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## Veggies Galore!

### Food Safety Basics

#### *Wash Hands Frequently*

- Personal cleanliness is a must. Wash your hands thoroughly and frequently. *E. Coli* resides in the human nose and intestines. Wash your hands if you rub your nose, or if you wipe your face or skin.
- Bandage any cuts or burns on hands before handling food, or use disposable gloves.

#### *Avoid Cross Contamination*

- Rinse all fresh fruits and vegetables well under running water before preparing or eating them.
- ALWAYS wash your hands, knives, cutting boards, and food preparation surfaces well with soapy water before and after any contact with raw meat, fish, or poultry.
- Run sponges through the dishwasher several times a week. Change dishcloths daily.
- Use paper towels to mop up spilled juices from meat, fish or poultry.
- Use a disinfecting solution of 1½ teaspoon of chlorine bleach to 1 pint of water. Dispense with a spray bottle to disinfect countertops, cutting surfaces, sinks, etc. Make a new solution weekly.

#### *When in doubt, throw it out!*

- Never taste food that looks or smells strange to see if it can still be used.
- Most bacteria that cause food borne illness are odorless, colorless, and tasteless.

#### *Prevent botulism by following a reputable recipe*

- There must be a minimum, uniform level of acid throughout the mixed product to prevent the growth of botulinum bacteria.
- Use a current recipe from one of the sources listed at the end of this publication. Grandma's recipe may not use the correct proportions of water and vinegar, or may have assumed a higher level of acidity in the vinegar.

### Canning Basics

#### *Canning Processes*

- Use an **atmospheric steam canner** or a **boiling water canner** for high acid foods: fruits, pickled and fermented products, jams and jellies.
- Use a **pressure canner** for low acid foods: meats, vegetables, beans and seafood.

Why two different processes? Low acid foods must be pressure canned because *Clostridium botulinum*, the bacteria that causes botulism, is a spore former. When conditions are not favorable for the organism to grow (high acidity, oxygen, dryness, and low/high heat.), the bacterial cell forms a protective structure called a spore. It takes a higher temperature than boiling to destroy the spores: 240° - 250°F. If you do not destroy the spores in low acid canned foods they will germinate and produce fatal toxins in the food when it is stored on the shelf. High acid foods have enough acidity to destroy spores.

The USDA does not recommend the open kettle method of canning because it does not prevent all risks of spoilage. (Open kettle canning is putting hot food in hot jars, sealing it with a lid and then not processing it in a canner.)

### ***Raw-Pack vs. Hot-Pack Methods***

Filling jars with raw, unheated food prior to heat processing is called the raw-pack method. The preferred method, filling jars with preheated, hot food prior to heat processing, is called the hot-pack method. Benefits include a tighter pack and, because food expels air when heated, less float.

### ***Jars***

Check jars, lids and bands for high quality. Wash jars, lids and bands in hot, soapy water. Rinse well. Dry bands. Heat home canning jars in hot water, not boiling, until ready for use. Fill a large saucepan or stockpot half-way with water. You may also place them in your canner. Place jars in water (filling jars with water from the saucepan will prevent flotation). Bring to a simmer over medium heat. Keep jars hot until ready for use. You may also use a dishwasher to wash and heat jars. Keeping jars hot prevents them from breaking when hot food is added. Leave lids and bands at room temperature for easy handling.

### ***Headspace***

Headspace is the completely empty space left in the jar underneath the lid and above the food. Headspace allows for food to expand during canning without being forced out from under the lid during processing. Recommended amounts also allow for good vacuums to be formed for holding lids in place and good food quality to be maintained during storage.

## **Pickling Vegetables**

A pickle is any fruit, vegetable or meat preserved in vinegar or brine.

- Refrigerator pickles are fermented for about 1 week. During curing, colors and flavors change and acidity increases. They are not heat processed and must be stored in the refrigerator.
- Fresh-pack or quick-process pickles are not fermented; some are brined several hours or overnight, then drained and covered with vinegar and seasonings.
- Fruit pickles are fruits that are pickled in spicy, sweet-sour syrup.
- Brine pickles are products fermented in salt brine. Regular dill pickles and sauerkraut are fermented and cured for about 3 weeks.

Be sure to remove and discard a 1/16-inch slice from the blossom end of fresh cucumbers. Blossoms may contain an enzyme, which causes excessive softening of pickles.

### ***Vinegar***

The level of acidity in a pickled product is as important to its safety as it is to taste and texture. When pickling, always use high-quality commercial vinegars with 5% acidity or higher (also listed as 50-grain). The acidity should be listed on the label; if not, assume it is not 5%.

- Do not alter vinegar, food, or water proportions in a recipe or use a vinegar with unknown acidity. Doing so may alter its preservative effect and undermine the safety of the product.
- Use only recipes with tested proportions of ingredients.
- White distilled and cider vinegars of 5% acidity are recommended. White vinegar is usually preferred when light color is desirable.

### *Salt*

- Use canning or pickling salt. Table salt contains anti-caking ingredients, which can cloud the brine.
- Since flake salt varies in density, it is not recommended for making pickled and fermented foods. (If you must substitute Kosher salt, it is lighter than canning salt so you need to use the same amount of salt by weight, not volume. In our class experiment, 1/2 cup pickling salt = 1 cup plus 2 Tablespoons Kosher salt.)

### *Pickles with Reduced Salt Content*

In the making of fresh-pack pickles, cucumbers are acidified quickly with vinegar. Use only tested recipes formulated to produce the proper acidity. While these pickles may be prepared safely with reduced or no salt, their quality may be noticeably lower. Both texture and flavor may be slightly, but noticeably, different than expected. You may wish to make small quantities first to determine if you like them. However, the salt used in making fermented sauerkraut and brined pickles not only provides characteristic flavor but also is vital to safety and texture. In fermented foods, salt favors the growth of desirable bacteria while inhibiting the growth of others. **Caution: Do not attempt to make sauerkraut or fermented pickles by reducing the salt required.**

### *Sugars*

White granulated and brown sugars are most often used. Corn syrup and honey, unless called for in reliable recipes, may produce undesirable flavors.

### *Firming Agents*

- Alum may be safely used to firm fermented pickles but is unnecessary and does not improve the firmness of quick-process pickles.
- The calcium in lime improves pickle firmness. Food-grade lime may be used as a lime-water solution for soaking fresh cucumbers 12 to 24 hours before pickling them. Excess lime absorbed by the cucumbers must be removed to make safe pickles. To remove excess lime, drain the lime-water solution, rinse, and then re-soak the cucumbers in fresh water for 1 hour. Repeat the rinsing and soaking steps two more times.
- To further improve pickle firmness, you may process cucumber pickles for 30 minutes in water at 180°F. This process also prevents spoilage, **but the water temperature should not fall below 180°F. Use a candy or jelly thermometer to check the water temperature.**

### *For Best Results ...*

- Marinate refrigerator pickles in the refrigerator for at least two weeks before serving and use within 3 months.
- Store fresh-pack/quick pickles for 4-6 weeks in a cool, dry, dark place to allow the flavors to mellow and blend.

### *Preventing spoilage*

Pickle products are subject to spoilage from microorganisms, particularly yeasts and molds, as well as enzymes that may affect flavor, color, and texture. Processing the pickles in a boiling-water canner will prevent both of these problems. Standard canning jars and self-sealing lids are recommended. Processing times and procedures will vary according to food acidity and the size of food pieces.

## Dehydrating Vegetables

Blanch vegetables to deactivate enzymes that would cause flavor and color deterioration during the dehydration process. Do not blanch green peppers, onions, garlic, mushrooms and okra.

Most vegetables will be hard and brittle when dried. Vegetables may dry unevenly and some pieces may need to be removed before others.

### Finishing

All dried foods should be conditioned before packing. Too much moisture left in a few pieces may cause the whole batch to mold.

- Place dried foods in a tightly closed large container.
- Stir or shake each day for a week. This will equalize the moisture.
- If moisture forms on the inside of the container the food has not been dried sufficiently. Return the food to the dehydrator for a few more hours.
- Pasteurize any food products that could have been exposed to insect infestation or larva prior to handling or during the drying process by freezing it in airtight containers at 0°F for at least two days.

### Rehydrate

- There are three basic methods used to rehydrate dried foods: 1) Soak in liquid, 2) Boil in water, or 3) Cook in liquid.
- Do not add salt or sugar during the first 5 minutes of rehydration; they hinder water absorption.
- Vegetables may be reconstituted in consommé, bouillon, vegetable juice, water, or milk. Refrigerate during rehydration. Allow plenty of time - from 1 to 2 hours up to 8 hours.

## Recipes

### Carrots - Sliced or Diced

**Quantity:** About 2-1/2 pounds carrots (without tops) makes one quart.

**Quality:** Select small carrots, 1 to 1-1/4 inches in diameter. Larger carrots are often too fibrous.

1. Wash, peel, and rewash carrots. Slice or dice. Use either the hot or raw pack to fill jars.  
**Hot pack** – Cover with boiling water; bring to boil and simmer for 5 minutes. Fill jars, leaving 1-inch of headspace.  
**Raw pack** – Fill jars tightly with raw carrots, leaving 1-inch headspace.
2. Add 1 teaspoon of salt per quart (1/2 teaspoon per pint) to the jar, if desired. Add hot cooking liquid or water, leaving 1-inch headspace. Wipe rims, adjust lids and process.

#### Dial gauge Canner Gauge Pressure (PSI) at Altitudes

Style of Pack	Jar Size	Process Time	0 - 2,000 ft	2,001 - 4,000 ft	4,001 - 6,000 ft	6,001 - 8,000 ft
Hot and Raw	Pints	25 min	11 lb	12 lb	13 lb	14 lb
	Quarts	30	11	12	13	14

#### Weighted-gauge Canner Gauge Pressure (PSI) at Altitudes

Style of Pack	Jar Size	Process Time	0 - 1,000 ft	Above 1,000 ft
Hot and Raw	Pints	25 min	10 lb	15 lb
	Quarts	30	10	15

Source: Complete Guide to Home Canning, USDA, revised 2015.

## Pickled Beets

Yield: About 8 pints

7 pounds of 2 to 2-1/2-inch diameter beets	2 cinnamon sticks
4 cups vinegar (5%)	12 whole cloves
1-1/2 teaspoons canning or pickling salt	4 to 6 onions (2 to 2-1/2-inch diameter) if desired
2 cups sugar	
2 cups water	

1. Wash and rinse canning jars; keep hot until ready to use. Prepare lids and bands according to manufacturer's directions.
2. Trim off beet tops, leaving 1 inch of stem and roots to prevent bleeding of color. Wash thoroughly. Sort for size.
3. Cover similar sizes together with boiling water and cook until tender, about 25 to 30 minutes.  
**Caution: Drain and discard liquid.** Cool beets.
4. Trim off roots and stems and slip off skins. Slice into 1/4 inch slices. Peel and thinly slice onions.
5. Combine vinegar, salt, sugar, and fresh water. Put spices in cheesecloth bag and add to vinegar mixture. Bring to a boil. Add beets and onions. Simmer 5 minutes. Remove spice bag.
6. Fill jars with beets and onions, leaving 1/2-inch headspace. Add hot vinegar solution, allowing 1/2-inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot solution. Wipe rims with a dampened clean paper towel; adjust two-piece metal canning lids.
7. Process in a boiling water or steam canner for 30 minutes at 0-1,000 feet elevation, 35 minutes at 1,001-3,000 feet, 40 minutes at 3,001-6,000 feet, 45 minutes at 6,001-8,000 feet, and 50 minutes at 8,001-10,000 feet.
8. If using a boiling water canner, remove lid and wait 5 minutes. If using a steam canner, wait 3 minutes before removing lid.
9. Remove jars from canner. Let cool, undisturbed, 12-24 hours and check for seals. Remove rings, clean and label jars. Store sealed jars in a cool, dry, dark location.

Source: *USDA Complete Guide to Home Canning, 2015*

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## Pickled Dill Beans

Yield: About 8 pints

4 pounds fresh tender green or yellow beans (5-6 inches long)	1/2 cup canning or pickling salt
8 to 16 heads fresh dill	4 cups white vinegar (5%)
8 cloves garlic (optional)	4 cups water
	1 teaspoon red pepper flakes (optional)

1. Wash and rinse canning jars; keep hot until ready to use. If under 1000 feet elevation, sterilize canning jars by boiling for 10 minutes. Prepare lids and bands according to manufacturer's directions.
2. Wash and trim ends from beans and cut to 4-inch lengths.
3. In each sterile/hot pint jar, place 1 to 2 dill heads and, if desired, 1 clove of garlic. Place whole beans upright in jars, leaving 1/2-inch headspace. Trim beans to ensure proper fit, if necessary.
4. Combine salt, vinegar water, and pepper flakes (if desired). Bring to a boil.
5. Add hot solution to beans, leaving 1/2-inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot solution. Wipe rims with a dampened clean paper towel; adjust two-piece metal canning lids.
6. Process in a boiling water or steam canner for 5 minutes at 0-1,000 feet elevation, 10 minutes at 1,001-6,000 feet, 15 minutes above 6,000 feet.

7. If using a boiling water canner, remove lid and wait 5 minutes. If using a steam canner, wait 3 minutes before removing lid.
8. Remove jars from canner. Let cool, undisturbed, 12-24 hours and check for seals. Remove rings, clean and label jars. Store sealed jars in a cool, dry, dark location.

Source: *USDA Complete Guide to Home Canning, 2015*

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## Zucchini Pickles

Yield: About 8 pints

5 pounds medium zucchini cut into 1/4 inch thick slices	2 cups sugar
2 pounds mild white onions, thinly sliced	2 tablespoons mustard seeds
1/4 cup salt	1 tablespoon each: celery seeds and ground turmeric
Ice water	2 teaspoons ground ginger
4 cups cider vinegar (5%)	3 cloves garlic, minced

1. Wash and rinse canning jars; keep hot until ready to use. Prepare lids and bands according to manufacturer's directions.
2. Place zucchini, onions, and salt in a large kettle; cover with ice water and let stand for 1 to 2 hours.
3. Drain, rinse well and drain again.
4. In large kettle mix vinegar, sugar, mustard seeds, celery seeds, turmeric, ginger, and garlic. Bring to a boil over high heat, stirring to dissolve sugar. Boil for 2 to 3 minutes.
5. Stir in zucchini mixture, return to a boil and boil for 2 more minutes.
6. Pack hot mixture into hot pint jars, leaving 1/2-inch headspace. Wipe rims with a dampened clean paper towel; adjust two-piece metal canning lids.
7. Process in a boiling water or steam canner for 10 minutes at 0-1,000 feet elevation, 15 minutes at 1,001-3,000 feet, 20 minutes at 3,001-6,000 feet, 25 minutes at 6,001-8,000 feet, and 30 minutes at 8,001-10,000 feet.
8. If using a boiling water canner, remove lid and wait 5 minutes. If using a steam canner, wait 3 minutes before removing lid.
9. Remove jars from canner. Let cool, undisturbed, 12-24 hours and check for seals. Remove rings, clean and label jars. Store sealed jars in a cool, dry, dark location.

Source: *Pickles, Relishes and Chutneys, UC Publication #4080*

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## Zucchini-Pineapple

Yield: About 8 to 9 pints

*This is a sweet non-pickle treat that is a great way to use the large caveman club end-of-summer zucchini anywhere you would use cubed or crushed pineapple.*

4 quarts cubed or shredded zucchini  
1-1/2 cups bottled lemon juice  
46 oz canned unsweetened pineapple juice  
3 cups sugar

1. Wash and rinse canning jars; keep hot until ready to use. Prepare lids and bands according to manufacturer's directions.
2. Peel zucchini and either cut into 1/2-inch cubes or shred.
3. Mix zucchini with other ingredients in a large saucepan and bring to a boil. Simmer 20 minutes.

4. Fill jars with hot mixture and cooking liquid, leaving 1/2-inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot liquid. Wipe rims with a dampened clean paper towel; adjust two-piece metal canning lids.
5. Process in a boiling water or steam canner for 15 minutes at 0-1,000 feet elevation, 20 minutes at 1,001-6,000 feet, 25 minutes above 6,000 feet.
6. If using a boiling water canner, remove lid and wait 5 minutes. If using a steam canner, wait 3 minutes before removing lid.
7. Remove jars from canner. Let cool, undisturbed, 12-24 hours and check for seals. Remove rings, clean and label jars. Store sealed jars in a cool, dry, dark location.

Source: *USDA Complete Guide to Home Canning, 2015*

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## Pickled Corn Relish

Yield: About 5 pints

Three 10-ounce packages of frozen corn	2-1/2 cups vinegar (5%)
1-1/4 cups diced sweet red peppers	1-1/4 tablespoons canning or pickling salt
1-1/4 cups diced sweet green peppers	1-1/4 teaspoons celery seed
1-1/4 cups chopped celery	1-1/4 tablespoons dry mustard
3/4 cups diced onions	3/4 teaspoon turmeric
4/5 cups sugar	

1. Wash and rinse canning jars; keep hot until ready to use. Prepare lids and bands according to manufacturer's directions.
2. Combine peppers, celery, onions, sugar, vinegar, salt, and celery seed in a saucepan.
3. Bring to boil and simmer 5 minutes, stirring occasionally.
4. Mix mustard and turmeric in 1/2 cup of the simmered mixture. Add this mixture and corn to the hot mixture. Simmer another 5 minutes.
5. If desired, thicken mixture with flour paste (1/4 cup flour blended in 1/4 cup water) and stir frequently. (*Note: this recipe has been tested with this thickener; you don't normally add flour to canning recipes.*)
6. Fill jars with hot mixture, leaving 1/2-inch headspace. Wipe rims with a dampened clean paper towel; adjust two-piece metal canning lids.
7. Process in a boiling water or atmospheric steam canner for 15 minutes at 0-1,000 feet elevation, 20 minutes at 1,001-6,000 feet, and 25 minutes above 6,000 feet.
8. If using a boiling water canner, remove lid and wait 5 minutes. If using a steam canner, wait 3 minutes before removing lid.
9. Remove jars from canner. Let cool, undisturbed, 12-24 hours and check for seals. Remove rings, clean and label jars. Store sealed jars in a cool, dry, dark location.

Source: *"Complete Guide to Home Canning," Agriculture Information Bulletin No. 539, USDA, 2015*

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## Corncob Jelly

Yield: about 4 half-pints

1 dozen medium-sized fresh red corncobs from field corn (cobs only)	2 quarts water
( <i>We've tried it with sweet &amp; yellow cobs and the result is great!</i> )	3 cups corncob juice
	1 package powdered pectin
	3 cups sugar

1. Wash the corncobs and cut into 4-inch lengths. Place in a large stockpot, add 2 quarts water or enough to cover, and bring to a boil. Reduce heat and boil slowly for 35 to 40 minutes.

2. Wash and rinse canning jars; keep hot until ready to use. Prepare lids and bands according to manufacturer's directions.
3. Strain the juice through a double layer of damp cheesecloth or a damp jelly bag. Do not press or squeeze the bag or cloth.
4. Measure 3 cups of corncob juice into a large saucepot. (Add water if needed to make 3 cups liquid.)
5. Stir in the pectin and bring to a boil.
6. Add the sugar all at once, and bring the mixture back to a full rolling boil while stirring. Boil for 5 minutes. Remove from heat; skim off foam quickly.
7. Pour hot jelly immediately into hot, sterile jars, leaving 1/4-inch headspace. Wipe rims of jars with a dampened clean paper towel; adjust two-piece metal canning lids.
8. Process in a boiling water or atmospheric steam canner for 10 minutes at 0-1,000 feet elevation, 15 minutes at 1,001-6,000 feet, and 20 minutes above 6,000 feet.
9. If using a boiling water canner, remove lid and wait 5 minutes. If using a steam canner, wait 3 minutes before removing lid.
10. Remove jars from canner. Let cool, undisturbed, 12-24 hours and check for seals. Remove rings, clean and label jars. Store sealed jars in a cool, dry, dark location.

*Source: National Center for Home Food Preservation, 2018*

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## Roasted Garlic Jelly

Yield: about 9 four-ounce mini jars

3 medium heads garlic	1/2 cup white balsamic vinegar*
1 tablespoon olive oil, divided	1 teaspoon whole black peppercorns, crushed
1 tablespoon balsamic vinegar, divided	3 tablespoons lemon juice
1 cup dry white wine	3 cups granulated sugar
2/3 cup water	2 pouches (each 3 ounces) liquid pectin

1. Wash and rinse canning jars; keep hot until ready to use. Prepare lids and bands according to manufacturer's directions.
2. Using a sharp knife, cut off tops of garlic heads, exposing cloves. Place each head on a small square of aluminum foil set on a baking sheet. Top each head with 1 teaspoon olive oil and 1 teaspoon balsamic vinegar. Scrunch foil loosely around garlic heads and roast in preheated oven until garlic is golden and very soft, 45-60 minutes. Let stand until cool enough to handle. Separate cloves, pinching each one to extract the soft roasted garlic. Discard skins.
3. In a medium stainless steel saucepan, combine roasted garlic, wine, water, vinegar and peppercorns. Bring to a boil over medium heat. Reduce heat and boil gently for 5 minutes. Cover, remove from heat and let steep for 15 minutes.
4. Transfer garlic mixture to a dampened jelly bag or a strainer lined with several layers of dampened cheesecloth set over a deep bowl. Let drip, undisturbed, for about 30 minutes. Measure 1-2/3 cups garlic juice. If you do not have the required amount, add up to 1/4 cup dry white wine or water.
5. Transfer garlic juice to a large, deep stainless steel saucepan. Stir in lemon juice and sugar. Over high heat, stirring constantly, bring to a full rolling boil that cannot be stirred down.
6. Stir in pectin. Boil hard, stirring constantly, for 1 minute. Remove from heat and quickly skim off foam.
7. Immediately pour hot jelly into hot jars, leaving 1/4-inch headspace. Wipe rims with a dampened clean paper towel; adjust two-piece metal canning lids.
8. Process in a boiling water or atmospheric steam canner for 10 minutes at 0-1,000 feet elevation, 15 minutes at 1,001-6,000 feet, and 20 minutes above 6,000 feet.



9. If using a boiling water canner, remove lid and wait 5 minutes. If using a steam canner, wait 3 minutes before removing lid.
10. Remove jars from canner. Let cool, undisturbed, 12-24 hours and check for seals. Remove rings, clean and label jars. Store sealed jars in a cool, dry, dark location.

*Source: adapted from Ball Complete Book of Home Preservation, 2012*

*\* White balsamic vinegar may be hard to find. Dark balsamic vinegar can be substituted but the resulting jelly will be dark and will have a more robust flavor.*

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## Double Onion Marmalade

Yield: about 6 half-pints

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|--|------------------------------------|
| 1-1/2 cups each thinly sliced red onion and<br>thinly sliced Vidalia onion | 2 bay leaves                       |
| 1/4 cup firmly packed light brown sugar                                    | 2-1/2 cups unsweetened apple juice |
| 1/3 cup apple cider vinegar (5% acidity)                                   | 1/2 cup raisins                    |
| 1 tablespoon black peppercorns   | 6 tablespoons Ball Classic Pectin  |
|  | 4 cups sugar                       |

1. Wash and rinse canning jars; keep hot until ready to use. Prepare lids and bands according to manufacturer's directions.
2. Combine onions, sugar and vinegar in a stainless steel pot. Stirring often, cook over medium heat until liquid evaporates (13 minutes).
3. Place peppercorns and bay leaves on a 5-inch square of cheesecloth; tie with kitchen string, and add to onion mixture.
4. Add apple juice and raisins; stir in pectin. Bring mixture to a rolling boil that cannot be stirred down over high heat, stirring constantly.
5. Hold spice bag to one side of pot with tongs. Add sugar, stirring until dissolved. Release spice bag. Return mixture to a full rolling boil. Boil hard 1 minute, stirring constantly. Remove from heat; remove and discard spice bag. Skim foam, if necessary.
6. Ladle hot marmalade into hot jars, leaving 1/4-inch headspace. Remove air bubbles. Wipe rims with a dampened clean paper towel; adjust two-piece metal canning lids.
7. Process in a boiling water or atmospheric steam canner for 10 minutes at 0-1,000 feet elevation, 15 minutes at 1,001-6,000 feet, and 20 minutes above 6,000 feet.
8. If using a boiling water canner, remove lid and wait 5 minutes. If using a steam canner, wait 3 minutes before removing lid.
9. Remove jars from canner. Let cool, undisturbed, 12-24 hours and check for seals. Remove rings, clean and label jars. Store sealed jars in a cool, dry, dark location.

*Source: adapted from Ball Complete Book of Home Preservation, 2012*

## References

- National Center for Home Food Preservation, <http://nchfp.uga.edu/>
- Complete Guide to Home Canning. 2009. USDA Agricultural Information Bulletin 539. National Institute of Food and Agriculture. Available free online at [http://nchfp.uga.edu/publications/publications\\_usda.html](http://nchfp.uga.edu/publications/publications_usda.html)
- Oregon State University Extension Service, Herbs & Vegetables in Oil (SP-50-701)
- Ball Complete Book of Home Preserving, 2006

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