BEGINNERS GUIDE TO FOOD PRESERVING AND STORAGE

Understanding the Science for Safe Preserving

LOW ACID FOODS (pH higher than 4.6)

- meat/ seafood
- foods made with vegetables and meat, including stock
- milk, and some dairy products
- vegetables
- some fruit (melons, pawpaw, dates, bananas, papaya, persimmons)

BORDERLINE (acidify to ensure pH lower than 4.6)

- tomatoes, figs, mangoes, pineapples (acidify with added vinegar, citric acid or lemon juice)

HIGH ACID FOODS (pH 4.6 or lower)

- stone fruit (apricots, peaches, plums, nectarines, cherries)
- citrus fruit (lemons, limes, oranges, grapefruit)
- pome fruit (apples, pears, quince)
- berries (blueberries, strawberries, blackberries, raspberries)
- grapes, rhubarb
- jams, preserves, syrups, jellies and juice made from these fruit
- vegetables pickled with vinegar
- condiments (sauces, salsas, relish, chutneys) made with enough vinegar or lemon juice

Sources

pH Scale

Alkaline/ Base

pH 14	
pH 13	bleach
pH 12	
pH 11	ammonia
pH 10	
pH 9	baking soda
pH 8	
pH 7	water
pH 6	
pH 5	black coffee
pH 4	
pH 3	
pH 2	lemon juice
pH 1	
pH 0	acid

Neutral

Acid

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