



**This news release from K-State Research and Extension is available online <https://ksre-learn.com/food-preservation-publications>

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Updated publications can help guide safe food preservation

Preserve It Fresh, Preserve It Safe includes resources for a variety of foods

By Maddy Rohr, K-State Research and Extension news service

MANHATTAN, Kan. – For home food preservation, it is essential to process food safely and follow updated preservation recipes and methods says Kansas State University food scientist Karen Blakeslee.

“When these recipes and methods are followed, you can make safely preserved food for later use,” Blakeslee said.

[K-State's Rapid Response Center](#) recently updated its [food preservation publications](#) to include the most up-to-date recipes and methods.

The following [K-State Research and Extension publications](#), along with five other food preservation resources have been updated. Spanish translations of these publications will be available in the coming weeks:

- Preserving Strawberries
- Preserving Beans
- Preserving Cherries
- Preserving Vegetables
- Preserving Peaches
- Preserving Sweet Corn
- Preserving Cucumbers
- Preserving Tomatoes
- Preserving Peppers
- Preserving Apples

Blakeslee, who also is coordinator of [K-State's Rapid Response Center for Food Science](#), publishes a monthly newsletter called [You Asked It!](#) that provides numerous tips on food safety.

More information is also available from [local extension offices](#) in Kansas.

FOR PRINT PUBLICATIONS: Links used in this story

Preserve It Fresh, Preserve It Safe, <https://www.rrc.k-state.edu/preservation/recipes.html>

Rapid Response Center, <https://www.rrc.k-state.edu>

You Asked It! newsletter, <https://www.rrc.k-state.edu/newsletter>

K-State Research and Extension local offices, <https://www.ksre.k-state.edu/about/statewide-locations.html>

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