

Week Six Resource Sheet



Key Resources

✓ National Center for Home Food Preservation [NCHFP]

The leading source for safe, research-based home food preservation methods, including canning, freezing, drying, and fermentation.

Links → nchfp.uga.edu/

✓ USDA Complete Guide to Home Canning

Provides step-by-step instructions for safe canning practices, including proper temperatures, equipment, and approved recipes.

Link → nifa.usda.gov

✓ WVU Extension – Food Preservation Resources

Offers regionally relevant guidance on preserving fruits, vegetables, and herbs commonly grown in West Virginia.

Link → extension.wvu.edu/food-health

✓ Penn State Extension – Freezing Fruits & Vegetables

Detailed instructions for freezing produce while maintaining quality, texture, and nutrients.

Link → extension.psu.edu

✓ USDA Food Safety – Safe Food Handling

Important food safety practices to prevent contamination and ensure safe preservation.

Link → foodsafety.gov

This week's resources focus on teaching participants how to safely preserve specialty crops through methods such as canning, freezing, drying, and fermentation. Materials from USDA, WVU Extension, and food preservation organizations provide step-by-step guidance, approved recipes, and essential food safety practices.

These resources support the Canning and Preserving Workshop by giving participants the knowledge and tools needed to extend the life of seasonal produce, reduce food waste, and enjoy local crops year-round. Through hands-on materials and planning tools, participants can confidently apply preservation techniques at home while maintaining quality and safety.