

AMBER BENSON

Assistant Professor | Food Science | Extension

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Education

M.S. Food Science, New Mexico State University, Las Cruces, NM, Anticipated Graduation May 2026

Program: *Family and Consumer Science*

Emphasis: *Food Science and Technology*

Advisor: Dr. Luis Sabillon Galeas and Dr. Francine Giotto

M.B.A. Business Administration, MidAmerica Nazarene University, Olathe, KS, June 2024

Program: *Graduate Studies in Management*

Emphasis: *Organizational Leadership*

Advisor: Britney Bowls

B.A. Business, MidAmerica Nazarene University, Olathe, KS, July 2017

Program: *Business Studies*

Emphasis: *Applied Organizational Leadership*

Advisor: Dr. Tammy Ogren

Appointments

- Assistant Professor, Family and Consumer Science Agent, College of Agriculture, Consumer and Environmental Sciences, Cooperative Extension Service, New Mexico State University, Albuquerque, NM (2023-present)
- Owner and Operator, Amberoncini, Albuquerque, NM (2020-present)
- Assistant Store Director, Executive Team Lead, Target Corp, Rio Rancho, NM (2021-2023)
- Culinary Director, Barista Parlor, Nashville, TN (2020)
- Store Leader, Philz Coffee, Davis, CA and Washington D.C. (2017-2020)

Publications

1. **Benson, A. M.** (2023). *Pressure canning for beginners: A step-by-step guide with 50 recipes*. Rockridge Press.
2. New Mexico State University Publication, E-326 Home Canned Sweet Spreads made with Green Chile, submitted September 2025
3. New Mexico State University Publication, E-131 In a Pinch Ingredient Substitutions for Everyday Cooking, submitted July 2025
4. New Mexico State University Publication, E-118 Storing Food Safely, April 2025

Awards

1. 2025, Greenwood Frysinger Award, NMEAFCS Affiliate First Place, NEAFCS Western Region First Place, NEAFCS National Winner, October 2025
2. 2025, Food Safety Award, Fermentation for the Future, NMEAFCS Affiliate First Place, NEAFCS Western Region Second Place, October 2025
3. 2025, Innovation in Programming Award, Making a Living on 5 Acres or Less NMEAFCS Affiliate First Place, NEAFCS Western Region Second Place, October 2025
4. 2025, Colorado Excellence in Multi-State Collaboration Award, Modernization of Home Food Preservation, Colorado State Cooperative Extension Service, CEAFCS, October 2025
5. 2024, Excellence in Teamwork Award – First Place New Mexico Extension Association of Family and Consumer Sciences, Las Cruces, New Mexico, March 2024

Invited Presentations

1. NMSU Cooperative Extension Service, All Agent In-Service Conference, Innovation Grant Presentation, Fermentation for the Future, January 2026.
2. University of New Mexico. Entangled Cultures: How Humans and Microbes Co-create through Fermentation, Albuquerque, New Mexico, October 2025.
3. Prickly Pear Festival, Albuquerque, New Mexico, September 2025.
4. USDA Rio Grande Colonias Regional Food Business Center, Understanding the New Mexico Homemade Food Act, August 2025.
5. Tomato Fiesta, Albuquerque, New Mexico, August 2025
6. New Mexico Diabetes Advisory Council Conference, “Mastering Weight Loss with GLP-1: Effective Strategies for Long Term Success,” Albuquerque, New Mexico, June 2025.
7. Year-Round Leadership Extension Conference. Joint Council of Extension Professionals, Savannah, Georgia, February 2025.
8. Indian Pueblo Cultural Center, Entrepreneurial Food Business Seminar, Food Systems: Embracing Self-Determination and Stewarding Creative Solutions,” October 2024.
9. Albuquerque Fermentation and Fungi Fest, Albuquerque, New Mexico, October 2024.
10. Prickly Pear Festival, Albuquerque, New Mexico, September 2024.
11. NMSU, ICAN Seed to Supper, Preserve Your Harvest, August 2024.
12. Modernizing Home Food Preservation conference. National Extension Association of Family and Consumer Science Agents (NEAFCS). Oregon State University, Portland, Oregon, February 2024.
13. Albuquerque Fermentation and Fungi Fest. Albuquerque, New Mexico, October 2023.
14. Prickly Pear Festival, Albuquerque, New Mexico, September 2023.
15. Tomato Fiesta, Albuquerque, New Mexico, August 2023.

Teaching & Mentoring

New Mexico State University Cooperative Extension Service

1. NMSU Global Microlearning Series, The Art of Keeping Food, ten course series on food preservation pathways (Fall 2025-Spring 2026)
2. Prickly Pear (Fall 2025)
3. Red Chile Project: Preserving the Season (Fall 2025)
4. Grow the Growers Brassica (Spring 2025)
5. Safety of Southwestern Foods (Spring 2025)
6. Los Ranchos Heirloom Grains and Sourdough (Spring 2025)
7. Master Food Preserver Certification (Spring 2025)

- a. 30 students
 - b. 70 hours of lecture and lab instruction
- 8. Preserving Tomatoes (Fall 2024)
- 9. Making a Living on 5 Acres or Less (Fall 2024)
- 10. Charcuterie Board Workshop (Fall 2024)
- 11. Cold Smoking and Curing Meat (Fall 2024)
- 12. Chile Ristra Making Workshop (Fall 2024)
- 13. Pressure Canning Meat, Game, and Fish (Fall 2024)
- 14. Beginner Sausage Making (Fall 2024)
- 15. Preserving Prickly Pear (Fall 2024)
- 16. Green Chile: Preserving the Harvest (Fall 2024)
- 17. Intermediate Kombucha (Fall 2024)
- 18. Fermenting Flourishes (Summer 2024)
- 19. Miso & Mustard (Summer 2024)
- 20. Fermented Hot Sauces (Summer 2024)
- 21. Canning Tomatoes and Salsa (Summer 2024)
- 22. Fermented Vegetables: Lactic Acid Pickles (Summer 2024)
- 23. Kraut and Kimchi (Spring 2024)
- 24. Koji (Spring 2024)
- 25. Pressure Canning 101 (Spring 2024)
- 26. Master Food Preserver Certification (Winter 2024)
 - a. 15 students
 - b. 70 hours of lecture and lab instruction
- 27. Canning and Freezing: Tamales (Fall 2023)
- 28. Pressure Canning Meat, Posole, and Green Chile Stew (Fall 2023)
- 29. Ferment: Pumpkin Spice Kombucha (Fall 2023)
- 30. Preserving Prickly Pear (Summer 2023)
- 31. Freezing and Drying Fruit and Vegetables (Summer 2023)
- 32. Pressure Canning (Summer 2023)
- 33. Water Bath Canning Jams and Jellies (Summer 2023)
- 34. Water Bath Canning Pickles (Summer 2023)
- 35. Water Bath Canning Tomatoes and Salsa (Summer 2023)

ServSafe National Restaurant Association

- 1. ServSafe Food Protection Manager Training and Certification (Winter, Spring 2026)
- 2. ServSafe Food Protection Manager Training and Certification (Winter, Spring, Fall 2025)
- 3. ServSafe Food Protection Manager Training and Certification (Winter, Spring, Fall 2024)

Volunteer Management

- 1. NMSU Master Food Preserver Program (2023-2026)

Service

University Service

Search Committee Member, Department of Family and Consumer Sciences New Mexico State University, 2024-2025

Field Service

National Extension Association of Family and Consumer Sciences

Western Region Food Preservation Work Group, 2023-2025

Reviewer and Judge, National Awards Committee, 2024

New Mexico Extension Association of Family and Consumer Sciences

Bylaws Committee, 2024

International Association of Culinary Professionals

Reviewer and Judge, International Awards, Written Media 2023, American Cookbooks 2024

University of Tennessee, Cooperative Extension Service

Volunteer, 2020

University of California, Cooperative Extension Service

Volunteer, Master Food Preserver, certified 2016

Leadership

New Mexico Extension Association of Family and Consumer Sciences (NMEAFCS)

President, 2025-2026

President Elect, 2024-2025

Vice President, Member Resources, 2023-2024

National Extension Association of Family and Consumer Sciences (NEAFCS)

Voting Delegate, 2025

Mentor and Leadership Committee, 2024

Awards Committee, 2024

Professional Associations

National Extension Association of Family and Consumer Sciences (NEAFCS), 2023-2026

New Mexico Extension Association of Family and Consumer Sciences (NMEAFCS), 2023-2026

Joint Council of Extension Professionals (JCEP), 2023-2026

International Association of Culinary Professionals, 2020-2025

Professional Development

Produce Safety Alliance, Certified Trainer, April 2024

Better Process Control School, Certification February 2024

HACCP, Certification, February 2024

ServSafe Food Protection Manager, Instructor and Proctor, 2023-2025

Food Safety Preventive Controls Alliance (Human Foods), PCQI Certified (AIB International), March 2024