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Food Safety and Storage



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Harvesting

- Healthy individuals
- Wash your hands
- Use clean containers



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Handling of Food

- Wash your hands
- Remove outer leaves of leafy vegetables
- Wash fresh produce with potable water
- Scrub produce with a firm skin



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Cleaning

- Wash your hands
- Use designated cutting boards
- Clean counters, cutting boards and utensils before and after



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Storage

- Refrigerate fresh fruits and veggies
- Check your fridges temperature
- Don't contaminate



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Cooking

- Cut away bruised or damaged areas
- Keep fresh or cooked food away from food needing to be cooked



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Canning

- Preserves your harvest
- Economic
- Eco-friendly



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Canning Continued

- 2 Types of Canning Food
 - High acid foods
 - Need Boiling Water Canner
 - Low acid foods
 - Need a Pressure Canner



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High Acid Foods

- Fruit
- Jams, jellies, marmalades
- Fruit butters
- Pickles and sauerkraut
- Tomatoes (with lemon juice or vinegar)



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Low Acid Foods

- Most fresh vegetables
- Meat and poultry
- Seafood- fish and shellfish
- Soup and Milk
- Spaghetti sauce with meat, vegetables and tomatoes



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Cooking Process

- Clean counters, cutting boards and utensils
- Proper canning method
- Follow the directions and recipe
- Check the temperature/pressure



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Equipment for Canning

- Glass jars with metal lids
- Boiling Water Canner or Pressure Canner
- Your favorite recipe



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Storing Canned Food

- Label and Date
- Cool dry place
- Refrigerate once opened
- Use all canned food within 1 year



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Questions ?



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References

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