



## Food Preservation Resources

North Country Master Gardener Volunteers

Meet Me in the Garden – Spooner Agricultural Research Station

September 8, 2018

Spooner @1,099' <https://www.simplycanning.com/altitude-adjustments.html>

Using and following research-tested, up-to-date recipes for freezing, canning, and drying foods, is a good way ensure that the foods are both safe and delicious. “**Up-to-date**” means recipes that are currently approved or recommended.

“**Research-tested**” means that laboratory testing has been done to prove that the recipe is safe! In food preservation it is particularly important that we know that a recipe is safe; that is, the ingredients, proportions, equipment, processes and conditions have been laboratory-tested to assure a safe product.

<https://wimastergardener.org/2017/07/26/why-use-tested-recipes/>

UW-Extension supports the use of approved food safety resources and research-tested recipes in home food preservation.

### Food Safety

□ Be Food Safe:

<http://www.fightbac.org/>

□ Foodsafety.gov

<https://www.foodsafety.gov>

□ Centers for Disease Control and Prevention

<https://www.cdc.gov/>

□ USDA Food Safety Information:

<https://www.fsis.usda.gov/wps/portals/fsis/home>

□ USDA Meat and Poultry Hotline  
888-674-6854.

□ FDA Food Information Line 888-723-3366

### Food Preservation

□ National Center for Home Food Preservation

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

□ Safe & Healthy: Preserving Food at Home (UWEX)

<https://fyi.uwex.edu/safepreserving/>

Sign up for **food safety and food preservation updates** via the UWEX food safety blog:

<https://fyi.uwex.edu/safepreserving/>

Questions on the manufacture of food for sale? Please contact the State Specialist: Barb Ingham

[bingham@wisc.edu](mailto:bingham@wisc.edu)

or 608-263-7383.



<https://learningstore.uwex.edu/Assets/pdfs/A2727.pdf>

**To ensure high-quality, nutritious vegetables from your garden and to prevent waste, harvesting at the right stage of growth is essential.** This four-page publication briefly lists the characteristics that indicate when it's time to harvest vegetables from the home garden.

**Crops included:** asparagus, beans (snap, broad, greenshell, and lima), beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celeriac, celery, chard, Chinese cabbage, chives, collards, cow peas (or black-eyed peas), cucumbers, dill, eggplant, endive, garden cress, garden huckleberry, garlic, gourds, horseradish, Jerusalem artichoke, kale, kohlrabi, leeks, lentils, lettuce, mushrooms, mustard, muskmelon, okra, onions, parsley, parsnips, peas, peanuts, peppers, potatoes, pumpkins, radicchio (or red chickory), radishes, rhubarb, salsify, spinach, squash, sweet corn, sweet potatoes, tomatoes, turnips, vegetable soybeans, watercress, watermelon, and witloof (or Belgian endive).



<https://learningstore.uwex.edu/Storing-Fruits-and-Vegetables-from-the-Home-Garden-P1052.aspx>

**Enjoy fresh fruits and vegetables from your garden—or scooped up at the local farmers' market—long after harvest has ended by giving them ideal storage conditions.** Find out what conditions each crop prefers and how long it will remain fresh (8 pages; 2006).

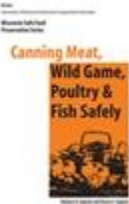
**Includes:**  
**Fruits:** apples, berries, melons, pears, and stone fruits

**Vegetables:** asparagus, beans, beets, bok choy and Chinese cabbage, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celeriac, cucumbers, eggplants, garlic, leeks, onions, parsnips, peas, peppers, potatoes, radishes, rutabagas, salad greens, summer squash, sweet corn, tomatoes, turnips, and winter squash and pumpkins



### [Canning Fruits Safely](#)

**Item #: B0430** 36 pages. Canned fruit can be a delicious addition to any family meal. Recipes have been updated and expanded to include steps for processing safe, high quality fruits from the market or your home orchard.



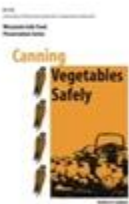
### [Canning Meat, Wild Game, Poultry and Fish Safely](#)

**Item #: B3345** 32 pages. Canned meat, wild game, poultry and fish offer wonderful opportunities for exciting and flavorful meals. Guidelines are updated to include information for safely processing venison due to chronic wasting disease. An expanded recipe selection includes research-tested family favorites.



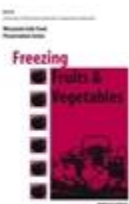
### [Canning Salsa Safely](#)

**Item #: B3570** 16 pages. What will you do with all those tomatoes? Follow these recipes for safe and easy salsa your whole family will enjoy. These guidelines are for Wisconsin home garden tomato and pepper varieties – and a few new fruit salsa recipes are included. Salsa recipes have been research-tested to ensure they contain enough acid to be processed safely in a boiling water canner at Wisconsin elevations.



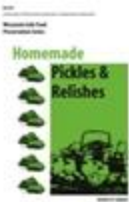
### [Canning Vegetables Safely](#)

**Item #: B1159** 24 pages. What could be more delicious than winter meals with vegetables from your summer garden? Follow these guidelines for safely canning vegetables in a pressure canner, revised with current research findings and updated for Wisconsin home garden varieties, conditions and elevations.



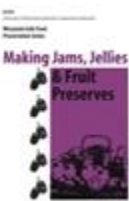
### [Freezing Fruits and Vegetables](#)

**Item #: B3278** 24 pages. Would you like to enjoy bright, crisp garden green beans all year long? How about ripe, juicy raspberries? Freezing lets you enjoy the bounty of your garden and orchards all year long. Research-tested guidelines for safe preparation and preservation of peak-of-the-season fruits and vegetables



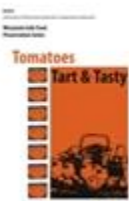
[Homemade Pickles and Relishes](#)

**Item #: B2267** 60 pages. Crispy pickles are the highlight of many family picnics. Guidelines for genuine crock pickles and many newly updated recipes for quick pack pickles are included in this bulletin. For a tasty treat, try new recipes for frozen pickles. Research-tested recipes ensure safe, high quality pickles to share with family and friends.



[Making Jams, Jellies and Fruit Preserves](#)

**Item #: B2909** 65 pages. Favorite home-prepared treats include fresh strawberry jam, peach butter, or blueberry syrup. Guidelines include newly updated research-tested recipes for delicious jams and jellies, fruit butter, syrups and preserves. Expanded to include recipes for low-sugar or no-sugar products.



[Tomatoes Tart and Tasty](#)

**Item #: B2605** 32 pages. Canning tomatoes can be fun — and very rewarding. Guidelines for safely canning tomatoes from home gardens, revised with current research findings and updated for Wisconsin tomato varieties, conditions and elevations. Research-tested recipes have been reviewed to ensure safe, high quality products.



[Wisconsin Food Processing Guide](#)

**Item #: N4094**



[Make Your Own Sauerkraut](#)

**Item #: B2087**



[Harvesting Vegetables from the Home Garden](#)

**Item #: A2727**



[Storing Fruits and Vegetables from the Home Garden](#)

**Item #: A3823**