

**University of California**  
**UC Food Safety**

# Food-Specific Resources on Home Food Preservation

## Fish

- [Canning Smoked Fish at Home](#) (Rasco et al, Pacific Northwest Extension) (PDF 85 KB)
- [Home Canning Smoked Fish and Home Smoking Fish for Canning](#) (Univ. of Alaska Fairbanks Cooperative Extension Service) (PDF 235 KB)
- [Selecting, Preparing, and Canning Meat \(Smoked Fish\)](#) (National Center for Home Food Preservation)

## Fermented Foods

- **Fermented Vegetables**
  - [Dill Pickles and Sauerkraut](#) (Clemson University Coop. Ext.)
  - [Understanding and Making Kimchi](#) (Colorado State University)
- **Kombucha**
  - [Kombucha](#) (Food Source Information at Colorado State University)
  - [Understanding and Making Kombucha](#) (Colorado State University)
- **Vinegar**
  - [Making Cider Vinegar at Home](#) (Ohio State University) (PDF 132 KB)
  - [Vinegar Making](#) (Mississippi State University) (PDF 725 KB)
  - [Vinegar Fermentation](#) (Louisiana State University, Grad Student Thesis) (PDF 2.6 MB)
- **Yogurt**
  - [How Do I Ferment...?](#) (National Center for Home Food Preservation)
  - [Fermenting Yogurt at Home](#) (National Center for Home Food Preservation)

## Fruits

- **General**
  - [Drying Fruits and Vegetables](#) (2009, Pacific Northwest Extension 397) (PDF 303 KB)
  - [Freezing Fruit](#) (University of Georgia) (PDF 518 KB)
  - [Let's Preserve: Basics of Home Canning](#) (PSU Publication PDF 256 KB)
  - [Let's Preserve: Drying Fruits and Vegetables](#) (PSU Publication PDF 198 KB)
  - [Let's Preserve Jelly, Jam, Spreads](#) (PSU Publication) (as PDF 289 KB)
- **Apples**
  - [Apples: Safe Methods to Store, Preserve, and Enjoy](#) (UCANR Publication)(PDF 462 KB)
  - [Let's Preserve Apples](#) (PSU Publication) (as PDF 248 KB)

**• Blueberries**

- [Let's Preserve Blueberries](#) (PSU Publication) (as [PDF 187 KB](#))

**• Cantaloupe**

- [Cantaloupe, Safe Methods to Store, Preserve and Enjoy](#) (UCANR Publication) (PDF 237 KB)

**• Cherries**

- [Let's Preserve Cherries](#) (PSU Publication) (as [PDF 159 KB](#))
- [Let's Preserve Fruit Pie Fillings](#) (PSU Publication) (as [PDF 214 KB](#))

**• Oranges**

- [Oranges: Safe Methods to Store, Preserve and Enjoy](#) (UCANR Publication) (PDF 1.12 MB)

**• Peaches, Apricots, Nectarines**

- [Let's Preserve Peaches, Apricots, Nectarines](#) (PSU Publication) (as [PDF 159 KB](#))

**• Pears**

- [Let's Preserve Pears](#) (PSU Publication) (as [PDF 167 KB](#))

**• Strawberries**

- [Let's Preserve Strawberries](#) (PSU Publication) (as [PDF 281 KB](#))
- [Strawberries: Safe Methods to Store, Preserve, and Enjoy](#) (UCANR Publication) (PDF 404 KB)

**Nuts**

- [Harvesting and Storing Your Home Orchard's Nut Crops: Almonds, Walnuts, Pecans, Pistachios, and Chestnuts](#) (UCANR Publication) (PDF 222 KB)
- [Nuts: Safe Methods for Consumers to Handle, Store, and Enjoy Almonds, Chestnuts, Pecans, Pistachios, and Walnuts](#) (UCANR Publication) (PDF 4.76 MB)
- [Nuts: Safe Methods for Home Gardeners to Harvest, Store, and Enjoy Almonds, Chestnuts, Pecans, Pistachios, and Walnuts](#) (UCANR Publication) (PDF 6.18 MB)

**Oils, Flavored**

- [Making Garlic and Herb-Infused Oils at Home](#) (University of Idaho Extension) (PDF 3.0 MB)
- [Garlic: Safe Methods to Store, Preserve, and Enjoy](#) Includes section on making garlic in oil, with recipe. (UCANR Publication) (PDF 1.08 MB)

**Meats and Poultry**

- [Let's Preserve Meat and Poultry](#) (PSU Publication) (as [PDF 299 KB](#))
- [Making Jerky at Home Safely](#) (2012, Pacific Northwest Extension 632) (PDF 572 KB)
- [Preparing Safer Jerky](#) (National Center for Home Food Preservation)
- [Smoking Meat and Poultry](#) (USDA)

**Vegetables****• General**

- [Let's Preserve: Basics of Home Canning](#) (PSU Publication PDF 256 KB)

- o [Let's Preserve: Drying Fruits and Vegetables](#) (PSU Publication PDF 198 KB)
- o [Let's Preserve: Drying Herbs](#) (PSU Publication PDF 193 KB)
- o [Let's Preserve: Freezing Vegetables](#) (PSU Publication PDF 183 KB)
  
- **Garlic**
  - o [Garlic: Safe Methods to Store, Preserve, and Enjoy](#) (UCANR Publication) (PDF 1.08 MB)
  
- **Olives**
  - o [Olives: Safe Methods for Home Pickling](#) (UCANR Publication) (PDF 574 KB)
  
- **Peppers**
  - o [Peppers, Safe Methods to Store, Preserve and Enjoy](#) (UCANR Publication) (PDF 111 KB)
  - o [Let's Preserve Peppers](#) (PSU Publication) (as [PDF 399 KB](#))
  
- **Pickles**
  - o [Let's Preserve Quick Process Pickles](#) (PSU Publication) (as [PDF 187 KB](#))
  
- **Pumpkin and other Squashes**
  - o [Canning Pumpkin Butter and Mashed or Pureed Squashes](#) (University of Georgia)  
Home canning of mashed or pureed pumpkin is not recommended due to the low acidity of this fruit. Pressure canning of **cubed** pumpkin is the only recommended method for canning this vegetable. Alternative methods for preserving pumpkin include freezing of pumpkin butters or mashed squash, drying or pickling. The information at this web site explains why.
  
- **Sauerkraut**
  - o [Let's Preserve Sauerkraut](#) (PSU Publication) (as [PDF 264 KB](#))
  
- **Snap Beans**
  - o [Let's Preserve Snap Beans](#) (PSU Publication) (as [PDF 296 KB](#))
  
- **Seed Sprouts**
  - o [Growing Seed Sprouts at Home](#) (UCANR Publication) (PDF 193 KB)
  
- **Sweet Corn**
  - o [Let's Preserve Sweet Corn](#) (PSU Publication) (as [PDF 237 KB](#))
  
- **Tomatoes**
  - o [Let's Preserve Tomatoes](#) (PSU Publication PDF 413 KB)
  - o [Tomatoes, Safe Methods to Store, Preserve and Enjoy](#) (UCANR Publication) (PDF 286 KB)

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