



Preserving Wisconsin's Harvest

University of Wisconsin Extension

The University of Wisconsin Extension offers a series of food preservation bulletins in the Wisconsin Safe Food Preservation publications. Guidelines are for Wisconsin home garden varieties, conditions and elevations. Recipes are research-tested for safe preparation and preservation methods.

- § ***Canning Salsa Safely B3570***, 16 pages. What will you do with all those tomatoes? Follow these recipes for safe and easy salsa your whole family will enjoy. These guidelines are for Wisconsin home garden tomato and pepper varieties – and a few new fruit salsa recipes are included. Salsa recipes have been research-tested to ensure they contain enough acid to be processed safely in a boiling water canner at Wisconsin elevations.
- § ***Canning Vegetables Safely B1159***, 24 pages. What could be more delicious than winter meals with vegetables from your summer garden? Follow these guidelines for safely canning vegetables in a pressure canner, revised with current research findings and updated for Wisconsin home garden varieties, conditions and elevations.
- § ***Freezing Fruits & Vegetables B3278***, 24 pages. Would you like to enjoy bright, crisp garden green beans all year long? How about ripe, juicy raspberries? Freezing lets you enjoy the bounty of your garden and orchards all year long. Research-tested guidelines for safe preparation and preservation of peak-of-the-season fruits and vegetables.
- § ***Tomatoes Tart & Tasty B2605***, 32 pages. Canning tomatoes can be fun — and very rewarding. Guidelines for safely canning tomatoes from home gardens, revised with current research findings and updated for Wisconsin tomato varieties, conditions and elevations. Research-tested recipes have been reviewed to ensure safe, high quality products.
- § ***Homemade Pickles and Relishes B2267***, 60 pages. Crispy pickles are the highlight of many family picnics. Guidelines for genuine crock pickles and many newly updated recipes for quick pack pickles are included in this bulletin. For a tasty treat, try new recipes for frozen pickles. Research-tested recipes ensure safe, high quality pickles to share with family and friends.
- § ***Jams, Jellies and Fruit Preserves B2909***, 65 pages. Favorite home-prepared treats include fresh strawberry jam, peach butter, or blueberry syrup. Guidelines include newly updated research-tested recipes for delicious jams and jellies, fruit butter, syrups and preserves. Expanded to include recipes for low-sugar or no-sugar products.
- § ***Canning Fruits Safely B0430***, 36 pages. Canned fruit can be a delicious addition to any family meal. Recipes have been updated and expanded to include steps for processing safe, high quality fruits from the market or your home orchard.
- § ***Canning Meat, Wild Game, Poultry and Fish Safely B3345***, 32 pages. Canned meat, wild game, poultry and fish offer wonderful opportunities for exciting and flavorful meals. Guidelines are updated to include information for safely processing venison due to chronic wasting disease. An expanded recipe selection includes research-tested family favorites.

Contact Polk County UWEX office for purchase information (715)485-8600, or download these bulletins for free from **Safe & Healthy: Preserving Food at Home** <http://fyi.uwex.edu/safepreserving/> (see the **Recipes** tab).

Other information can be found at the web site for the **National Center for Home Food Preservation**: www.uga.edu/nchfp/