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/

**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. Frequently asked questions and other resources are also available at the Answerline website: www.extension.iastate.edu/humansciences/answerline

ISU Extension and Outreach Contact:
Renee Sweers, Human Sciences Specialist, Nutrition and Health
Iowa State University Extension and Outreach
712-276-2157, rsweers@iastate.edu