

# PRESERVING THE HARVEST



SAFELY

# Ways to preserve the harvest

FREEZE IT

DEHYDRATE IT

CAN IT

CURE & SMOKE IT

FERMENT IT

JAM OR JELLY IT

PICKLE IT

STORE IT



**DON'T HAVE A CLUE ABOUT HOME CANNING?**

# **CONSIDER STICKING WITH LOWER RISK FOOD PRESERVING METHODS**

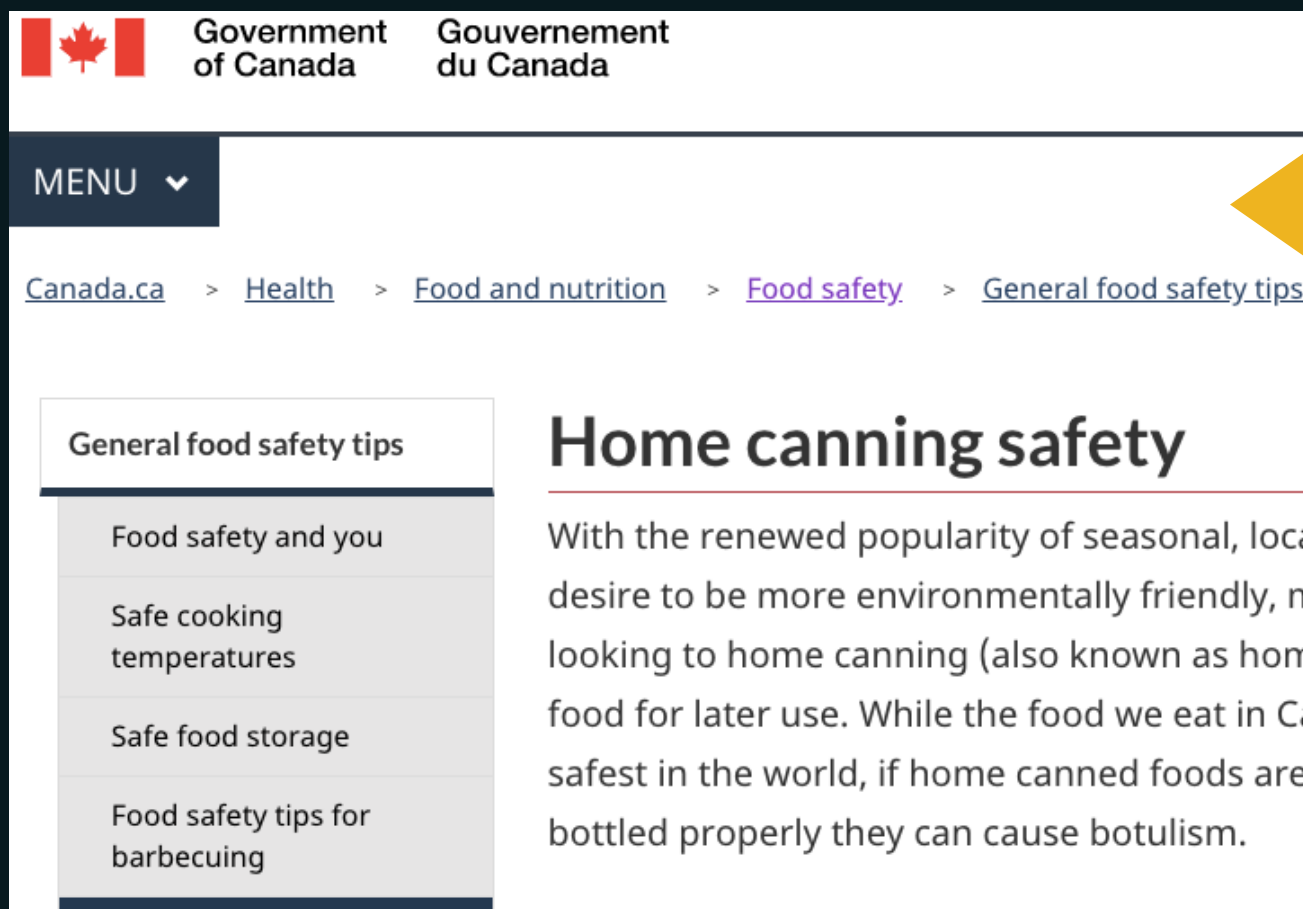


**Dehydrating & Freezing  
are fantastic methods; with simpler  
safety precautions to follow..notice that  
there are still safety precautions.**




PRESERVING THE HARVEST CAN BE REALLY REWARDING, BUT YOU NEED TO ENSURE SAFETY PRECAUTIONS ARE FOLLOWED; NO ONE WANTS TO POISON THEIR FAMILY & FRIENDS. IT IS IMPORTANT TO FOLLOW CURRENT, TESTED PRACTICES AND NOT JUST ANY FOOD BLOG RECIPE OR DIRECTIONS ESPECIALLY SO FOR HOME CANNING.

THERE ARE LOADS OF GREAT RECIPES ONLINE THAT SOUND CREDIBLE, BUT IT IS WORTH UNDERSTANDING THE HEALTH RISKS INVOLVED & CROSS-EXAMINING RECIPES WITH THE GOVERNMENT OF CANADA'S SAFETY INFORMATION PAGES AND CANADA FOOD SAFE GUIDELINES SHOULD BE YOUR #1 STOP.



The screenshot shows the top of a government website. At the top left is the Canadian flag and the text 'Government of Canada' and 'Gouvernement du Canada'. Below this is a dark blue 'MENU' button with a downward arrow. A breadcrumb trail reads: 'Canada.ca > Health > Food and nutrition > Food safety > General food safety tips'. On the left side, there is a sidebar titled 'General food safety tips' with a list of links: 'Food safety and you', 'Safe cooking temperatures', 'Safe food storage', and 'Food safety tips for barbecuing'. The main content area has the title 'Home canning safety' in a large, bold font. Below the title, the text begins: 'With the renewed popularity of seasonal, local produce, many people are looking to be more environmentally friendly, many are looking to home canning (also known as home food preservation) for later use. While the food we eat in Canada is the safest in the world, if home canned foods are not bottled properly they can cause botulism.'



CREDIBLE INFO ON FOOD POISONING & BOTULISM, LOW-ACIDITY FOODS, IF YOU ARE UNFAMILIAR WITH THESE: READ THE WEBSITE

**ANOTHER PUBLICLY FUNDED ORGANIZATION (USA)  
WITH GREAT RESOURCES FOR ALL PRESERVING  
METHODS:**

# **THE NATIONAL CENTER FOR HOME FOOD PRESERVATION**

Select your food group or preserving method and the  
safety guidelines and times are listed

