

## COUNTY/CITY EXTENSION OFFICES

 Allegany (301) 724-3320	 Charles (301) 934-5403	 Prince George's (301) 868-8781
 Anne Arundel (410) 222-3900	 Dorchester (410) 228-8800	 Queen Anne's (410) 758-0166
 Baltimore City (410) 856-1850 x121	 Frederick (301) 600-1596	 St. Mary's (301) 475-4120
 Baltimore (410) 887-8090	 Garrett (301) 334-6960	 Talbot (410) 822-1244
 Calvert (410) 535-3662	 Harford (410) 638-3255	 Washington (301) 791-1304
 Carroll (410) 386-2760	 Howard (410) 313-2707	 Wicomico (410) 749-6141
 Cecil (410) 996-5280	 Montgomery (301) 590-9638	 State Office (410) 531-5557

### Legend

-  Locations with Grow It • Eat It programs
-  Locations with Grow It • Eat It • Preserve It Programs

This list **does not** include youth food preservation through 4-H, please contact your local Extension office to learn more.

## FIND EVENTS AND SERVICES

UME FCS Educators coordinate various events and services throughout the year.

To access information about upcoming events go to [extension.umd.edu/foodpreservation](http://extension.umd.edu/foodpreservation) Event Calendar

## DO YOU HAVE GARDENING QUESTIONS?

We have answers! Visit our website [extension.umd.edu/hgic](http://extension.umd.edu/hgic)



- Click on LEARN to browse our content
- Click on GET HELP to browse answers to specific problems.
- Send your question directly to our Certified Professional Horticulturists for an answer via email.

[extension.umd.edu/learn/ask-gardening](http://extension.umd.edu/learn/ask-gardening)

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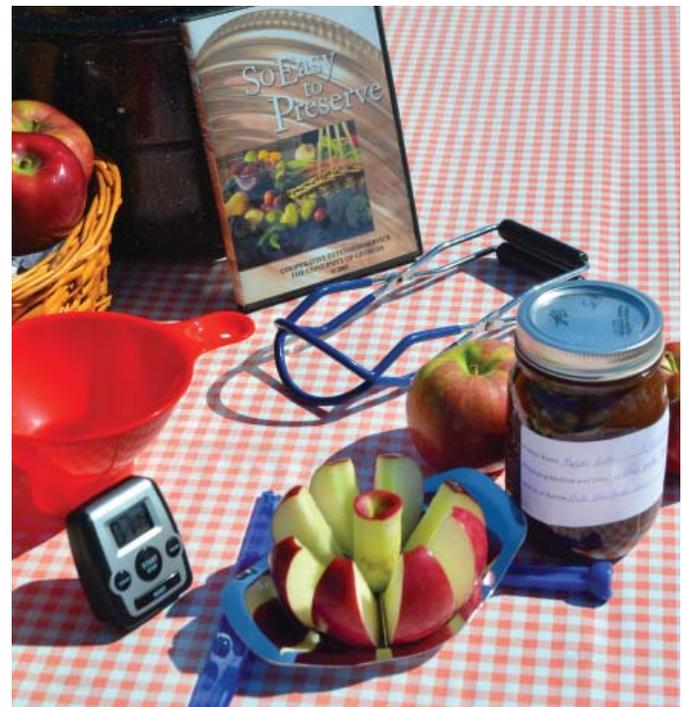
UNIVERSITY OF  
MARYLAND  
EXTENSION



Presents

 GROW IT • EAT IT  
PRESERVE IT

[extension.umd.edu/foodsafety](http://extension.umd.edu/foodsafety)



In partnership with



GROW IT • EAT IT

## UNIVERSITY OF MARYLAND EXTENSION (UME) MISSION

Our educational programs and problem-solving assistance are available to citizens and are based on the research and experience of land grant universities such as the University of Maryland, College Park.

## OUR HISTORY

Since the 1900's Family & Consumer Sciences (FCS) educators have taught how to safely preserve food, whether it was canning, drying, or freezing using USDA home food preservation guidelines.

## OUR VISION

UME Master Gardener Volunteers (MGVs) educate residents how to grow food in home, community, and school gardens. MGVs and help thousands of individual groups each year start and improve food gardens.

## OUR PARTNERSHIP

UME Master Gardeners (MGVs) teach people how to grow produce through the Grow It Eat It (GIEI) program, and FCS educators teach people how to safely preserve their harvest through the Grow It Eat It Preserve It program (GIEIPI).

## FCS EDUCATORS CAN ADVISE YOU

### Canning

We teach others how to safely can:

- Jams, jellies, and butters
- Pickled & fermented products
- High acid foods (peaches)
- Tomatoes
- Low acid foods (green beans)

### Freezing

We teach evidence-based information on safely freezing foods at home.

### Dehydration

We teach evidence-based information on safely drying foods at home.



Source: <https://nchfp.uga.edu>

## FREQUENTLY ASKED QUESTIONS



### Are family, cookbooks, and Internet recipes safe?

Contact your FCS educator to find safe food preservation resources and recipes, such as the National Center for Home Food Preservation and the USDA Complete Guide to Home Canning.



### I want to change the recipe?

No, recipes should not be changed. Recipes will ensure consistency, quality, and safety.



### Are all tomatoes okay to can?

Select only disease-free, preferably vine-ripened, firm tomatoes for canning. Green tomatoes are more acidic than ripened tomatoes and can be canned safely with any of the following recommendations.

*Caution: Do not can tomatoes from dead or frost-killed vines.*



### Is it okay to process two layers of jars in a canner at one time?

Yes, two layers can be processed at one time, in either the boiling water bath or pressure canner. Place a small wire rack between the layers so water or steam will circulate around each jar.



### How much is it to have my dial checked?

Free, contact your FCS educator to make an appointment. Remember, it is best to get the dial check yearly.

*Find your UME FCS Educator (pg 4).*