

A NOTE ABOUT FOOD SAFETY

Anytime we talk about storing food for weeks or months at a time, we must also talk about food safety. Botulism and spores for other food-borne illnesses that grow when food spoils are real and they can be dangerous.

Here are a few things to keep in mind when preserving food:

Wash your hands frequently.

Work on clean surfaces with clean utensils and be sure to wash your storage containers well with hot, soapy water. If you're working with glass, the best practice is to sterilize them in boiling water for at least 10 minutes before packing them with food.

If you ever have any question about the food you have preserved (it smells "off," the color is different than it should be, there's mold growing on it, etc), it is better to toss it than to risk dealing with serious illness.

Label your containers once they're filled so you know exactly what's inside and when it was preserved.

If you are foraging or have been given a food you can't identify, don't use or consume the food until you can properly identify it.