

Food Preservation Resources

Interested in canning or freezing? Don't use grandma's recipes!

It is essential to use current tested recipes and procedures to make sure your food is safe.

ISU Extension Home Food Preservation Resources

<https://www.extension.iastate.edu/healthnutrition/food/preservation>

Iowa State University Extension Food Preservation Publications

- [Preserve Food Safely](#) - N 3332 (pdf)
- [Canning and Freezing Tomatoes](#) - PM 638 (pdf)
- [Freezing Prepared Foods](#) - PM 799 (pdf)
- [Canning Fruits](#) - PM 1043 (pdf)
- [Canning Vegetables](#) - PM 1044 (pdf)
- [Freezing Fruits and Vegetables](#) - PM 1045 (pdf)
- [Making Fruit Spreads](#) - PM 1366 (pdf)
- [Making Pickles and Pickle Products](#) - PM 1368 (pdf)

ISU Extension Answerline (Toll free in Iowa)

- 800-262-3804 OR www.extension.iastate.edu/answerline

National Center for Home Food Preservation <http://www.uga.edu/nchfp/>

So Easy to Preserve (University of Georgia)

<http://www.uga.edu/setp/> OR soeasytopreserve.com

USDA Complete Guide to Home Canning <http://foodsafety.cas.psu.edu/canningguide.html>

Ball Blue Book <http://www.freshpreserving.com/>

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