Use safe, tested recipes from good sources

**Water Bath Canning Resources and Recipes:**

1. **National Center for Home Food Preservation**

<https://nchfp.uga.edu/publications/publications_home.html>

Spanish language publications.

[Elaboración de conservas de tomates y productos de tomates (Canning Tomatoes and Tomato Products)](http://pubs.wsu.edu/ItemDetail.aspx?ProductID=15774&SeriesCode=&CategoryID=234&Keyword=)

[Guardado de frutas en conserva (Canning Fruits)](http://pubs.wsu.edu/ItemDetail.aspx?ProductID=15747&SeriesCode=&CategoryID=234&Keyword=)

[Guardado de vegetales en conserva (Canning Vegetables)](http://pubs.wsu.edu/ItemDetail.aspx?ProductID=15745&SeriesCode=&CategoryID=234&Keyword=)

[Recetas de salsa para guardar en conserva (Salsa Recipes for Canning)](http://cru.cahe.wsu.edu/CEPublications/PNW0395S/PNW395S.pdf)

1. **Ball Blue Book, website & YouTube channel**

https://www.freshpreserving.com/canning-101.html

Video lessons : BallCanning – YouTube

1. **Healthy Canning.com**

https://www.healthycanning.com/

[https://www.healthycanning.com/online-courses-in-home- cannings](https://www.healthycanning.com/online-courses-in-home-%20%20%20%20%20%20%20%20%20%20cannings)

1. **Cooperative Extension Services** – Each state has a land grant college responsible for providing services in food safety & preservation, both commercial and home food preservation. Each state has tested recipes for unique products of their state. Their websites always end in .edu designating an educational institution. Resources vary by state. Some offer YouTube channels, or video from their websites, translated publications in many languages. Below are listed some links for just a few states.

Oregon State University: https://extension.oregonstate.edu/mfp/publications

University of New Mexico

<https://fyi.uwex.edu/safepreserving/recipes/>

Kansas State University YouTube channel

[Preserve It Fresh, Preserve It Safe: Home Canning and Preserving](https://www.youtube.com/playlist?list=PLUdL3XGccEJHT7Xki_pSc495Su9rZAVns)

[K-State Research and Extension](https://www.youtube.com/c/KSREVideos) lessons 1-17

Michigan State University YouTube channel

<https://www.youtube.com/user/msuanrvideo07>