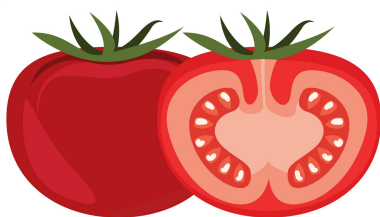




COLORADO STATE UNIVERSITY
EXTENSION

PRESERVE SMART



Instructions for preserving
fruits and vegetables

Drying

Pickling

Freezing

Canning



Download the **FREE** app or visit the website!
<https://apps.chhs.colostate.edu/preservesmart>





5 Great Ways to Use Preserve Smart

- 1 Use with your smart phone while 'on-the-go' to determine ingredients and equipment needed for preserving your favorite fruits and vegetables.
- 2 Find the exact elevation of *your* kitchen in order to make the necessary food processing adjustments specific to where you live.
- 3 Explore and use tested preservation recipes and instructions from Colorado State University Extension and the National Center for Home Food Preservation.
- 4 Discover when your favorite fruits and vegetables are in season across the U.S.
- 5 Receive timely preservation tips and updates by following **Preserve Smart** on social media!

