

# Where Do You Find Safe, Reliable Canning Recipes?

Recipes in the following sources have been carefully tested in university laboratories. Recipes prepared as described and processed as recommended produce food that is safe and of highest possible quality. Recipes and recommendations for making high quality soft spreads (jams, jellies) and for pickling, freezing and drying are included as well.

- So Easy to Preserve. 2006. 5th ed. Revised by Drs. E.L. Andress and J.A. Harrison. Cooperative Extension, The University of Georgia, Athens, GA. (<http://setp.uga.edu>; currently out of print; 6th edition expected this summer.) This book is the authoritative source for pressure canning procedures and recipes and offers excellent troubleshooting tips.
- Clemson University Home and Garden Information Center (<https://hgic.clemson.edu/>)
- National Center for Home Food Preservation. University of Georgia, ([www.nchfp.uga.edu](http://www.nchfp.uga.edu))
- *Complete Guide to Home Canning*. 2009. USDA NIFA. Agriculture Bulletin 539. Free download available at ([http://nchfp.uga.edu/publications/publications\\_usda.html](http://nchfp.uga.edu/publications/publications_usda.html))
- *Ball Blue Book Guide to Preserving*. 2010. Hearthmark, LLC, d.b.a. Jarden Home Brands, Daleville, IN. Ball web site ([www.freshpreserving.com](http://www.freshpreserving.com))
- Norma MacRae. 1996. *Canning and Preserving without Sugar*, 4th ed. Globe Pequot, Guilford, CT.
- Freezing and Food Safety. Last updated June 15, 2013. USDA Food Safety and Inspection Service, ([http://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling/freezing-and-food-safety/CT\\_Index](http://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling/freezing-and-food-safety/CT_Index))
- Deanna DeLong, 2006. *How to Dry Foods: The Most Complete Guide to Drying Foods at Home*. Penguin Group, New York.
- Janet Greene, Ruth Hertzberg, and Beatrice Vaughan. 2010. *Putting Food By*, 5th ed. Penguin Group, New York.

We strongly recommend that folks not use untested canning methods from relatives, friends, neighbors, or from the internet. Spores of *Clostridium botulinum*, the organism that causes botulism, are present in most foods. Reliable food preservation methods from the sources above are designed to kill or control the growth of *C. botulinum* and other disease-causing organisms. Use reliable, tested, science-based methods to keep your family safe.