

Home Food Preservation with UConn Extension

It is important to learn and follow safe home food preservation methods. There are risks to almost every method, but canning, pickling, and fermentation carry some specific risks. Here the Connecticut home food preserver will find links to information, methods, and recipes from sources that are based on science and have a reputation for researching recipes and methods to insure that they are safe for the home food preserver.

You may have some old favorite recipes that have been passed down over the generations. While some may be perfectly safe (particularly those for jams, jellies, and preserves), others may pose a greater health risk. By sticking to the methods and recipes provided here, you will be less likely to waste precious ingredients or make someone sick.



More info: s.uconn.edu/food-preservation



Keep in mind that your home preserved foods will likely not have the attributes of commercially preserved products. Sometimes that is good—jams and jellies taste fresher—and sometimes it is not—we do not have the ability to blast freeze our fruits and vegetables at home, so the quality cannot match what you buy from the grocery store freezer. It is important to have realistic expectations about home food preservation.

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Contact: Office of Institutional Equity; 860-486-2943; equity@uconn.edu; <https://www.equity.uconn.edu>

This work is supported by the 2022 ARPA Senior Farmers Market Nutrition Program Grant from the U.S. Department of Agriculture, Food and Nutrition Services.