



FOOD PRESERVATION



WHAT'S IT ALL ABOUT?

Did your garden produce more tomatoes than you know what to do with, or are you just looking for some healthier prepared food options? In the food preservation project you will learn how to freeze and dry foods and make jams and jellies. You will also learn what to do with those tomatoes, cucumbers, and other advanced food preservation techniques.

HERE'S WHAT YOU CAN LEARN...

STARTING OUT

- ✿ Identify basic types of food preservation.
- ✿ Learn food freezing basics.
- ✿ Learn to freeze fruits, juices, vegetables, meats, fish, and poultry.
- ✿ Know how to properly thaw frozen products
- ✿ Learn food drying basics
- ✿ Learn to dry fruits, make fruit leathers, vegetables, and herbs.
- ✿ Know how to properly package and store dried foods.

LEARNING MORE

- ✿ Understand the basics of water canning
- ✿ Learn the difference for canning low acid and high acid foods
- ✿ Understand making altitude adjustments
- ✿ Learn the different between a hot pack and a raw pack
- ✿ Select the right produce and jars for canning
- ✿ Make salsa, jams, jellies, and pickles

GOING FURTHER

- ✿ Understand the basics of pressure canning
- ✿ Select a pressure canner
- ✿ Understand the types of produce, meats, poultry, and fish that require pressure canning
- ✿ Be able to prepare your jars and lids
- ✿ Can mixed vegetables, spaghetti sauce, dry beans, meat, poultry, and fish
- ✿ Conduct a taste test
- ✿ Properly label your products

RESOURCES

- ✿ Freezing Project Manual PNW650
- ✿ Boiling Water Canning Project Manual PNW652
- ✿ Drying Project Manual PNW651
- ✿ Pressure Canning Project Manual PNW653

TAKE IT FURTHER!

- ✿ Learn more about your local food systems by participating in a farm tour of one of your local farms.
- ✿ Visits a farmer's market to better understand local produce you can preserve.
- ✿ Participate in Food Cook Off at Showcase Showdown, use foods that you preserved in your recipe
- ✿ Plan a special meal that incorporates preserved foods for your family
- ✿ Do a comparison on the value (monetary or nutritional) of home preserved foods vs preserved foods purchased in a store
- ✿ Enroll in the 4-H gardening project and grow your own food to preserve

ENHANCE YOUR COMMUNICATION SKILLS

Give a demonstration on food safety when canning.

Create a display on the different food preservation methods

GET INVOLVED IN CITIZENSHIP AND SERVICE

Donate canned food to the local food pantry.

Work with your local food pantry to can items to preserve items that might otherwise be wasted

Volunteer to help with a local community garden

LEARN ABOUT LEADERSHIP

Organize a food preservation workshop at your local library or community center

Host a freezer meal making session

EXHIBIT IDEAS

- ✿ Enter canned items
- ✿ Enter items you freeze
- ✿ Enter dried foods
- ✿ Create a display chart showing pH values of your favorite fruits and vegetables and the correct canning method to use for those foods
- ✿ Make a poster on the importance of head space
- ✿ Create a display on how to prevent oxidation
- ✿ Design your own labels for your preserved foods
- ✿ Make a favorite preservation recipe book

Issued in furtherance of extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture.

Glen Whipple, director, University of Wyoming Extension, University of Wyoming, Laramie, Wyoming 82071.

The University is committed to equal opportunity for all persons in all facets of the University's operations. All qualified applicants for employment and educational programs, benefits, and services will be considered without regard to race, color, religion, sex, national origin, disability or protected veteran status or any other characteristic

