



**CLIPPINGS** a weekly column from Iowa State University Extension and Outreach

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**For Immediate Release**

**Preserve the Taste of Summer**

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Gardens and Farmers Markets are overflowing with the bounty of summer. Home food preservation is not hard, but current guidelines need to be followed to keep home-preserved foods safe and at highest quality.

Here are a few basics tips:

1. Use the right source. Get canning recipes and procedures that follow the most current USDA food preservation guidelines. Internet sites like Pinterest, back-to-nature, or celebrity websites may not contain up-to date canning procedures and recipes. General cookbooks, manuals from older pressure canners and church or community cookbooks are also not good guides for food preservation. Significant changes in recommended canning procedures were made in 1994. Updates and revisions were made in 2006 and 2009 by the USDA. Even grandma's canning recipes may not be safe!

Reliable sites with tested recipes include:

- Preserve the Taste of Summer Resources from Iowa State University Extension and Outreach - Download at: [www.extension.iastate.edu/humansciences/preserve-resources](http://www.extension.iastate.edu/humansciences/preserve-resources)
  - Canning and Freezing Tomatoes - PM 638
  - Canning Fruits - PM 1043
  - Canning Vegetables - PM 1044
  - Freezing Fruits and Vegetables - PM 1045
  - Making Fruit Spreads - PM 1366
  - Making Pickles and Pickle Products - PM 1368
  - Canning Meats, Poultry, Wild Game and Fish - PM 3021
  - Canning Salsa – HS 0021
- National Center for Home Food Preservation, [www.uga.edu/nchfp/](http://www.uga.edu/nchfp/)
- So Easy to Preserve (University of Georgia), [www.soeasytopreserve.com](http://www.soeasytopreserve.com)
- USDA Complete Guide to Home Canning, [foodsafety.cas.psu.edu/canningguide.html](http://foodsafety.cas.psu.edu/canningguide.html)

2. Start with the freshest produce possible. Plan your schedule so you can go to the Farmers Market or harvest from your own garden early in the day, leaving ample time to do the canning, freezing or dehydrating.
3. Keep quantities small. It is best to can and freeze foods in pint or quart-sized quantities. It is difficult to correctly process the canned jars in a larger size and freezing fruits or vegetables in larger quantities may not freeze quick enough, reducing the quality of the product. Always use the size jar the recipe or canning procedure recommends.
4. Low acid vegetables such as green beans, corn, beets, and carrots cannot be canned using the 'water bath' canning method. It is not a safe practice. Low acid vegetables must be canned with a pressure canner or frozen.
5. Add acid (either lemon juice or citric acid) when canning tomatoes. Go to one of the tested sources to learn how.
6. Do not can tomatoes or any other food in the oven. Use only tested recipes and procedures.
7. A sealed jar is not necessarily a safe jar. Even if the jar sealed, if the canning procedure was not correct the product may not be safe.

Contact your local ISU Extension and Outreach County Extension office for more information about food preservation, resources and workshops.

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