutrition

## Food Storage

CIS 850

### Controlling Stored-food Pests in the Home

Learn to recognize the primary insect pests that infest home food, how to keep your kitchen and pantry clear of food pests, and how to treat an infestation should one occur. 4 pp.

2001, Price: \$1.00

Online: <http://www.cals.uidaho.edu/edComm/catalog.asp> Publishing Catalog, Family & Consumer Issues, Food & Nutrition

BUL 617

### Harvesting and Storing Fresh Garden Vegetables

Harvesting vegetables at the right stage of maturity and storing them properly helps ensure top taste, nutrition, and storage life. This publication explains how, covering vegetables from asparagus to turnips and giving the nutritional profile of each.

2003, Price: \$3.00

Online: <http://www.cals.uidaho.edu/edComm/catalog.asp> Publishing Catalog, Family & Consumer Issues, Food & Nutrition

CIS 1153

### Options for Storing Potatoes at Home

Recommendations for consumers on how to store large quantities of potatoes at home.

2009, Price: Online

Online: <http://www.cals.uidaho.edu/edComm/catalog.asp> Publishing Catalog, Family & Consumer Issues, Food & Nutrition

EB 1103

### Selecting, Preparing, and Judging Quality Vegetables

Tells how to select, prepare for exhibition, and store vegetables to get the most nutrients and value from them. A handy quick reference guide covers almost any vegetable found in most kitchens.

1991, Price: \$1.00

CIS 1004

**Storing and Treating Emergency Home Water Supplies**

The Quality Water for Idaho series discusses ways farmers and homeowners can ensure the present and future safety of ground and surface waters in Idaho.

1993, Price: Online

Online: <http://www.cals.uidaho.edu/edComm/catalog.asp> Publishing Catalog, Family & Consumer Issues, Food & Nutrition

PNW 612

**Storing Food for Safety and Quality**

This 22-page publication provides comprehensive information about home storage of food, including pantry staples, meats, vegetables, fruits, leftovers, home-canned food, and food stored for emergencies. Includes detailed tables listing storage times and optimal storage conditions for most kinds of foods.

2009, Price: Online

Online: <http://www.cals.uidaho.edu/edComm/catalog.asp> Publishing Catalog, Family & Consumer Issues, Food & Nutrition

EB 1205

**Storing Foods at Home**

Filled with information that all households need. Highlights storage of perishable foods: breads, grains, spices, fruits, vegetables, meats, and dairy products. A concise table provides quick and easy access to storage times at room, refrigerator, and freezer temperatures.

1995, Price: \$1.50

Online: <https://cru84.cahe.wsu.edu/> Youth and Families, Families - Food

EB 1326

**Storing Fruits and Vegetables at Home**

Offers the essentials for storing vegetables and fruits in pits, cellars, or basements without refrigeration. Tells how to provide the right temperature, humidity, and ventilation. Well illustrated and containing easy to read tables, this publication can increase your food storage capacity, save money, and help you use more of your garden's production.

2001, Price: \$1.00

Online: <https://cru84.cahe.wsu.edu/> Youth and Families, Families - Food

# In Spanish

- WREP 114 **Envasado de Frutas (Canning Fruits)**  
El envasado casero de frutas requiere de mucho cuidado para eliminar microorganismos que puedan reducir la calidad del alimento. En esta publicación se describen instrucciones que son resultado de investigaciones científicas para el envasado seguro de frutas. El boletín contiene recomendaciones para la selección del equipo, preparación de la fruta, procesamiento en baño María, pruebas de sellado, etc.  
2000, Price: \$1.50
- WREP 113S **Envasado de Hortalizas (Canning Vegetables)**  
El empleo de una envasadora a presión puede ser una excelente forma de obtener mayores beneficios de su huerta. Cuando los alimentos son preparados de manera adecuada, ellos retienen su sabor y sus nutrientes. En contraste, cuando no son preparados de manera apropiada pueden llevar a la muerte, causar enfermedades graves, o simplemente tener muy mal sabor. Bajo determinadas condiciones, las bacterias, los hongos y mohos pueden producir toxinas o venenos. Este boletín está diseñado para proveer información necesaria para que un envasador casero pueda seleccionar el equipo, prepare y empaque las cantidades adecuadas de hortalizas, y selle, enfríe y almacene sus hortalizas.  
2004, Price: \$2.00  
Online: <http://pubs.wsu.edu> Family and Home, Food Preparation and Preservation
- WREP 112 **Envasado de Tomates (Canning Tomatoes)**  
El envasado casero de productos conteniendo tomates es una práctica conveniente cuando los tomates son abundantes y baratos. Asimismo, si el envasado no se efectúa asegurándose que el producto sea seguro, existe un alto riesgo de deterioro y contaminación. En esta publicación se incluyen criterios para elegir los equipos envasadores, preparación previa de los tomates, métodos de envasado etc., y se proveen instrucciones para el envasado de diversas salsas conteniendo tomates, vegetales y carne. Todos los procedimientos descritos en la publicación han sido comprobados científicamente para asegurar un producto seguro, saludable y de alta calidad.  
2000, Price:
- PNW 395S **Recetas Para el Envasado de Salsas**  
La mayoría de las recetas para salsas son una mezcla de alimentos poco ácidos, tales como cebollas y pimientos, con otros un tanto más ácidos, como tomates. Estas recetas para distintas variedades de salsas han sido ensayadas por expertos para asegurar que la acidez sea la apropiada para un proceso confiable y seguro de enlatado en conserva!  
2000, Price: \$1.00
- PNW 539S **Queso Fresco Hecho Saludable**  
En página dos se explica con claridad cómo hacer saludable el queso fresco.  
2001, Price: Online  
Online: <http://info.ag.uidaho.edu> Catalog, Family & Consumer Issues, Food & Nutrition
- EB 1785 **Cuidado Y Manejo de los Alimentos en el Hogar**  
Online: <http://pubs.wsu.edu> Family and Home, Food Preparation and Preservation
- EB 1868S **Comida Segura para Los Niños**  
Cómo prevenir enfermedades transmitidas por los alimentos en centros de guardería y en guarderías que funcionan en hogares de familia. Índice: Enfermedades transmitidas en los alimentos, higiene, cómo cuidar, bebés y niños menores de tres años, cómo cocinar, fuentes de alimentación, almacenaje de alimentos, hora de refrigerarlos y de almuerzo, días de campo, las mascotas y la preparación de alimentos, y fuentes de información.  
2004, Price: \$2.00  
Online: <http://pubs.wsu.edu> Family and Home, Food Preparation and Preservation
- FSIS 0037 **Como Hector Se Enfermo (How Hector Got Sick)**  
Este folleto contiene una historieta relatando una escena cotidiana que puede llevar a traer problemas de salud: el olvido de los alimentos fuera de la nevera. El reverso del folleto contiene consejos detallados sobre cuánto tiempo duran los alimentos en la nevera, útiles para prevenir la posibilidad de intoxicaciones alimentarias.  
1989, Price: \$1.00