

What's on the Chopping Block with FCS?



Yadkin County Center

Summer Edition

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Program updates/
feedback needed

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Pressure Canner Testing Appointment

We have received a few questions about pressure canner testing and YES we are still offering this free service. Since our office is still closed to the public this will be done on an appointment basis. You will call or email using my contact information listed and set up a time to drop off your lid at the door and then pick it back up when it is done. Remember that our master gauge tester will only test those with dial gauges and not weighted gauges. If you have a weighted gauge pressure canner here are a few things to check before you bring out your canner for the season:

- Condition of your handles
- Condition of gasket
- Condition of canner
- Condition of safety plug
- Condition of safety valve

Get Ready!

It's that time of year again.

A pressure canner with a dial gauge, which indicates the pressure inside of canner, should be tested before each canning season. Call your local extension agent to schedule a testing!

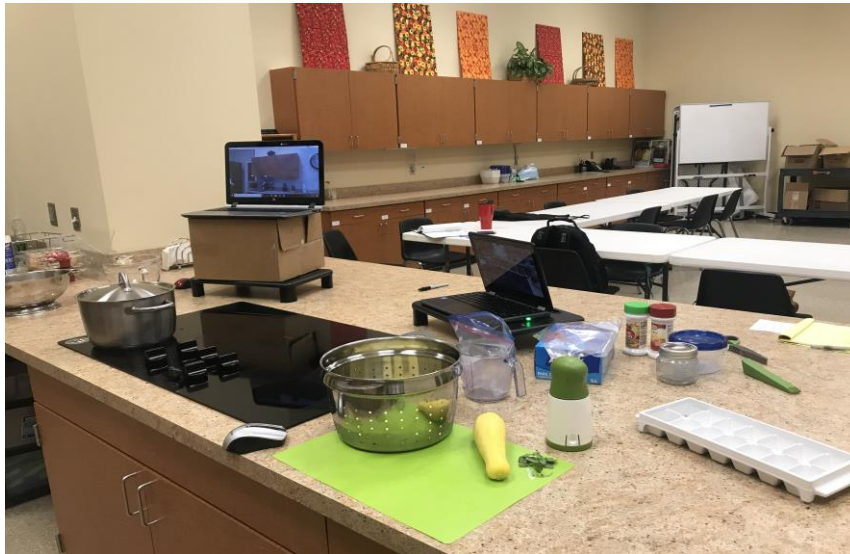
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Home Food Preservation Online Resources

We are ending the online Home Food Preservation Series tomorrow with our last session on Pressure Canning. This was a free virtual series that was offered in partnership with the Surry and Alleghany Agent, Carmen Long. We focused on the basics of freezing, dehydration, pickling and water bath canning and pressure canning. With offering it online, we were able to reach a far audience with participants from Texas, Massachusetts, New Jersey, Colorado and even New Zealand, Australia.

It was a bit challenging at times to get the perfect audio, set-up and internet connection but we figured it all out! With face-to-face programming cut-off it definitely pushed us out of our comfort zones! We had some fun and we think our participants learned a bit or two about recommended practices of home food preservation.

Enjoy this pictures of how online programming is looking behind the scenes! We have for sure learned what works and what not works for trying to do demonstrations and we thank our participants for bearing with us as we learn as well.



This was our first day set-up conducting the session at Surry County Center Demonstration Kitchen... things for sure changed after it!

If you did not get a chance to sign up for this series, I am including the online resources we have given to the class participants. These are trusted and reliable resources that will help you at home to preserve food. Preserving food is a great way to avoid food waste and a way to sometimes save money!

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NC State, N.C. A&T, U.S. Department of Agriculture, and local governments cooperating.

Online Home Food Preservation Resources

Session 1: Freezing

Freezing Fruits Resources:

Syrup packing: <https://nchfp.uga.edu/how/freeze/syrups.html>

Dry packing Blueberries: <https://nchfp.uga.edu/how/freeze/blueberry.html>

Overall freezing fruit: https://nchfp.uga.edu/publications/uga/uga_freeze_fruit.pdf

<https://content.ces.ncsu.edu/brief-instructions-for-freezing-fruit>

Freezing Vegetable Resources:

Blanching: <https://nchfp.uga.edu/how/freeze/blanching.html>

Summer Squash: https://nchfp.uga.edu/how/freeze/squash_summer.html

Overall freezing vegetables: https://nchfp.uga.edu/publications/uga/uga_freeze_veg.pdf

Additional Freezing Information Sheets:

Storing and Freezing: https://foodsafety.ces.ncsu.edu/wp-content/uploads/2020/04/Storing-and-Freezing-Produce_April2020.pdf?fwd=no

Avoiding Food Waste: <https://foodsafety.ces.ncsu.edu/wp-content/uploads/2020/04/Avoiding-Food-Waste.pdf?fwd=no>

Session 2: Dehydration:

Drying Fruits: <https://foodsafety.ces.ncsu.edu/wp-content/uploads/2017/06/Drying-Fruits-CSU-fact-sheet.pdf?fwd=no>

Drying Vegetables:

<https://foodsafety.ces.ncsu.edu/wp-content/uploads/2017/06/Drying-Vegetables-CSU-fact-sheet.pdf?fwd=no>

Dry Herbs

<https://nchfp.uga.edu/how/dry/herbs.html>

<https://foodsafety.ces.ncsu.edu/wp-content/uploads/2017/06/Drying-Herbs-fact-sheet.pdf?fwd=no>

Jerky:

<https://nchfp.uga.edu/how/dry/jerky.html>

Fruits Leathers:

https://nchfp.uga.edu/how/dry/fruit_leathers.html

Session 3: Pickling and Water Bath Canning

Overall pickling resources:

https://nchfp.uga.edu/how/can6b_pickle.html

Recipe used:

<https://foodsafety.ces.ncsu.edu/2020/04/how-to-make-quick-refrigerator-pickles/>

Troubleshooting issues

<https://foodsafety.ces.ncsu.edu/wp-content/uploads/2019/01/Troubleshooting-Pickles.pdf?pwd=no>

Water bath canning:

https://nchfp.uga.edu/publications/uga/using_bw_canners.html

<https://foodsafety.ces.ncsu.edu/water-bath-canning/>

Session 4: Pressure Canning

Recommended Tested/Evidence-Based Recipe Sources:

National Center for Home Food Preservation: https://nchfp.uga.edu/how/can_home.html

USDA Complete Guide to Home Canning

https://nchfp.uga.edu/publications/publications_usda.html

So Easy to Preserve Book: <https://setp.uga.edu/>

Blue Ball Book: <https://www.amazon.com/Ball-Blue-Book-Guide-Preserving/dp/B009Y5W1A4>

*reminder with the 100 anniversary Blue Ball Book that we can only recommend the high acid/acidified recipes. The low acid recipes cannot be recommended because the validation process has not been shared.

Troubleshooting canning problems: <https://foodsafety.ces.ncsu.edu/wp-content/uploads/2017/08/2-canning-problems-June-17.pdf?pwd=no>

Canning Foods safely: <https://foodsafety.ces.ncsu.edu/wp-content/uploads/2017/08/1-Canning-Food-Safely-updated-June-17.pdf?pwd=no>

Using Pressure Canners: https://nchfp.uga.edu/publications/uga/using_press_canners.html



Program Updates:

It looks like face-to-face programming will be limited for a while and so I am looking for programs that people would like to have online. If you would kindly fill out this google form to provide some feedback on how online programming within Family and Consumer Sciences should continue during this time.

https://docs.google.com/forms/d/e/1FAIpQLSdMI4wfY--8Tk6E8aQinpm6bhVMxZrgv3yGPPfbXZoL7JRw/viewform?usp=sf_link

Thank you so much and I hope you and your family are staying healthy!