

Food Preservation Publication Order Form Lincoln County UW-Extension

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Quantity	Publication	Cost per Publication	Total Cost
	Food Safety for Community Suppers (3)	\$0.60	
	Pantry Food Safety (2)	\$0.90	
	Freezer Storage (2)	\$0.90	
	Refrigerator Storage (2)	\$0.90	
	Food Preservation - Equipment and Supplies (2)	\$0.60	
	Using and Caring for a Pressure Canner (1 & 2)	\$1.00	
	Safe Canning Methods (2)	\$0.60	
	5 Tips for a Successful Home Canning Season (2)	\$0.15	
	Harvesting Vegetables from the Home Garden (1)	\$0.50	
	Making Your Own Sauerkraut (1)	\$1.00	
	Homemade Pickles & Relishes (1)	\$4.10	
	Canning Vegetables Safely (1)	\$2.00	
	Canning Salsa Safely (1)	\$2.50	
	Tomatoes: Tart and Tasty (1)	\$3.00	
	Add Acid to Tomatoes When Canning: Here's Why! (2)	\$0.30	
	Freezing Fruits and Vegetables (1)	\$2.75	
	Canning Fruit Safely (1)	\$3.00	
	Making Jams, Jellies & Fruit Preservation (1)	\$5.00	
	Yields for Canned or Frozen Fruits and Vegetables (2)	\$0.15	
	Canning Meat, Wild Game, Poultry & Fish Safely (1)	\$2.50	
	Guides for Making Safe Jerky at Home (1)	\$0.30	
	Freezing Animal Products (2)	\$1.20	
	Wisconsin's Wild Game: Enjoying the Harvest (1)	\$3.00	
	Judging Home Preserved Foods (2)	\$16.50	
	TOTAL		

Please remit form to:
Lincoln County UW-Extension
801 N Sales Street, Suite 101
Merrill, WI 54452
715-539-1072
amanda.kostman@ces.uwex.edu



Payment is due upon receipt of publications

(#) item may be ordered or printed directly from the site indicated of the reverse of this page.

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Items from the front can be printed or ordered from the following recommended online sites:

- (1) University of Wisconsin – Extension Online publications can be printed for free or ordered <http://learningstore.uwex.edu/Food-Nutrition-C53.aspx>
- (2) UW-Extension Website with a plethora of resources on various topics <http://foodsafety.wisc.edu> (3) Clemson Cooperative Extension Website with a plethora of resources on various topics http://www.clemson.edu/extension/hgic/food/food_safety/

The following are recommended online resources:

- University of Wisconsin "Safe and Healthy: Preserving Food at Home" blog site (with free how-to videos) <http://fyi.uwex.edu/safepreserving/>
- University of Nebraska Website with a plethora of resources on various topics <http://food.unl.edu/>
- USDA Complete Guide to Home Canning http://nchfp.uga.edu/publications/publications_usda.html
- National Center for Home Food Preservation: <http://nchfp.uga.edu/>
- Ball Canning <http://www.freshpreserving.com>

For Safety Sake:

- **Inspect and repair any food preservation equipment at the beginning of the season.** Now is a good time to inspect canners or food dehydrators to make sure all equipment is in working condition. And start now to collect approved canning jars and lids for use during the season. Canning jars that use two-piece, self-sealing metal lids are recommended for home canning. Jars should be free of nicks or scratches. A "must" every canning season is new flat lids. Metal screw bands that are not bent or rusted can be reused.
- **Have dial-gauge pressure canners tested for accuracy.** A pressure canner is essential for canning low-acid vegetables, meats, fish and poultry. Pressure canners come with either a dial-gauge or a weighted-gauge. Dial-gauge pressure canners should be tested each year for accuracy. Lincoln County UW-Extension offices offer free dial-gauge testing; call ahead at 715-539-1072 for availability of this service.
- **Always follow an up-to-date tested recipe from a reliable source.** This is perhaps the most important step in preparing for home food preservation, according to Ingham. Cookbooks and old family recipes are not reliable sources of research-tested recipes. Consult the Lincoln County UW-Extension Office for recipes that will ensure you are canning safe, high quality foods. The University of Wisconsin-Extension has up-to-date recipes in bulletins on safe canning of fruit, jams and jellies, meat, pickles, salsa, tomatoes, and vegetables; and information on freezing fruits and vegetables. Visit The Learning Store at <http://learningstore.uwex.edu/> and follow the links from "Home and Family."



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