



Extension

# RELIABLE FOOD PRESERVATION RESOURCES

May 2024



University of Wyoming Extension Community Vitality and Health Website Food Preservation Resources:

- <http://uwyoextension.org/uwnutrition/category/food-preservation>

University of Wyoming Extension Nutrition & Food Safety Facebook page videos:

- <https://www.facebook.com/UWEnutrition>

National Center for Home Food Preservation (University of Georgia):

- <http://www.uga.edu/nchfp/>

Newell Brands (Ball® & Kerr®):

- <http://www.freshpreserving.com/>

Preserving Food in Wyoming, University of Wyoming Extension (2024):

- <https://bit.ly/wyo-1210>

USDA Complete Guide to Home Canning (revised 2015):

- <https://bit.ly/usda-canning>

Ball Blue Book Guide to Preserving, 38th edition (2024)

- [ballmasonjars.com](http://ballmasonjars.com)

New and Updated Ball Complete Book of Home Preserving (2020)

- <https://a.co/d/eRf9gBT>

Ball Canning Back to Basics (2017)

- <https://a.co/d/1iJHvmO>

The All-New Ball Book of Canning and Preserving (2016)

- <https://a.co/d/4GUfYmy>

So Easy to Preserve, 6th edition (2020 reprint)

- <https://bit.ly/3Xu9KqF>

Commercial pectin recipes and manufacturer's instructions

Other up-to-date extension publications

For further questions, feel free to contact:

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**Don't forget to adjust recipes for altitude!!**

Boiling Water Canning	
Altitude in Feet	Increase in Processing Time
1,001-3,000	5 minutes
3,001-6,000	10 minutes
6,001-8,000	15 minutes
8,001-10,000	20 minutes

Pressure Canning		
Altitude in Feet	Weighted Gauge	Dial Gauge
0-1,000	10	11
1,001-2,000	15	11
2,001-4,000	15	12
4,001-6,000	15	13
6,001-8,000	15	14
8,001-10,000	15	15

Source of charts: Ball Blue Book (2024). Fresh preserving: Recipes and techniques for today's home canning (38th edition)



# UW

# WYOMING ALTITUDE CHART

Extension

- Albany County
  - Laramie - 7165
  - Medicine Bow - 6565
  - Rock River - 6896
- Big Horn County
  - Basin - 3870
  - Lovell - 3814
  - Greybull - 3788
- Campbell County
  - Gillette - 4544
  - Pine Haven - 4160
  - Rozet - 4286
  - Spotted Horse - 3890
  - Wright - 5122
- Carbon County
  - Encampment - 7277
  - Rawlins - 6755
  - Saratoga - 6786
- Converse County
  - Douglas - 4815
  - Glenrock - 5009
- Crook County
  - Aladdin - 3740
  - Alva - 3995
  - Beulah - 3570
  - Hulett - 3755
  - Moorcroft - 4206
  - Sundance - 4750
- Fremont County
  - Dubois - 6917
  - Lander - 5357
  - Riverton - 4956
- Goshen County
  - Fort Laramie - 4230
  - Hawk Springs - 4394
  - Huntley - 4196
  - Jay Em - 4675
  - LaGrange - 4587
  - Torrington - 4104
  - Yoder - 4245
- Hot Springs County
  - Thermopolis - 4326
- Johnson County
  - Buffalo - 4645
  - Kaycee - 4646
- Laramie County
  - Albin - 5334
  - Burns - 5455
  - Cheyenne - 6062
  - Horse Creek - 6520
  - Pine Bluffs - 5047
- Lincoln County
  - Afton - 6134
  - Kemmerer - 6927
  - Thayne - 5906
- Natrona County
  - Casper - 5123
  - Midwest - 4849
- Niobrara County
  - Lusk - 5015
  - Manville - 5245
  - Van Tassel - 4736
- Park County
  - Cody - 5016
  - Meetsee - 5751
  - Powell - 4365
- Platte County
  - Wheatland - 4733
  - Chugwater - 5288
  - Glendo - 4718
  - Guernsey - 4354
- Sheridan County
  - Sheridan - 3745
  - Story - 5036
  - Dayton - 3921
- Sublette County
  - Big Piney - 6798
  - Pinedale - 7175
- Sweetwater County
  - Green River - 6100
  - Rock Springs - 6271
- Teton County
  - Jackson - 6209
  - Wilson - 6148
- Uinta County
  - Evanston - 6748
  - Mountain View - 6805
  - Lyman - 6706
- Washakie County
  - Tensleep - 4206
  - Worland - 4061
- Weston County
  - Four Corners - 5800
  - Newcastle - 4334
  - Osage - 4300
  - Upton - 4234
- Wind Rivers Reservation
  - Ethete - 5354
  - Ft. Washakie - 5570
  - Crowheart - 6078



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