



Food Preservation, Safety, & Storage Publications

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Canning

- PNW 199 **Canning Fruits**
How to can fruit and fruit juice using a boiling water canner.
1993, Price: \$1.00
Online: <http://info.ag.uidaho.edu> Catalog, Family & Consumer Issues, Food & Nutrition
- PNW 361 **Canning Meat, Poultry, and Game**
How to pressure can meat, poultry, and game.
1999, Price: \$1.00
- PNW 194 **Canning Seafood**
How to pressure can fish and shellfish.
2003, Price: \$1.50
Online: <http://info.ag.uidaho.edu> Catalog, Family & Consumer Issues, Food & Nutrition
- PNW 300 **Canning Tomatoes and Tomato Products**
How to can tomatoes and tomato products such as Mexican tomato sauce and spaghetti sauce using a boiling water canner or a pressure canner.
1989, Price: \$1.00
Online: <http://info.ag.uidaho.edu> Catalog, Family & Consumer Issues, Food & Nutrition
- PNW 172 **Canning Vegetables**
Directions and research-tested canning times for using a pressure canner to can vegetables at home.
1999, Price: \$1.00
- PNW 450 **Home Canning Smoked Fish**
How to can smoked fish safely.
1993, Price: \$1.00
Online: <http://info.ag.uidaho.edu> Catalog, Family & Consumer Issues, Food & Nutrition
- EB 1665 **Let's Preserve Jelly, Jam, Spreads**
Make jams and jellies with and without pectin and also with reduced sugar.
- PNW 395 **Extracting Juice for Jelly & Steam Juicers**
- PNW 395 **Salsa Recipes for Canning**
You can safely can a variety of salsas in a boiling water canner by following the procedures in this publication. Discusses salsa ingredients, including spices and sources of acid. Seven recipes include Tomato Green Salsa, Tomato Taco Sauce, and Hot Tomato Pepper Sauce
2000, Price: \$1.00
- PNW 421 **Using and Caring for Your Pressure Canner**
Pressure canning is the only safe way to can meat, poultry, seafood, and vegetables. This booklet explains how to keep your pressure canner in top condition and use it safely.
2008, Price: \$1.50
Online: <http://info.ag.uidaho.edu> Catalog, Family & Consumer Issues, Food & Nutrition
- ClearJel[®]**
Canned pie filling. Contact your Extension office for where to purchase or more information. ClearJel[®] is available only through a few supply outlets and is not currently available in traditional grocery stores.

Freezing

- PNW 296 **Freezing Convenience Foods**
Learn all about freezing foods that you have prepared at home, including cakes; pies; meat, fish, poultry, and pasta dishes; soups, meals in a bag; and vegetable dishes. Find out which items not to freeze and the best ways to get foods from the freezer to the table ready to eat.
2002, Price: \$2.00
Online: <http://info.ag.uidaho.edu> Catalog, Family & Consumer Issues, Food & Nutrition
- PNW 214 **Freezing Fruits and Vegetables**
How to freeze fruits with syrup, sugar, or water or juice pack. How to prepare and blanch vegetable before freezing and how to freeze them.
2007. Price: \$1.50
Online: <http://info.ag.uidaho.edu> Catalog, Family & Consumer Issues, Food & Nutrition

- EB 1195 **Freezing Meat, Fish and Poultry at Home**
A helpful pamphlet to help you store frozen meat properly and reduce freezer burn.
1983, Price: \$1.00
- PNW 586 **Home Freezing of Seafood**
Learn how to prepare and freeze fish so that it tastes almost as fresh and delicately flavored as the day it was caught.
2006, Price: \$1.00
Online: <http://info.ag.uidaho.edu> Catalog, Family & Consumer Issues, Food & Nutrition
- What to do if the Freezer Stops**
- ## Pickling – Smoking – Curing
- PNW 183 **Pickling Fish and Other Aquatic Foods for Home Use**
Outlines the basic steps in pickling fish and gives a basic recipe suitable for pickling most fish with high oil contents.
2007, Price: \$1.00
Online: <http://info.ag.uidaho.edu> Catalog, Family & Consumer Issues, Food & Nutrition
- PNW 355 **Pickling Vegetables**
Learn how to make brined and quick pickles, including sauerkraut. The 18-page booklet includes tested recipes and pointers for using untested recipes.
2007, Price: \$3.00
Online: <http://info.ag.uidaho.edu> Catalog, Family & Consumer Issues, Food & Nutrition
- EB 1104 **Pickled Eggs**
Besides being a conversation topic at a party with their bright colors, pickled eggs are tasty and nutritious. This publication tells you how to select eggs for pickling; how to cook, peel, and pickle; preparing the pickling solution; and recipes.
2002, Price: \$1.00
Online: <http://pubs.wsu.edu> Family and Home, Food Preparation and Preservation
- Penn State **Let's Preserve Sauerkraut**
Instructions for making and preserving sauerkraut.
2007, Price: \$0.25
Online: <http://pubs.cas.psu.edu/FreePubs/pdfs/uk133.pdf> (Penn State University)
- EB 1660 **Curing and Smoking Poultry Meat**
Explains how to cure and smoke chicken, turkey, and other poultry. Includes instructions brining, liquid smoke, and natural smoking processes
1997, Price: \$1.00
Online: <http://pubs.wsu.edu> Family and Home, Food Preparation and Preservation
- EB 1661 **Homemade Meat, Poultry and Game Sausages**
This booklet describes the many different types of sausages and how they are made. It lists equipment and supplies for making fresh, cooked, semi-dry, or dry sausages and specialty meats. Includes recipes for these sausages: thuringer, liver, cotto salami, Polish, bockwurst, and country-style bologna.
2003, Price: \$1.00
Online: <http://pubs.wsu.edu> Family and Home, Food Preparation and Preservation
- PNW 238 **Smoking Fish at Home—Safely**
How to salt and smoke fish. Covers equipment and suggested wood for smoking.
1991, Price: \$1.00
Online: <http://info.ag.uidaho.edu> Catalog, Family & Consumer Issues, Food & Nutrition

Drying

PNW 397

Drying Fruits & Vegetables

Written primarily for drying in an electric dehydrator, this guide applies as well to oven and sun drying. Sections cover selecting, preparing, and pretreating foods for drying as well as storing and using dried foods. A drying chart gives specific suggestions for drying dozens of different fruits and vegetables. Covers how to make fruit leathers and gives recipes using dried foods.

2000, Price: online only

Online: <http://info.ag.uidaho.edu> Catalog, Family & Consumer Issues, Food & Nutrition

Other

PNW 517

Big Game from Hunt to Home

For your next hunting trip, the information in this bulletin will make sure the meat you bring home will be high quality. Meat from big game animals (deer, antelope, elk, moose, and bear) is a nutritious choice for family meals. Step-by-step instructional text and photos tell how to field dress the animal and protect the meat by cooling it quickly. Aging and transporting to a cooler are discussed. An illustrated guide shows skinning and butchering. Authors offer step-by-step instructions for jerking, canning, and freezing. Diagrams show butcher and drugstore wrap methods for freezing meat. Also includes whole meal cooking tips with recipes for main dishes, herbs, sauces, and desserts. Translates carcass weights into expected meat cuts. Nutritional data on calories, protein, and fat content of game meat

1999, Price: \$2.50

Online: <http://info.ag.uidaho.edu> Catalog, Family & Consumer Issues, Food & Nutrition

HS 007

Food Preservation for Special Diets

With a few precautions and changes in standard recipes, you can freeze, can, dry, juice, pickle, and make jam and jelly without sugar and/or salt.

1997, Price: \$1.00

PNW 539

Queso Fresco: Fresh Cheese Made Safely

Here is a fabulous recipe for the fresh cheese used in traditional Mexican cooking.

2000, Price: Online

Online: <http://info.ag.uidaho.edu> Catalog, Family & Consumer Issues, Food & Nutrition

Ball® Blue Book of Preserving

Not long ago, canning and storing jars of fresh-picked produce and ready-to-serve homemade recipes was a necessity. Today, it is about enjoying the great taste and goodness of fresh foods right in your own kitchen. Tried and true recipes and the right tools, mixes and ingredients make it easy to capture the genuine fresh flavor that people have enjoyed for generations. Published by Jarden Home Brands.

Contact your local Extension office. Also available in some stores that carry canning supplies.

So Easy to Preserve

This beautiful book contains the latest U.S. Department of Agriculture recommendations for safe food preservation. **So Easy To Preserve** is now a 375-page book with over 185 tested recipes, along with step by step instructions and in-depth information for both the new and experienced food preserver. Chapters include *Preserving Food, Canning, Pickled Products, Jellied Fruit Products, Freezing and Drying*. This 5th edition has 35 new tested recipes and processes, in addition to a new section with recommended procedures for home-canned salsas. Contact your local Extension office for ordering information.

2006, Price: \$18 order from the University of Georgia

USDA Complete Guide to Home Canning

This comprehensive U.S. Department of Agriculture publication covers everything from the principles of canning to actual directions for canning tomatoes and tomato products; vegetables; poultry, red meats and seafood; fermented and pickled vegetables; and jam and jellies

1994, Price: \$15

Online: http://www.uga.edu/nchfp/publications/publications_usda.html

Food Storage

- CIS 850 **Controlling Stored-food Pests in the Home**
Learn to recognize the primary insect pests that infest home food, how to keep your kitchen and pantry clear of food pests, and how to treat an infestation should one occur. 4 pp.
2001, Price: \$1.00
Online: <http://info.ag.uidaho.edu> Catalog, Family & Consumer Issues, Food & Nutrition
- BUL 617 **Harvesting and Storing Fresh Garden Vegetables**
Harvesting vegetables at the right stage of maturity and storing them properly helps ensure top taste, nutrition, and storage life. This publication explains how, covering vegetables from asparagus to turnips and giving the nutritional profile of each.
2003, Price: \$3.00
Online: <http://info.ag.uidaho.edu> Catalog, Family & Consumer Issues, Food & Nutrition
- EB 1103 **Selecting, Preparing, and Judging Quality Vegetables**
Tells how to select, prepare for exhibition, and store vegetables to get the most nutrients and value from them. A handy quick reference guide covers almost any vegetable found in most kitchens.
1991, Price: \$1.00
- CIS 1004 **Storing and Treating Emergency Home Water Supplies**
The Quality Water for Idaho series discusses ways farmers and homeowners can ensure the present and future safety of ground and surface waters in Idaho.
1993, Price: Online
Online: <http://info.ag.uidaho.edu> Catalog, Family & Consumer Issues, Food & Nutrition
- EB 1326 **Storing Fruits and Vegetables at Home**
Offers the essentials for storing vegetables and fruits in pits, cellars, or basements without refrigeration. Tells how to provide the right temperature, humidity, and ventilation. Well illustrated and containing easy to read tables, this publication can increase your food storage capacity, save money, and help you use more of your garden's production.
2001, Price: \$1.00
Online: <http://pubs.wsu.edu> Family and Home, Food Preparation and Preservation

In Spanish

- WREP 114 **Envasado de Frutas (Canning Fruits)**
El envasado casero de frutas requiere de mucho cuidado para eliminar microorganismos que puedan reducir la calidad del alimento. En esta publicación se describen instrucciones que son resultado de investigaciones científicas para el envasado seguro de frutas. El boletín contiene recomendaciones para la selección del equipo, preparación de la fruta, procesamiento en baño María, pruebas de sellado, etc.
2000, Price: \$1.50
- WREP 113S **Envasado de Hortalizas (Canning Vegetables)**
El empleo de una envasadora a presión puede ser una excelente forma de obtener mayores beneficios de su huerta. Cuando los alimentos son preparados de manera adecuada, ellos retienen su sabor y sus nutrientes. En contraste, cuando no son preparados de manera apropiada pueden llevar a la muerte, causar enfermedades graves, o simplemente tener muy mal sabor. Bajo determinadas condiciones, las bacterias, los hongos y mohos pueden producir toxinas o venenos. Este boletín está diseñado para proveer información necesaria para que un envasador casero pueda seleccionar el equipo, prepare y empaque las cantidades adecuadas de hortalizas, y selle, enfríe y almacene sus hortalizas.
2004, Price: \$2.00
Online: <http://pubs.wsu.edu> Family and Home, Food Preparation and Preservation
- WREP 112 **Envasado de Tomates (Canning Tomatoes)**
El envasado casero de productos conteniendo tomates es una práctica conveniente cuando los tomates son abundantes y baratos. Asimismo, si el envasado no se efectúa asegurándose que el producto sea seguro, existe un alto riesgo de deterioro y contaminación. En esta publicación se incluyen criterios para elegir los equipos envasadores, preparación previa de los tomates, métodos de envasado etc., y se proveen instrucciones para el envasado de diversas salsas conteniendo tomates, vegetales y carne. Todos los procedimientos descritos en la publicación han sido comprobados científicamente para asegurar un producto seguro, saludable y de alta calidad.
2000, Price:
- PNW 395S **Recetas Para el Envasado de Salsas**
La mayoría de las recetas para salsas son una mezcla de alimentos poco ácidos, tales como cebollas y pimientos, con otros un tanto más ácidos, como tomates. Estas recetas para distintas variedades de salsas han sido ensayadas por expertos para asegurar que la acidez sea la apropiada para un proceso confiable y seguro de enlatado en conserva!
2000, Price: \$1.00
- PNW 539S **Queso Fresco Hecho Saludable**
En página dos se explica con claridad cómo hacer saludable el queso fresco.
2001, Price: Online
Online: <http://info.ag.uidaho.edu> Catalog, Family & Consumer Issues, Food & Nutrition
- EB 1785 **Cuidado Y Manejo de los Alimentos en el Hogar**
Online: <http://pubs.wsu.edu> Family and Home, Food Preparation and Preservation
- EB 1868S **Comida Segura para Los Niños**
Cómo prevenir enfermedades transmitidas por los alimentos en centros de guardería y en guarderías que funcionan en hogares de familia. Índice: Enfermedades transmitidas en los alimentos, higiene, cómo cuidar, bebés y niños menores de tres años, cómo cocinar, fuentes de alimentación, almacenaje de alimentos, hora de refrigerarlos y de almuerzo, días de campo, las mascotas y la preparación de alimentos, y fuentes de información.
2004, Price: \$2.00
Online: <http://pubs.wsu.edu> Family and Home, Food Preparation and Preservation
- FSIS 0037 **Como Hector Se Enfermo (How Hector Got Sick)**
Este folleto contiene una historieta relatando una escena cotidiana que puede llevar a traer problemas de salud: el olvido de los alimentos fuera de la nevera. El reverso del folleto contiene consejos detallados sobre cuánto tiempo duran los alimentos en la nevera, útiles para prevenir la posibilidad de intoxicaciones alimentarias.
1989, Price: \$1.00