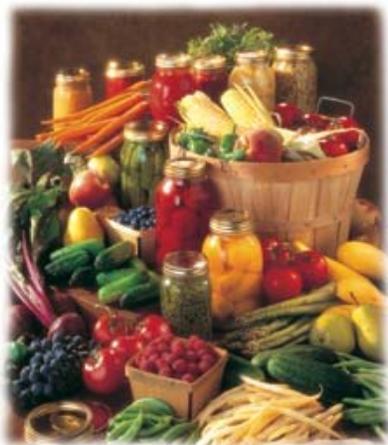




Canning, freezing and drying have long been used as safe methods for food preservation. Using correct techniques ensures the quality and

safety of the food. You can find current research-based recommendations from United States Department of Agriculture, the **National Center for Home Food Preservation**

(<http://www.uga.edu/nchfp/>), and your local University of Idaho Extension Office.



**\*Publications available online at no cost**

[www.uidaho.edu/extension/publications](http://www.uidaho.edu/extension/publications) or <http://pubs.extension.wsu.edu>

## Drying

### *Drying Fruits and Vegetables\**

Covers drying methods, drying guidelines, and how to select, prepare, and pretreat fruits and vegetables for drying. PNW 397; Revised 2009; Cost: \$5

### *Making Jerky at Home Safely\**

Covers drying methods, drying guidelines, and how to select, prepare, and pretreat meat for drying. PNW632; Published 2012 cost: \$2.50

## Pickling

### *Pickling Fish and Other Aquatic Foods for Home Use\**

How to salt cure and brine fish. Gives pickling solutions. PNW 183, Revised 2007; Cost: \$1

### *Pickling Vegetables\**

How to make brined and fresh-packed dill pickles, sweet pickles, relishes, and sauerkraut. Covers equipment and procedures. PNW 355, Revised 2015; Cost: \$3.75

For more information in Bonneville County contact:

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# Food Preservation



## Publications

## ***USDA Complete Guide to Home Canning***



This 138-page manual will get you started in home canning, discussing scientific principles, techniques, and proper use of canning equipment. This guide offers detailed directions for making fruit spreads, canning fruits, tomatoes, vegetables, meats, sea foods, and pickles. Revised 2015; Cost: \$18

## ***Ball Blue Book of Preserving***

Learn about canning in this 120 page guide, including guidelines for high-acid, low acid, pickled foods, soft spreads, freezing, and dehydration. Latest Edition 2014

## **Canning**



### ***Using and Caring for your Pressure Canner\****

Covers canner types; safety features; canner care, use, and storage; and canner testing. PNW 421, Revised 2010; Cost: \$2.00

### ***Canning Vegetables\****

How to pressure can vegetables. PNW 172, Revised 2011; Cost: \$2



## ***Canning Fruits\****

How to can fruit and fruit juice using a boiling water canner. PNW 199, Revised 2012; Cost: \$1.50



## ***Let's Preserve Jelly, Jam, & Spreads\****

How to prepare and can jelly, jams, and spreads using a boiling water bath canner. EB 1665, Reprinted 2004; Cost: \$1

## ***Canning Tomatoes and Tomato Products\****

How to can tomatoes and tomato products such as tomatoes and tomato sauce. PNW 300, Revised 2015; Cost: \$3.50

## ***Salsa Recipes for Canning\****

A variety of recipes to safely can salsa at home. PNW 395, Revised 2014; Cost: \$2.50

## **Freezing**



### ***Freezing Fruits and Vegetables\****

How to freeze fruits with syrup, sugar, water, or juice pack. How to prepare and blanch vegetables before freezing. PNW 214, Revised 2018; Cost: \$5

### ***Freezing Convenience Foods\****

How to freeze baked goods, main dishes, and desserts. PNW 296, Reprinted 2013; Cost: \$2.50

## **Meat and Fish**

### ***Canning Seafood\****

How to pressure can fish and shellfish. PNW 194, Revised 2016; Cost: \$5

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

How to pressure can meat, poultry, and game safely. PNW 361, Revised 2010; Cost: \$5



### ***Canning Smoked Fish at Home\****

How to can smoked fish safely. PNW 450, Revised 2014; (download only)

### ***Smoking Fish at Home – Safely\****

How to salt and smoke fish. PNW 238, Revised 2009; Cost: \$1

### ***Big Game from Hunt to Home\****

How to handle game carcasses carefully, butcher, and store meat correctly. PNW 517, Revised 2010; Cost: \$6.25

### ***Home Freezing of Seafood\****

How to freeze seafood correctly. PNW 586, Published 2006; Cost: \$1

## **Food Storage**



### ***Storing Food for Safety and Quality\****

PNW 612 Published 2009; (download only)