

(Just a few of many) **Resources for Food Preservation**

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Books:

Ball Complete Book of Home Preserving by Judi Kingry (must own book with step-by-step instructions and lots of recipes)

Put 'em Up! by Sherri Brooks Vinton (great recipes)

Preserving with Pomona's Pectin: The Revolutionary Low-Sugar, High-Flavor Method for Crafting and Canning Jams, Jellies, Conserves, and More by Allison Carroll Duffy (recipes using Pomona's Pectin product)

Fermentation for Beginners: The Step-by-Step Guide to Fermentation and Probiotic Foods by Drakes Press (great beginner book with recipes)

Fermented Vegetables: Creative Recipes for Fermenting 64 Vegetables & Herbs in Krauts, Kimchis, Brined Pickles, Chutneys, Relishes & Pastes by Kirsten K. Shockey & Christopher Shockey (great recipes)

The Art of Fermentation: An In-Depth Exploration of Essential Concepts and Processes from around the World by Sandor Ellix Katz

Websites and Blogs:

www.greenishthumb.net (my blog)

<http://www.ext.colostate.edu/pubs/foodnut/09302.html> (info about canning without sugar)

<http://foodinjars.com/2012/07/canning-101-sugars-role-in-home-preserved-food/> (role of sugar)

<http://foodinjars.com/> (great canning blog, now a few books)

<http://www.wildfermentation.com/> (the fermentation blog of Sandor Katz)

<http://phickle.com/> (fermentation blog)

<https://www.pinterest.com/momwithaprep/dehydrating-preserving/> (dehydrating Pinterest page)

Where to get supplies:

Online, The Container Store, your local hardware store, household section of your supermarket, Bed, Bath and Beyond, Michaels or AC Moore, World Market