

Food Preservation Assistance Available

Kerri Wade, M.S.W.
West Virginia University Extension Educator

The Kanawha County Office of the West Virginia University Extension Service is announcing the availability of assistance with home food preservation methods for the 2010 home canning, freezing, and drying season. Fact sheets are available featuring the latest research-based information on how to preserve fruits, vegetables, and meats at home.

The publications are a result of research sponsored by the U.S. Department of Agriculture and are updated guidelines because of the very real potential for food poisoning in home foods. Also available is information on home freezing and drying of fruits and vegetables.

Any information you may have prior to 2001 may be out-of-date. Therefore, home food preservers need to check their information for accuracy and replace with up-to-date publications. The publications are now available from the Kanawha County Office of the West Virginia University Extension Service. You can pick up your free copies at the office located at 4700 MacCorkle Avenue SE, Suite 101, Charleston, WV, 8:00 a.m. to 4:00 p.m., Monday through Friday.

If you have a pressure canner with a dial gauge, the gauge should be checked for accuracy before it is used. If you need the gauge checked, please call (260) 443-7178 for an appointment. All that is needed to do this is the canner lid. If you have a canner with a weighted gauge, it does not need to be checked for accuracy.

If you have any question concerning preserving fruits, vegetables and meats at home, please call the above listed number. Remember that the county office of the West Virginia University Extension Service is the source of up-to-date research based home food preservation guidelines.