FOOD STORAGE & PRESERVATION SERIES · FOD-06

FOD-06 — Food Preservation

Your First Preservation Run

Turning food you would lose into shelf-stable stock that keeps without power — safely.

BOTTOM LINE UP FRONT

Food preservation is turning food your household would otherwise lose — garden surplus, a harvest, seasonal produce — into shelf-stable stock that keeps without power, by canning, dehydrating, freeze drying, or root cellaring. It is not improvising with family recipes: home canning is safe only with tested recipes, and low-acid foods must be pressure canned.

WHY THIS MATTERS

Two of the four methods, done wrong, can produce food that looks and smells normal and is not safe.

Preservation captures value a household loses every season and builds a skill that keeps working when stores do not. It also carries real responsibility. This course teaches each method from its principle — why it works and where it fails — and sends every canning and jerky decision back to research-based tested sources.

Boiling cannot destroy botulinum spores. Low-acid foods must be pressure canned.

THE FOUR METHODS

Canning	Heat and a seal; water bath for high-acid foods, pressure canning for low-acid foods and meat.
Dehydrating	Warm, moving air removes water; low cost; fruit, vegetables, herbs, and jerky.
Freeze drying	Freezing, then vacuum removes ice; years of storage; high equipment cost.
Root cellaring	Cold, humid, dark storage slows living produce; little equipment; depends on climate.

COURSE LESSONS

1	**Foundations of Food Preservation.** Why preserve, the four methods, and matching a method to food and equipment.
2	**Canning Basics.** Water bath and pressure canning, tested recipes, failure points, and spoilage signs.
3	**Dehydrating.** Equipment, technique, safe jerky, dryness tests, and storing dried food.
4	**Freeze Drying.** How home units work, home versus commercial output, and cost tradeoffs.
5	**Root Cellaring.** Cold storage without refrigeration, crop conditions, and humidity control.
6	**Capstone: Choosing and Starting Your First Preservation Method.** A documented first run, logged into inventory.

BEFORE YOU START

Recommended first	FOD-02 Food Inventory Management, for the tracker preserved output goes into.
Helpful	FOD-05 Extended & Long-Term Food Storage, for packaging dried food long term.
You will need	One food you regularly lose, and equipment for one method; start small.