

Food Preservation - Start Here

Food preservation options include freezing, dehydrating and canning. Using the correct preservation method will safely preserve food and yield a quality product you can enjoy later.

If you are new to food preservation in Kansas, the place to start K-State Research and Extension. We know what works best for Kansas elevations and utilize tested recipes and resources researched by the University of Georgia and the National Center for Home Food Preservation.

There are two safe ways of canning, depending on the type of food being canned. The boiling water bath method is safe for fruits, tomatoes, pickles, jams and jellies. Pressure canning is the only safe method of canning vegetables, meats, poultry and seafood. (It is not safe to pressure can in an electric pressure cooker).

My colleagues at North Dakota State University Extension will host a three-session online food preservation class as part of the Field to Fork program.

The dates for the classes and the topics that will be covered are:

- July 22: Introduction to food preservation, freezing produce for best quality
- July 29: Let's make jams, jellies and pickles
- Aug. 5: Let's preserve tomatoes and salsa

The sessions will be held online from 2 to 3 p.m. Central time. The webinars also will be archived for later viewing; however, participating in the "live" webinar allows participants to interact with the presenter. This free course is a great opportunity to learn the basics. Advance registration is available: <https://www.ag.ndsu.edu/fieldtofork>.

If you already an expert with food preservation but need assistance with trouble shooting problems, give our office a call and we'll get you answers. At the state level, we have food preservation and food safety experts who are up-to-date on the latest research and can help provide best practices for success.

If you utilize a pressure canner with a dial gauge, be sure to have it tested for accuracy. This free service is available at the Cowley County Extension office and only takes a few minutes. Please call to make an appointment, 221-5450 or 441-4565

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K-State Research and Extension is a short name for the Kansas State University Agricultural Experiment Station and Cooperative Extension Service, a program designed to generate and distribute useful knowledge for the well-being of Kansans. Supported by county, state, federal and private funds, the program has county Extension offices, experiment fields, area Extension offices and regional research centers statewide. Its headquarters is on the K-State campus in Manhattan.