

Food Preservation Resources*

General Food Preservation

America's Test Kitchen. **Foolproof Preserving**. Brookline, MA: America's Test Kitchen, 2016.

English, Ashley. **Canning and Preserving**. New York, NY: Lark Books, 2010.

Krissoff, Liana. **Canning for a New Generation**. New York, NY: Stewart, Tabori & Chang, 2010.

Solomon, Karen. **Asian Pickles**. Berkeley, CA: Ten Speed Press, 2014.

USDA Complete Guide to Home Canning, 2015.
http://nchfp.uga.edu/publications/publications_usda.html

West, Kevin. **Saving the Season**. New York, NY: Alfred A. Knopf, 2013.

Fermented Foods

Katz, Sandor Ellix. **Wild Fermentation**. White River Junction, VT: Chelsea Green Publishing, 2016.

Shockey, Kristen and Christopher Shockey. **Fermented Vegetables**. North Adams, MA: Storey Publishing, 2014.

Cultures for Health

Information, recipes, and supplies
<http://www.culturesforhealth.com/>

Freezing & Drying Foods

Delong, Deanna. **How to Dry Foods**. New York, NY: Home Books, 2006.

McClure, Susan. **Preserving the Summer's Bounty**. New York, NY: Rodale Press, 1998.

Food Waste

Gunders, D. 2012. **Wasted: How America is losing up to 40 percent of its food from farm to fork to landfill**. Natural Resources Defense Council. 3-26.
<https://www.nrdc.org/sites/default/files/wasted-food-IP.pdf>

Reducing Wasted Food and Packaging: A Guide for Food Services and Restaurants

Produced by the EPA
<https://nepis.epa.gov/Exe/ZyNET.exe>

Sustainable Foods

Dirty Dozen

Produced by the Environmental Working Group
Foods worth buying organic and conventional ones considered safe

<https://www.ewg.org/foodnews/index.php>

Dirty Dozen Guide to Food Additives

Produced by the Environmental Working Group
<http://www.ewg.org/research/ewg-s-dirty-dozen-guide-food-additives>

Walla Walla Valley Farm Map

Produced by the Daily Market Cooperative
Guide to seasonal produce with descriptions of local farms

http://www.wallawalla.org/wp-content/uploads/2015/06/FarmMap2015_TWWOnline.pdf

Eat Smart: Food Climate Impacts (Chart)

Produced by the Environmental Working Group
<http://www.ewg.org/meateatersguide/eat-smart/>

Meat Eater's Guide

Produced by the Environmental Working Group
<http://www.ewg.org/meateatersguide/a-meateaters-guide-to-climate-change-health-what-you-eat-matters/>

Sustainable Seafood Guide for Washington State

Produced by the Monterey Bay Aquarium Seafood Watch
<http://www.seafoodwatch.org/-/m/sfw/pdf/guides/mba-seafoodwatch-west-coast-guide.pdf?la=en>

*All books listed are available at the Walla Walla Public Library