

## Preserving the Harvest



### Water Bath

Cooks at 212 degrees, killing microorganisms such as: mold, bacteria, yeasts (used for preservation of lower pH above 4.6 -stronger acid foods such as fruits, tomatoes, pickles, jams and jellies).

### Pressure Canning

Cooks to 240 degrees, killing bacteria clostridium botulinum (used for higher pH less than 4.6-stronger alkali foods such as vegetables, meats, poultry and seafood).

### Freezing

Reduces temperature to keep microorganism from growing.  
Blanching and quick freeze preserves color and freshness.



### Drying

Removes moisture to slow enzyme and microorganism growth.  
Dehydrators, outdoors, oven are methods.



### Pickles

Increased acidity preventing microorganism growth.  
5% acidic vinegar needed for preservation – apple or white.

### Jams and Jellies

Sugar binds with liquid preventing microorganisms growth.  
Freezer and water bath method for preservation.

Home preservation can be a safe and economical way to preserve quality food at home.  
Home preservation allows you to prepare special products that your family will enjoy.  
Home preservation can help fruits and vegetables maintain their nutrients.  
Home preservation provides great satisfaction when completed.

### Always follow proper guidelines and approved preservation methods.

Additional Information available:

USU Extension – 44 North 100 East St. George  
[http://www.uga.edu/nchfp/publications/usda/utah\\_can\\_guide\\_00.pdf](http://www.uga.edu/nchfp/publications/usda/utah_can_guide_00.pdf)  
 Ball Blue Book by Ball available at Premium Press America  
 National Center for Home Preservation - USDA Guidelines  
[http://www.uga.edu/nchfp/publications/publications\\_usda.html](http://www.uga.edu/nchfp/publications/publications_usda.html)  
 So Easy to Preserve – Cooperative Extension - The University of Georgia



*“Utah State University is an affirmative action/equal opportunity institution.”*

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