Minnesota Cottage Foods Law

Tested Recipes List

Guidance Document for MN Cottage Foods Producers

Last Revised: November 30, 2023

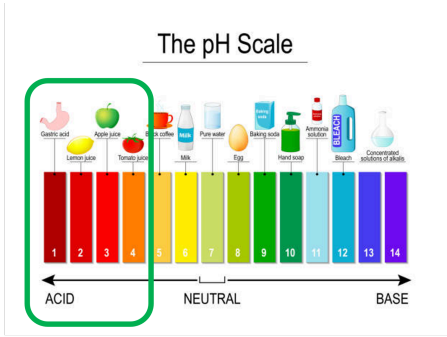
For complete training on the entire MN Cottage Foods Law, please go to the MFMA website.

Minnesota's cottage foods law, Minnesota Statute 28A.152, requires cottage foods to meet three requirements:

1. food must not be potentially hazardous
2. food must be 4.6 pH or below, or
3. food must be .85 water activity or below

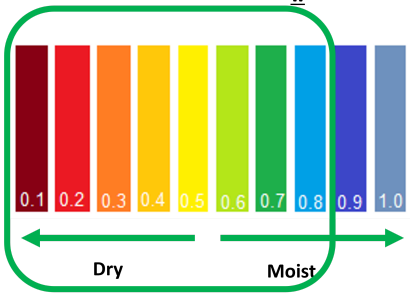
The law does not stipulate *how* a cottage foods producer (CFP) should determine or record how their cottage foods meet these three requirements. It is the responsibility of CFPs to ensure the foods sold are legal under this exemption from licensing.

For the **pH foods**, there are hundreds of tested recipes that meet the ≤ 4.6 pH value. If you use a non-standard recipe, you can test the pH of your finished product using this suggested method.



MN Cottage Foods pH Range
1 to 4.6 pH

The Water Activity (A_w) Scale



MN Cottage Foods A_w Range
.1 to .85 A_w

For the **water activity foods**, there are fewer tested recipes that meet the ≤ .85 A_w value.
If you use a non-standard recipe, you can test the A_w of your finished product using this suggested method.

info@mfma.org

Other Resources

Food Science Library
Food Testing Labs
Non-Potentially Hazardous Foods List - Humans
Non-Potentially Hazardous Foods List - Pet Treats
pH Meters and How To Use Them
Water Activity (Aw) Meters and How To Use Them

Tested Recipes

1. *Come and Bake It.* Volumes I and II. Tested recipes for icings and frostings. NOTE: Only some of the recipes are legal in Minnesota, we use two parameters: pH ≤ 4.6 or aw≤ 0 .85, and Texas uses time and temp controls.
2. Minnesota Tomato Mixture University of Minnesota Extension.
3. So Easy to Preserve. Tested recipes from the University of Georgia. National Center for Home Food Preservation.
4. National Center for Home Food Preservation.
5. University of Minnesota Extension Food Preservation.
6. Fresh Preserving | Ball® Kerr® Jars & Home Canning.
7. Tested horseradish recipe: https://extension.oregonstate.edu/sites/default/files/documents/8836/sp50793horseradish.pdf
8. Canned chocolate sauce: University of Wisconsin article. https://fyi.uwex.edu/safepreserving/2013/11/18/safe-preserving-canned-chocolate-sauce./.
9. Cooked fruit-based freezer jams, jellies, preserves. University of Wisconsin. https://winnebago.extension.wisc.edu/files/2010/09/B2909-Making-Jams-Jellies.pdf
10. Jams and jellies. National Center for Home Food Preservation. https://nchfp.uga.edu/how/can7_jam_jelly.html
11. Canning Tomatoes. UMN Extension. https://extension.umn.edu/preserving-and-preparing/canning-tomato-products-safety-guidelines.
12. Canned chocolate cranberry sauce, and chocolate raspberry sauce. Ball preserving has tested recipes for a safe water bath canning.
13. A cold-fill-hold process may be used for some products as an alternative to the boiling water or steam canning process. Products must have a pH of 3.3 or below, or acidified with pH of 3.5 to 3.8. Must include a pre-cook and a cooling step. https://foodsafety.wisc.edu/assets/coldfill2019.pdf
14. Utah State University Extension Canning Resources https://extension.usu.edu/preserve-the-harvest/canning
    a. Free canning webinars: https://extension.usu.edu/preserve-the-harvest/free-canning-webinars
15. No added pectin recipes. Oregon State University: https://extension.oregonstate.edu/food/preservation/jams-jellies-preserves-no-added-pectin-sp-50-777
16. Alaska Cooperative Extension Food Preservation: https://www.uaf.edu/ces/foodhealth/foodpreservation/index.php

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17. Caution: Canning With Fats & Oils: The exception to using oils in canning is when the recipe has been scientifically tested—of which there are three. The USDA Complete Guide to Home Canning includes tested recipes for **marinated whole mushrooms**, **marinated peppers**, and **pickled three-bean salad**. Each of these recipes includes added acid ingredients (lemon juice, vinegar) as well as preparation steps to ensure adequate acidity of the vegetable. The amount of oil is small, and the acidity is adequate to control the pH. Follow the recipes exactly.

ACKNOWLEDGMENTS

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