Home food preservation is becoming more popular as families are growing more of their own food and trying to eat healthier as well as save on food costs.

The Wilkes County Center of N.C. Cooperative Extension Service has available for loan the “So Easy to Preserve” book and DVD that provide in-depth instruction on proper food preservation techniques. Material(s) may be checked out with a deposit check for the cost of the materials. The deposit is returned when the borrowed materials are returned. Cost of the book is $18 and cost of the DVD is $40. There are a limited number of copies of each available for loan. These materials contain the latest U.S. Department of Agriculture recommendations for safe food preservation.

So Easy To Preserve is now a 375-page book with over 185 tested recipes, along with step by step instructions and in-depth information for both the new and experienced food preserver. Chapters include Preserving Food, Canning, Pickled Products, Jellied Fruit Products, Freezing and Drying. This 5th edition has 35 new tested recipes and processes, in addition to a new section with recommended procedures for home canned salsas.

The “So Easy to Preserve” video series is eight shows (20 to 35 minutes each) which provide a discussion of preservation principles and how-to demonstrations of methods. (The book is not contained on the DVDs.) Features include home canning of tomatoes, vegetables and fruits; freezing fruits and vegetables; drying fruits and vegetables; pickling; making jams and jellies; and, a show devoted to the canned specialties of hot chile salsa, mango chutney and spicy jicama relish. The methods demonstrated continue our tradition of teaching USDA-recommended practices for food safety as well as high quality finished products. This series was produced with the assistance of CSREES-USDA under the National Center for Home Food Processing and Preservation project.

Contact our office at 336.651.7330 for information regarding the loan of these food preservation materials.