

UNIVERSITY OF SASKATCHEWAN
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PRESERVATION OF FOOD

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The preservation of all food-stuffs depends on two principles:

1. The destruction of germ life.
2. The prevention of further growth of germ life.

The common methods used for the destruction of germ life are:

1. Employing temperatures unfavorable to germ life, viz. (1) cooking—in which the destruction of germ life is accomplished by heat; (2) cold storage—in which the growth of germ life is retarded or destroyed by cold.

2. Use of antiseptics, viz. (1) sugar—antiseptic in large proportionate quantities; (2) spices; (3) acid (vinegar); (4) salt; (5) alcohol; (6) chemical preservatives, which may be looked upon as adulterants, such as borax (used to preserve milk and meat), salicylic acid, benzoate of sodium, etc. (used to preserve meat.)

The common methods used for the prevention of further growth are:

1. Sealing—to exclude air and hence germ life.
2. Drying—to get rid of moisture, one of the conditions favorable to germ life.

HOUSEHOLD METHODS OF PRESERVING FRUITS AND VEGETABLES

1. **Canning**—In this process little or no sugar or any other preservative is used—preservation depends on perfect sterilization and exclusion of air by sealing.