

# MAKING A DIFFERENCE *for Iowans*

## Clippings



**Lyon • O'Brien • Osceola • Sioux Counties**

A Weekly Column from Iowa State University Extension and Outreach

Week of April 20, 2015

**For Immediate Release**

## Updates for Home Food Preservers

*Renee Sweers, Human Sciences Specialist, Nutrition and Health*

Iowa State University (ISU) Extension and Outreach is your source for up-to-date, accurate and safe information on home food preservation. Publications and programs are under regular review and revision and some important changes have been made for this year's gardening and preserving season.

**Food Preservation 101** – This is a 2-hour overview of general food preservation principals. It includes an overview of canning, drying and freezing foods. The class includes food safety information, guidelines for canning, freezing and drying, an overview of equipment and utensils, and sources of safe and tested food preservation information. Contact your local county ISU Extension and Outreach office to find out where the closest one is in your area.

### **New and Revised Food Preservation Publications**

Brand New! *HS21-Canning Salsa* – Hot off the press for 2015! Additionally, two other publications were recently revised *PM1368 -Canning Pickles* and *PM1045- Freezing Fruits and Vegetables*. Anyone who has older versions of these publications should discard them and get the newest version.

Other food preservation publications include the following:

*PM 638 – Canning and Freezing Tomatoes*

*PM 1043 Canning Fruits*

*PM 1044 Canning Vegetables*

*PM 1366 Canning Fruit Spreads*

*PM 3021 Canning Meat, Poultry, Wild Game and Fish*



ISU Extension and Outreach publications can be accessed through the online store <https://store.extension.iastate.edu/>. Type in the publication number or name to get these or any other publications. The food preservation publications can all be downloaded to view or to print.

**Preserve the Taste of Summer** – a great opportunity for those that want to learn beyond the basic overview. This is an online course and accompanying hands-on food preservation workshop. It has been revised to include a simpler process and a reduced cost. Register online at [www.extension.iastate.edu/registration/events/conferences/preservation/](http://www.extension.iastate.edu/registration/events/conferences/preservation/)

**Pressure Canner Testing** – Dial gauge pressure canners should be tested annually for accuracy. Check with the ISU Extension and Outreach office nearest you to see if this service is available.

**Answerline** - Questions about food preservation can also be directed to ISU Extension and Outreach Answerline. Experts answer questions M –F, 9 a.m. – noon and 1 p.m. – 4 p.m.

- In Iowa: 1-800-262-3804  
*Relay Iowa phone linkage for deaf/hard-of-hearing individuals, 1-800-735-2942*
- In Minnesota: 1-800-854-1678
- In South Dakota: 1-888-393-6336

Questions can also be emailed to [answer@iastate.edu](mailto:answer@iastate.edu). Frequently asked questions and other resources are also available at the Answerline website: [www.extension.iastate.edu/humansciences/answerline](http://www.extension.iastate.edu/humansciences/answerline)

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