EXTENSION
Utah State UNIVERSITY

Food Safety

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What's NEW! in home canning?

Utah Home Food Preservation Update

Home food preservation remains popular in the U.S.; and, especially popular in Utah.

The safety of Home Food Preservation recipes and processes must be scientifically determined before Extension will recommend them. There are only a few sources of scientifically validated recipes and processes:

1. National Center for Home Food Preservation. (http://www.homefoodpreservation.com). This should be your first stop looking for safe home food preservation resources. There are several thousand pages of information and links to all of the USDA Complete Guide to Home Canning pages.

2. Utah State University home food preservation factsheets and publications (http://extension.usu.edu/htm/publications).

3. The USDA Complete Guide to Home Canning. (http://www.uga.edu/nchfp/publications/usda/can_guide_order.html).

4. Other states Cooperative Extension Publications.

5. Ball Blue Book. This is the only commercial source of trusted home canning information. The recipes and processes in the book were validated with the assistance of University researchers many years ago.

Many home food preservers have asked why there are not any new recipes being tested. The main reason is cost. Each recipe and process must be validated safe using thorough research. Unfortunately, there are no funds sponsoring such research.

There is one exception. The National Center for Home Food Preservation at the University of Georgia has received support from the USDA to perform some limited research.

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They have developed several new home food preservation recipes and processes since 2001. *All links refer to NCHFP web pages.*

Bread and Butter Pickled Jicama

Cantaloupe Pickles

Easy Hot Sauce

Chayote and Jicama Slaw

Chayote and Pear Relish

Cranberry Orange Chutney

Cayenne Pepper Sauce

Lemon Curd, Canned

Mango Chutney

Mango Salsa

Mango Sauce

Peach Apple Salsa

Pickled Asparagus

Pickled Baby Carrots

Pickled Carrots

Pickled Yellow Pepper Rings

Pickled Jalapeño Rings

Pickled Pearl Onions

Spicy Jicama Relish

Spicy Cranberry Salsa

Tangy Tomatillo Relish

No Sugar Added Cantaloupe Pickles

No Sugar Added Pickled Beets

No Sugar Added Sweet Pickle Cucumber Slices

Mango Leather

Lemon Curd, Freezer

What does "science-based" mean?

Have you ever wondered what goes into the science behind validating the safety of a home food preservation recipe and process? Here is a link to the National Center for Home Food Preservation's scientific publications: http://www.uga.edu/nchfp/pres_papers.html. Click on one of the research documents to see the complexity of the data for yourself. Here's an example of safe acidification of a salsa: (link).

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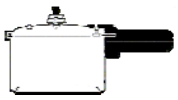

USU Extension is your source for scientifically validated and safe home food preservation recipes and processes.