

# Preserve Food at Home

## *Ultimate Resource Guide*



**80+** Resources to can, dehydrate, root cellar, salt cure, & preserve in alcohol and oil

Learning how to preserve our food at home is one of my favorite labors of love. So many of the traditions and skills our ancestors and the pioneers used are being lost and forgotten in our modern society. We depend on grocery stores for most of our food.

There's a danger when we lose the ability to prepare our own food and replenish our pantry ourselves.

Knowing how to preserve your own food is important, not only from a preparedness and self-sustainability standpoint, but for our health, both in our bodies and our bank accountant.

This resource guide is meant to help give you the skills and tools to preserve your own food at home.

The links are to articles, tutorials, recipes, books, and courses. There are free resources and some paid, the majority being free. Some of the links are affiliate links. If you make a purchase, I receive a small commission. It costs you no more. Regardless, I only link to products I've fully researched and/or used and know will be of benefit to you and your home food preservation.

I hope you enjoy reading and going through these resources as much as I have. Please note, I'm in no way responsible for the outcome of your home food preservation or the advice provided in any of the linked websites, books, or courses.

Want new information as I find it? Follow me on [Facebook](#), [Pinterest](#), and [Twitter](#) for home food preservation, heirloom gardening, modern homesteading, preparedness, DIY, natural health, and Christian insights.

Are you ready for some home food preservation?

## Canning

### Equipment list:

Water bath canning must have:

A large pot and rack or twisted up towel to keep jars off the bottom of the pot and away from direct contact with the heat source

Jars- only use glass jars specifically made for canning, Ball, Mason, and Kerr make good canning jars. You can find jars at thrift stores, garage sales, and auctions. Be sure to run your finger around the rim of the jar to check for nicks or cracks. If they have any cracks or nicks they won't seal properly and aren't suitable for canning. Check your local

hardware and farming supply stores for deals on new jars and racks, along with your regular grocery store. Remember, you'll get years out of your jars.

Lids and bands: I reuse our bands but canning lids need to be purchased new each time. I try to keep about 100 lids in the house at all times. That way, when I'm ready to can, I don't have to worry about running to the store, or if the stores should ever run out.

I haven't used the reusable canning lids by Tattler yet, but I have a box and will be trying them out soon.

Recommend:

For a water bath canner that won't rust or chip, consider a [stainless steel water bath canner like this one](#).

Or the granite water bath canner you've most likely seen: [waterbath canner with a removable rack](#).

A [5 piece canning kit](#), with jar remover, magnetic lid lifter, funnel, kitchen tongs and jar wrench.

Extras to consider:

If you plan on canning juices and jellies (jelly is made from the juice of the fruit and jam is made with the fruit) you'll want to look into one of these steam juicers. I adore mine. It makes juicing fruit so much easier and faster. I use this [11 Quart Stainless Steel Steam Juicer](#).

Some people like using a [food mill](#) for different sauces.

I've used an [old-fashioned sieve](#) (my great-grandmother's) for years before I purchased my steam juicer.

## Pressure Canning:

There are several brands of pressure canners available on the market. I started out with a small Mirro brand weighted pressure canner.

Frugal pressure canners:

This [Presto pressure canner](#) is under a \$100 and will get you pressure canning all of your non-acid foods safely. It does use a rubber gasket and can also be used for water bath canning.

Investment pressure canners:

This is an [All American Pressure canner](#). It has a metal on metal seal so you don't have to replace rubber gaskets. Many people say this is the Cadillac of pressure canners.

Simply Canning's [Review of Presto and All American Pressure Canners](#).

## Articles and Websites:

My personal [10+ Easy Home Canning Recipes](#) (including low sugar and no pectin jam recipes, green beans, pickled asparagus, and more)

[Simply Canning](#) is devoted to all things canning and has a plethora of recipes, tutorials, and canning tips.

[How to Can Meat](#)

[Pickling Recipes](#)

[Canning Tomatoes](#)

[How to make and can ketchup](#)

[Canning 101 from Food Storage.com](#) everything you need to know to get started canning.

How to can caramelized onions from [RealFoodLiving.com](#)

The [Trailer Park Homestead](#) shares a great altitude chart for adjusting your canning times along with shelf life of canned goods.

[The Canning Diva.com](#) has great recipes, tutorials, podcasts, and [videos](#) all devoted to canning.

[101 Canning Recipes](#) from MomwithaPrep for Food Storage

[How to Make Ghee Long Term Butter](#)

## Books:

This is considered the Bible of canning, [Ball's Complete Book of Home Preserving](#).

For low sugar jams and jellies [Preserving with Pomona's Pectin](#)

[Simply Canning: Survival Guide to Safe Canning](#)

## Dehydrating:

### Equipment:

This is the dehydrator that I use. It's not as high priced as some, but the square design allows for more food on each tray. It's quiet and has worked excellent for our needs so far. [Nesco Square Dehydrator](#)

For those who want to up their dehydrating, many consider [Excalibur](#) the deluxe dehydrator on the market. It blows the air from behind instead of on top. You can add additional trays, allowing you to dry more food at once.

### Articles and Websites:

[How to dry your own herbs](#)

[How to make sun dried tomatoes](#)

[How to make your own fruit leather](#)

[How to dehydrate fruit](#)

[Dehydrating ground beef safely](#)

How and Why to Dehydrate (Saving Time and space with a dehydrator) [Part 1](#), [Part 2](#), [Part 3](#)

[Dehydrating Tomatoes](#)

[How to Dehydrate Vegetable Noodles](#)

[Make Your Own Vegetable Powders](#)

[Dehydrating cooked beans](#)

[101 Dehydrating Recipes](#)

[How to Dehydrate and Make Meat Jerky](#)

[How to String and Dehydrate Peppers](#)-Off-grid method

[How to Make Mushroom Powder](#)

[How to Dehydrate Pumpkin](#)

[How to Dehydrate Cantaloupe](#)

[How to Make Kale Powder](#)

## Books and E-Courses:

This is the book I still refer to when I dehydrate something new. It also shares *off-grid* options for dehydrating, along with a plethora of information, tutorials, and recipes for doing milk, eggs, vegetable, fruit, and more. [GNOWFGLINS Dehydrating E-Book](#).

For even more dehydrating knowledge, this is an in-depth dehydrating course with videos and a membership area to ask questions. [GNOWFGLINS Dehydrating E-course](#). If you purchase the e-book you get one month of free membership (\$17 value) by emailing [Wardeh@gnowfglins.com](mailto:Wardeh@gnowfglins.com) and mentioning this resource guide and MelissaKNorris.com

Or there's [The Dehydrating Bible](#)

## Freezing

### Equipment needed:

Obviously a freezer is going to be needed. You'll also want freezer bags and butcher paper for wrapping meat.

### Recommended:

A vacuum sealer has been excellent in keeping our frozen food longer. It eliminates freezer burn and can also be used in vacuum sealing your dehydrated goods. We purchased this [Food Saver model](#) last Christmas and have been very happy with the results. Costco is where we purchased ours when it was on sale a month before Christmas.

A steamer is a quick and easy way to blanch foods before freezing. We use our rice steamer for small batches. My stainless steel steam juicer is also a vegetable steamer and can be used for larger batches.

### Articles and Websites:

[How to freeze winter squash](#)

[How to freeze zucchini](#)

[How to freeze fruit at home](#)-3 different ways depending upon how you'll be using the fruit later

[How to Freeze Eggs](#)

[List of vegetables and times to blanch them](#)

## **Root Cellaring and Cold Storage:**

We practice root cellaring without a root cellar or garage. Our winter squash gets stored in the pantry which is dark and stays relatively cool, around 60 degrees in the fall and winter. We store our potatoes in our camper bathroom. If you have a garage, it makes an excellent candidate for root cellaring crops as well.

Articles and Websites:

[How to store over 30 fruits and vegetables without electricity](#)

[Above ground root cellaring](#)

[How to cure and store onions](#)

[How to build a root cellar](#)

[How to cure and store garlic](#)

Books:

[\\$10 Root Cellar and other methods of cold and root cellar storage](#)

[Root Cellaring](#) (considered the encyclopedia or root cellaring)

# Salt Curing

## Equipment needed:

Lots of salt and canning jars, large glass containers with lids, and/or crocks.

## Articles and websites:

[How to make corned pork ribs](#)

[How to make salt pork](#) (shows step by step instructions for salt curing pork)

[How to ferment garlic](#)

[Salt brine recipes](#)

[The Process of Preserving Meat by Curing](#)

[How to Salt Cure Fish](#)

[The Science Behind Salting, Curing, and Brining](#)

[How to Cure and Smoke Your Own Bacon](#)

[How to Smoke Cheese at Home](#)

[How to Ferment and Store Beets](#)

## Books:

[A Guide to Canning, Freezing, Curing and Smoke Meat, Fish, and Game](#)

[The Art of Fermentation](#)

[Discover Fermentation E-book and Course](#) If you purchase the e-book you get one month of free membership (\$17 value) by emailing [Wardeh@gnowfglins.com](mailto:Wardeh@gnowfglins.com) and mentioning this resource guide and [MelissaKNorris.com](http://MelissaKNorris.com)



## Using Alcohol and Oil

### Equipment:

You'll need vodka and/or rum for most recipes. Rum is good with certain fruits and vanilla, but vodka is flavorless. Olive oil is my choice for an all-around oil in preserving.

### Articles and Websites:

[How to make mint extract with vinegar](#)

[How to make vanilla, lemon, and almond extract](#)

[How to infuse oils and vinegars](#)

[How to make blueberry, basil, thyme vinegar](#)

[Preserving Eggs with Oil](#)

[Preserve Your Fruits with Rum](#)

I hope you've enjoyed this resource guide and start preserving your own food at home. Want more resources like this? Check out my [Pioneering Today Podcast](#) for when you're on the road or doing chores around the homestead and [my books](#), Pioneering Today-Faith and Home the Old-Fashioned Way and Pioneering Today-A Homemade Christmas.