



Resources for Safe Preserving

Your guide to safe preserving this summer



Follow a research-tested, up-to-date recipe from these sources:

National Center for Home Food Preservation

<https://nchfp.uga.edu>

How do I...

- Can (includes fruits, tomatoes, salsa, vegetables, meats)
- Freeze
- Dry
- Cure & smoke
- Ferment
- Pickle
- Make jam & jelly

Food Safety Extension Network

Search: NCFSEN

- Steam Can it Right
- Pressure Can it Right and more.....

Wisconsin Safe Preserving Recipes

From the Division of Extension Learning Store

<https://learningstore.extension.wisc.edu/>

- Freezing Fruits & Vegetables (B3278)
- Canning Fruits Safely (B0430) – updated 2020
- Canning Meat, Wild Game, Poultry & Fish Safely (B3345)
- Canning Salsa Safely (B3570)
- Canning Vegetables Safely (B1159)
- Tomatoes Tart & Tasty - updated 2021!
- Care & Use of a Pressure Canner (B2593)



Have canning or home preserving questions?

Contact your Wisconsin County Extension office. Fast Access to your local office:

<https://counties.extension.wisc.edu/>