

**Home Food Preservation**

**End of the Season**

**September 16, 2020**



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**NEBRASKA EXTENSION**

**FOOD PRESERVATION TEAM**


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**UP-TO-DATE, RESEARCH-TESTED RECIPE**

- ➔ **National Center for Home Food Preservation**  
<https://nchfp.uga.edu/>
- ➔ **University Extension websites, including**  
University of Nebraska-Lincoln ([food.unl.edu](http://food.unl.edu))  
University of Georgia (So Easy To Preserve)  
University of Wisconsin  
Penn State University
- ➔ **Fresh Preserving**



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**INTERNET SOURCES**

Be cautious

Check where they are getting their information

*Do you know?* **Home Food Preservation**  
Nebraska Extension

Many types of wild fruits can be used to make jams & jellies.

- Know your fruit - not all are edible.
- Do NOT consume fruit if fields nearby have been sprayed with pesticides or herbicides.
- Some fruits need extra acid to be safely canned, so follow a tested recipe.



**NE** EXTENSION  
#UNLFoodSafety



Source: North Dakota State University Extension for More information: <https://go.unl.edu/preserve-wildfruit>



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**SHARING YOUR PRESERVED ITEMS**

- Only when you have used recipes from documented resources
- Only if you have canned the food properly



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**SHORTAGE OF CANNING SUPPLIES**

**FLATS**  
Never reuse  
Best if purchased each year. Reusing them can cause seal failure, which can cause spoilage and be unsafe to consume.

**REPLACEMENT PARTS**  
Gauges, seals, gaskets

**CONSIDER THESE OPTIONS**  
Freezing  
Refrigeration  
Drying  
Presentations on September 2 on Freezing and Drying  
<https://food.unl.edu/article/home-food-preservation-series>

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**CARING FOR YOUR INVESTMENT**

**STORAGE OF FROZEN ITEMS**


Stored at 0°F or lower  
Freezer thermometer

Best quality, use within 8 - 12 months.

<https://food.unl.edu/article/what-do-perishable-food-during-power-outage>



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**CARING FOR YOUR INVESTMENT**


**STORAGE OF DRIED ITEMS**

Cool, dark location  
or refrigerator/freezer

Best quality, use within one year.



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**CARING FOR YOUR INVESTMENT**

**STORAGE**

Clean and Dry  
Air circulation is important

Reminder to check your  
pressure canner gauge



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**CARING FOR YOUR INVESTMENT**

**STORAGE OF CANNED ITEMS**

Remove rings  
Low humidity  
Low light/dark  
Optimum temperatures

Best quality, use within one year.



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**CARING FOR YOUR INVESTMENT**

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**ON GUARD AGAINST SPOILAGE**

**NEVER TASTE OR USE ITEMS THAT SHOW SPOILAGE**

Examine all jars before opening  
Look for bulging lids or leaking jars

If jars show signs of spoilage, treat as if it has botulism and handle carefully:

<https://extension.wsu.edu/foodsafety/what-you-need-to-know-about-botulism/>

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**HOW MUCH DID YOU PROCESS?**

Track items in pantry/freezer/external storage

**How much should you eat?**  
The amount of food you should eat daily after the amount of feeding, should be based on the amount of food you are eating. It is not a measure of the amount of food you are eating.

Age	Sex	Weight (kg)	Weight (lb)	Energy (kcal)	Energy (kcal)	Energy (kcal)	Energy (kcal)	Energy (kcal)	Energy (kcal)
1	M	10	22	1000	1000	1000	1000	1000	1000
1	F	10	22	1000	1000	1000	1000	1000	1000
2	M	12	26	1200	1200	1200	1200	1200	1200
2	F	12	26	1200	1200	1200	1200	1200	1200
3	M	15	33	1500	1500	1500	1500	1500	1500
3	F	15	33	1500	1500	1500	1500	1500	1500
4	M	20	44	2000	2000	2000	2000	2000	2000
4	F	20	44	2000	2000	2000	2000	2000	2000
5	M	25	55	2500	2500	2500	2500	2500	2500
5	F	25	55	2500	2500	2500	2500	2500	2500
6	M	30	66	3000	3000	3000	3000	3000	3000
6	F	30	66	3000	3000	3000	3000	3000	3000
7	M	35	77	3500	3500	3500	3500	3500	3500
7	F	35	77	3500	3500	3500	3500	3500	3500
8	M	40	88	4000	4000	4000	4000	4000	4000
8	F	40	88	4000	4000	4000	4000	4000	4000
9	M	45	99	4500	4500	4500	4500	4500	4500
9	F	45	99	4500	4500	4500	4500	4500	4500
10	M	50	110	5000	5000	5000	5000	5000	5000
10	F	50	110	5000	5000	5000	5000	5000	5000


**WHO MUCH SHOULD YOU PROCESS?**

Chart from National Center for Home Food Preservation Site


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**USE OF PROCESSED ITEMS THROUGHOUT THE YEAR**

**Gifts**




**Quick Appetizers**



**Menu Planning**



**Search Cue**



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**JAR SIZES VERSUS COMMERCIAL CANNED JARS**

quart



32 oz

pint



16 oz

half pint



8 oz

quarter pint



4 oz



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**SPICE BLENDS**



**ITALIAN SPICE**

Basil, Thyme, Oregano, Rosemary, Sage, Garlic Powder, Hot Pepper Flakes

**MEXICAN SPICE**

Chili Powder, Ground Cumin, Oregano, Garlic Powder, Ground Coriander, Seasoned Salt

**CAJUN SPICE**

Chili Powder, Paprika, Onion Flakes, Garlic Powder, Ground Allspice, Thyme, Cayenne pepper

<https://www.freshpreserving.com/blog/herbed-tomatoes>

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*There is no such thing as too many Mason Jars!*

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