

HOME CANNING

- Always use clean jars and new lids
- Sterilize jars and lids
- Work in a clean kitchen with lots of clear counter space
- Know what type of food you are working with—high acid, high sugar, low acid—and how long/at what pressure the food should be processed
- Add appropriate time/pressure for elevation
- Tools: canner, jars, lids, jar grabber, canning funnel, wax pencil or labels
- Label jars with **contents and date** (at least year) once they are processed

Hot Water Bath Canning

Used with high acid and/or high sugar foods (fruits and pickles):

Apples
Peaches
Berries

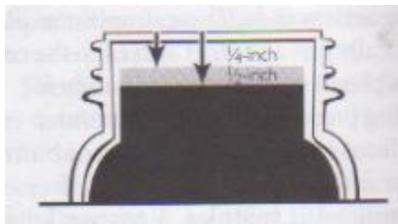
Jams and Jellies
Pickled Beets
Dilly Beans

Cucumber Pickles
Catsups
Chutneys



Canner: A water bath canner should have enough water to cover the jars plus at least **1 inch** of water (Fig. 1). There should be a rack on the bottom of the canner to keep the jars from over-heating and breaking. Time for a hot water bath is measured **once the water boils** after jars are added. Know how much time the food you are canning should be processed, time should be added for elevation (Fig. 5).

Figure 1: Water filled to at least 1 inch over jar lids



Packing Jars: soft spreads and fruit juices require at least **1/4 inch** of headspace while tomatoes, fruits, relishes, and chutneys require at least **1/2 inch** headspace (Fig. 2). Check your recipe to ensure proper headspace. Use a canning funnel to carefully fill the jars. Clean rims of jars with damp cloth before applying lids

Figure 2: Headspace measured from the rim of the jar



Loading Jars: load jars in to boiling water using a jar grabber (fig. 3) and make sure that jars are covered by at least 1 inch of water. Measure the process time once the water boils again. Process the jars and after the jars have cooled for **24 hours**, check the seals. If seals do not set, re-process with fresh lids

Figure 3: loading jars with a jar grabber

Figure 4: Check lids after 24 hours



WATER BATH CANNING TIMETABLE

FRUITS AND VEGETABLES	PINTS In Minutes	QUARTS In Minutes
Apples – Hot Pack**	20	20
Apricots – Raw Pack**	25	30
Berries – Raw Pack	15	20
Cherries – Raw Pack	20	25
Dill Pickles – Raw Pack	10	15
Sweet Pickles – Raw Pack	10	15
Fruit Juices – Hot Pack	15	15
Fruit Jams and Jellies	10	10
Peaches – Hot Pack	20	25
Pears – Hot Pack	20	25
Plums – Hot Pack	20	25
Pickle Relish – Hot Pack	10	Not Recommended
Rhubarb – Hot Pack	10	10
Tomatoes – Hot Pack***	35	45
Tomato Juice – Hot Pack***	35	45

Figure 5: General times for Water Bath Canning. Remember to add time for elevation:
 1001-3000 ft 5 min
 3001-6000 ft 10 min
 (Water bath canning requires 2 minutes for each 1000 ft above sea level)

Pressure Canning

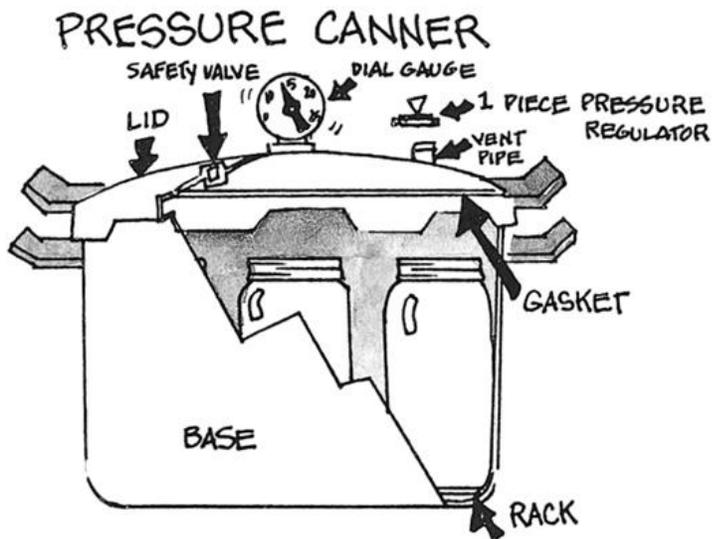
Pressure canning brings jar temperatures up to **240°** by heating in a pressured environment.

Refer to guidelines for packing and loading jars for hot water bath canning. Used with low acid and/or mixed foods (vegetables and soups):

Beans/Peas
 Beets
 Carrots

Corn
 Pumpkin/Winter Squash
 Summer Squash

Vegetable soup
 Meat
 Greens



Understand the parts of a pressure canner (fig. 6). Water should be about **2 inches** deep in the canner. When preparing the canner, load the canner, close the lid, and heat the water for at least **10 minutes** to exhaust the cool air before closing the petcock (pressure regulator). **Bring the canner up to appropriate pressure before beginning to measure processing time.** Let pressure fall to zero before removing the lid.

Figure 6: Anatomy of a Pressure Canner