

Extension Column – July 2, 2020
Buffalo County Extension
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Food Preservation Basics

Gardens are a great way to have fresh produce all summer long. Many gardens produce more food than a family can use. A great way to save some of this extra bounty is to preserve it. Just remember, safe guidelines need to be followed, so a safe, good quality product is being stored.

Canning, freezing, and drying are the three main methods of preserving food. The method used will depend on several factors. First, there must be safe guidelines for the methods of preservation available for the type of food to be preserved. Then think about how the finished products will need to be stored, how much it will cost and how family members will like the product. Not all foods can be preserved by canning, freezing, and drying. Yet some foods may produce excellent results, regardless of the method used, as long as the directions are followed carefully.

Use only *tested, currently approved recipes* and follow the instructions *exactly* for ingredient amounts and processing method and time. Not every recipe in cookbooks, on the internet or social media has been tested for safety.

Follow processing time and/or pressure guidelines exactly. Processing time and/or pressure need to be adjusted according to local altitude. In Buffalo County, increase processing time by 5 minutes for a recipe using the boiling water bath method. For recipes, which require pressure canner method, the adjustment to make is increase pressure 2 pounds for dial gauges and 5 pounds for weighted gauges.

For more food preservation information, contact Nebraska Extension in Buffalo County,
1400 East 34th Street, Kearney, NE 68847 or call 308-236-1235.