

#Canning: Best of Both Worlds

New Generation Canning

I ILLINOIS

Extension

COLLEGE OF AGRICULTURAL, CONSUMER
& ENVIRONMENTAL SCIENCES



Intended Outcomes

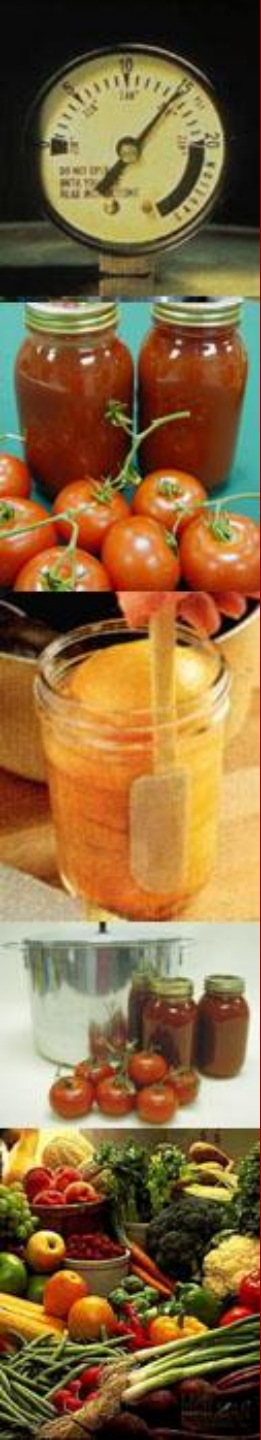
Enhance your skills in:

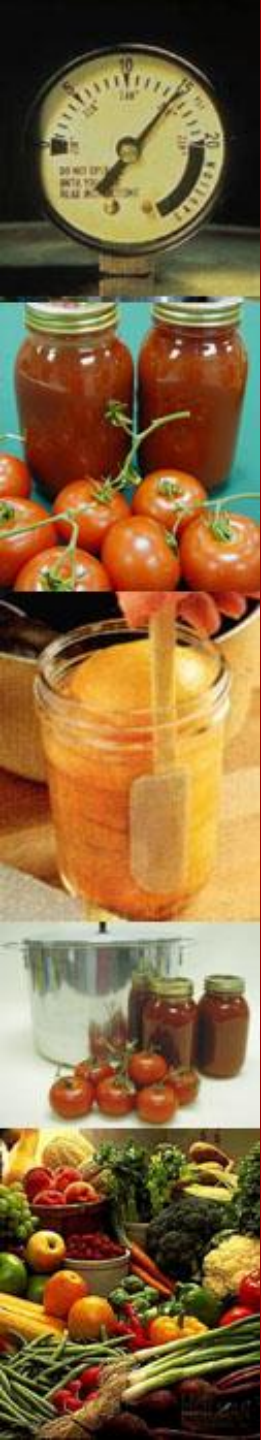
Traditional canning

Time saving canning

Creative canning

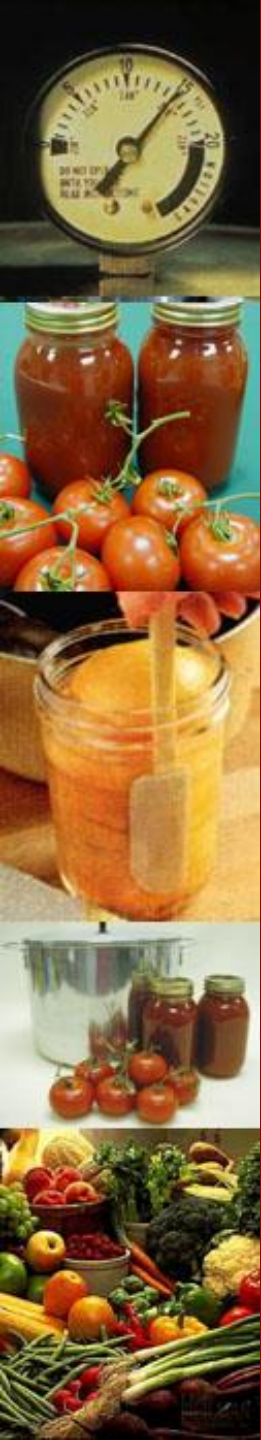
Food safety & canning



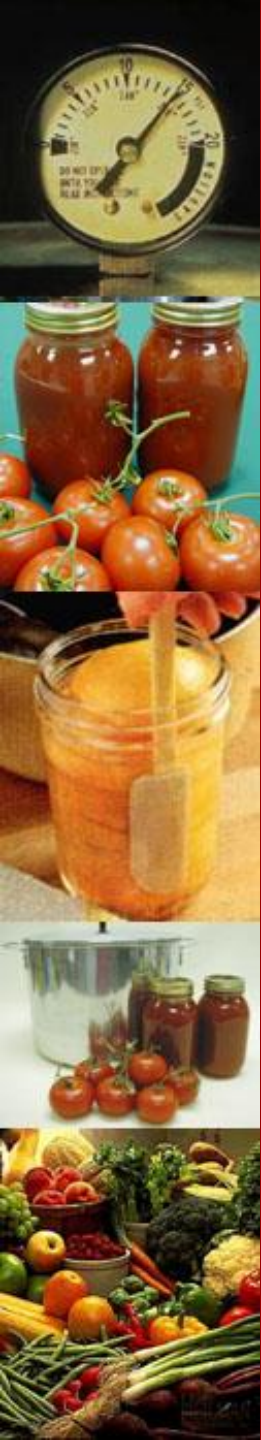


Traditional Canning

Basics of Safe Home Canning



- High quality food is selected and prepared according to specific directions following a USDA tested recommendation.
- Food is placed in a canning or MASON-type jar with a 2-piece lid and is heated to a temperature that destroys microorganisms.
- Heat also inactivates enzymes that can cause changes in color, flavor and texture.
- Air is driven from the jar during heating. As the jar cools, a vacuum seal is formed.

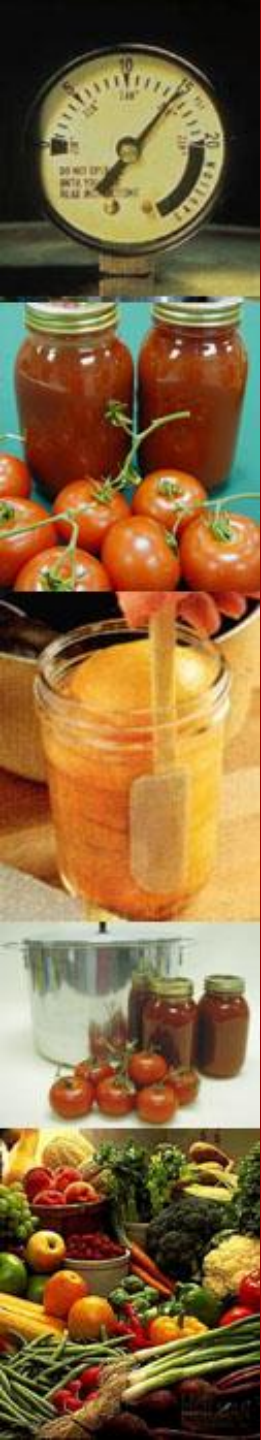


Two Approved Methods of Canning Foods At Home

- 1) Boiling Water Canning (212°F at sea level)**
 - Used for acid foods
- 2) Pressure Canning (at least 240°F)**
 - Used for low acid foods (and mixtures of acid and low acid foods)

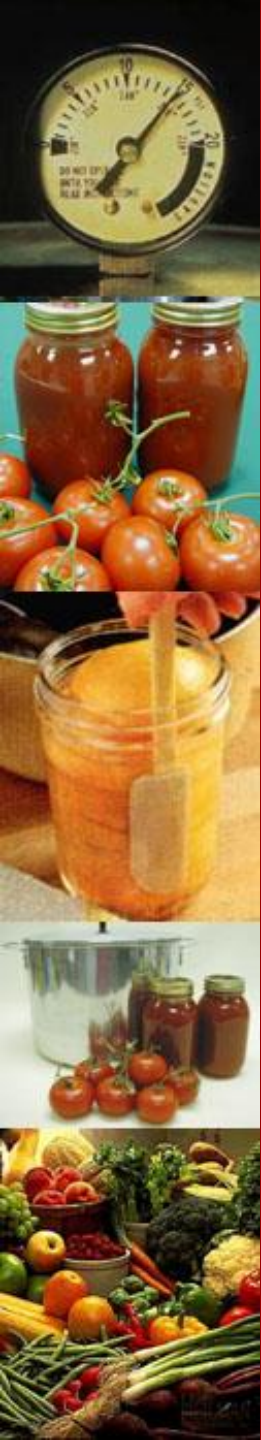
Important “Musts” for Canning

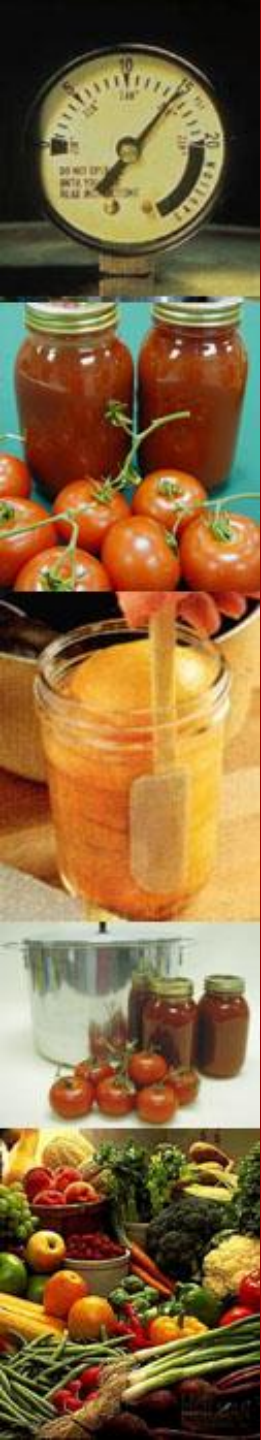
- Food must be properly prepared and processed the correct amount of time.
- Canner must be accurate and operated correctly.
- You may need to make altitude adjustments, depending on your altitude.
- Directions from a reputable source must be followed (USDA, Cooperative Extension, National Center for Home Food Preservation (www.homefoodpreservation.com), Ball Blue Book, *So Easy To Preserve*).
- Up-to-date methods and information should be used; beware of “granny’s method.”



Jars

- ⊗ Sizes
- ⊗ Oldies
- ⊗ No Go
- ⊗ Unusable





Canning Failures

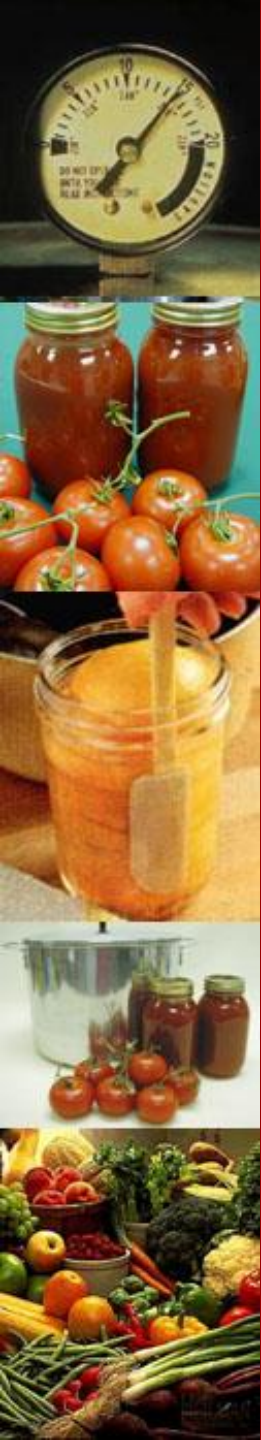
- ⊗ Broken Seal
- ⊗ Discoloration
- ⊗ Bubbling
- ⊗ Bulging lid



[This Photo](#) by Unknown Author is licensed under [CC BY-NC-ND](#)

Remove rings to monitor lid failure

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New Thoughts on Canning

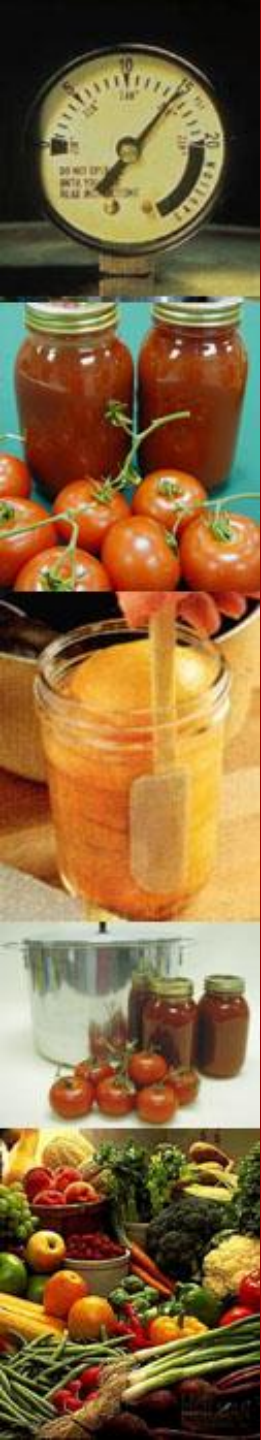
Time Saving Canning

Pre-Measured Spices



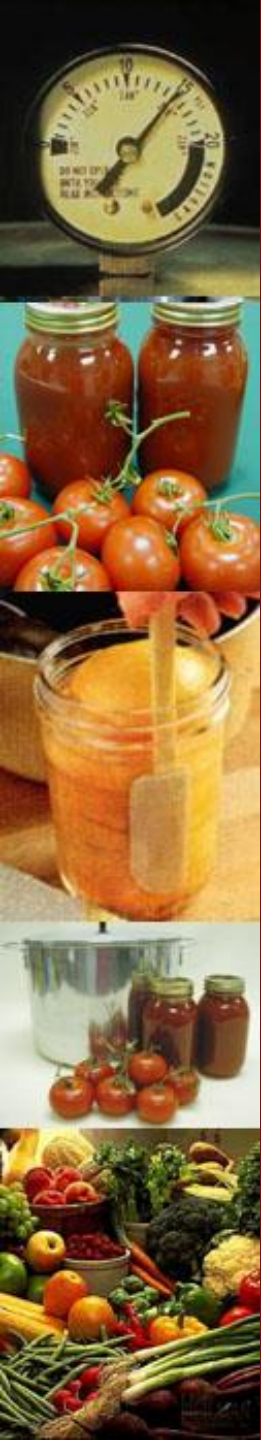
Asian Pickle Mix

⊗ Just add cucumbers!!



Caribbean Fruit Salsa

New Canning Spices





Caribbean Fruit Salsa Mix Makes 4 pint jars of salsa

PACKAGE INCLUDES

- 1 tsp. McCormick® Gourmet™ Crushed Chipotle Pepper
- 1 tsp. McCormick® Minced Onions
- 1 tsp. McCormick® Minced Garlic
- 1 tsp. McCormick® Thyme Leaves
- 1/2 tsp. McCormick® Ground Allspice
- 1/2 tsp. McCormick® Ground Nutmeg



YOU WILL NEED

- 9 cups finely chopped fresh pineapple
- 1/2 cup lemon juice
- 1 tsp. salt
- 4 Ball® Pint (16 oz.) jars (with lids and bands)

DIRECTIONS

- MIX** all ingredients and Spices in large saucepan. Simmer on medium heat 10 minutes.
- COOL** to room temperature. Serve immediately or ladle salsa into jars and refrigerate up to 3 weeks or **Fresh Preserve** in water bath canner for pantry storage up to one year

TIP: Try with mango, papaya, peaches or a mixture of these fruits in place of the pineapple.

Fresh Preserve directions on the inside of card.

INGREDIENTS: GARLIC, CHIPOTLE CHILI PEPPER, ONION, NUTMEG, THYME & ALLSPICE.



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BEST BY: FEB 06 19 PTA
10:45:07



Mrs Wages Products

- ⊗ Products include Canning Products and mixes; products can be purchased [online](#) or at your [local retailer](#).
- ⊗ **Tips for Successful Ordering**
 - Order early to accommodate your harvest time. We recommend purchasing your Mrs. Wages products when you purchase your seeds and plants.
 - Order extra product to ensure you have enough for your ripe produce.
 - Product is best when used within 12 months of purchase. Product may be used up to 18 months from purchase when stored in a cool, dry place.

Mrs. Wages Pickles

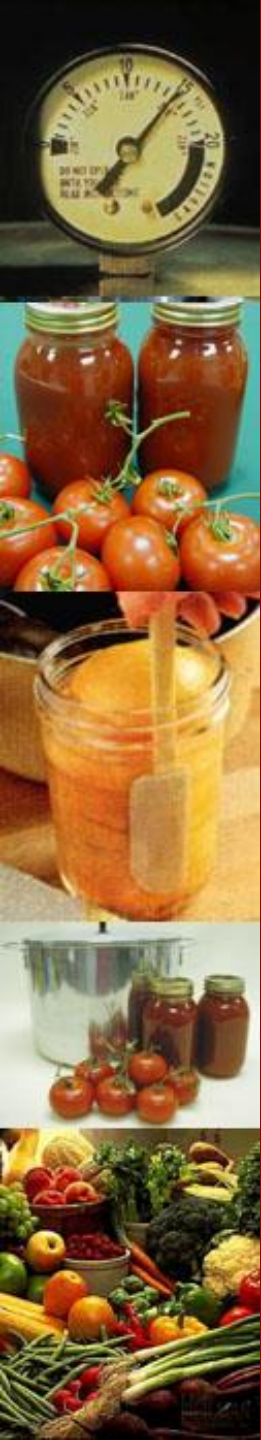


Tomato and Salsa



Fruits and Jelly



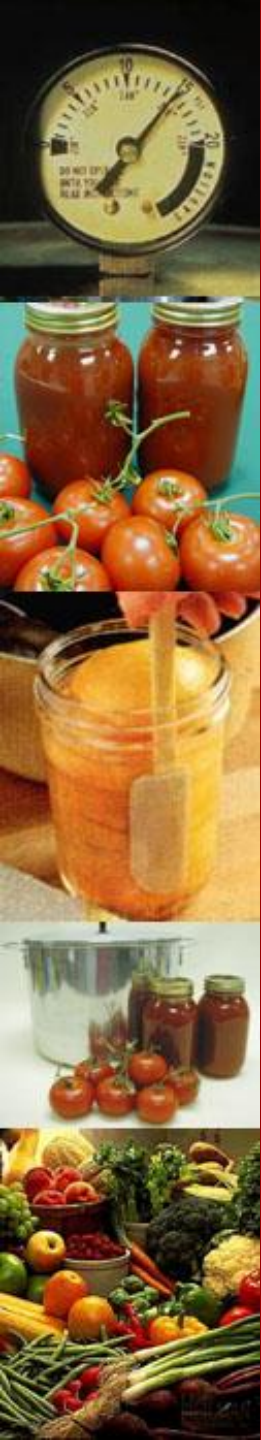


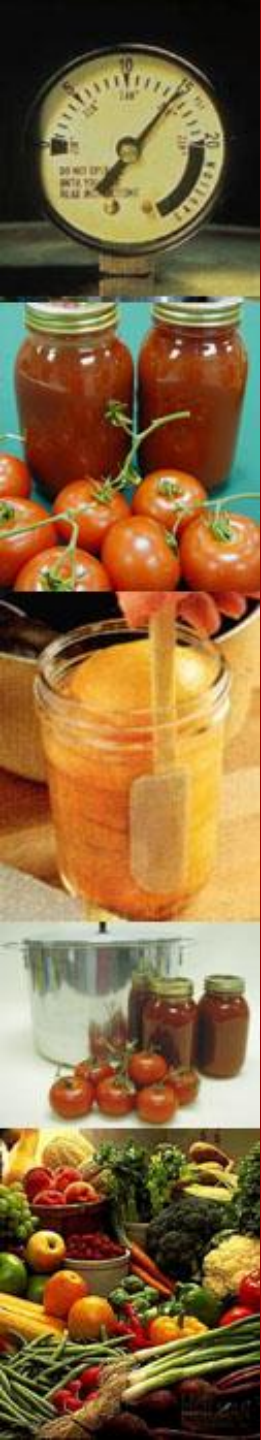
Winter Canning

Creative ways to enjoy your garden harvest on a cold winter day!

Advantages of Winter or Off-Season Canning

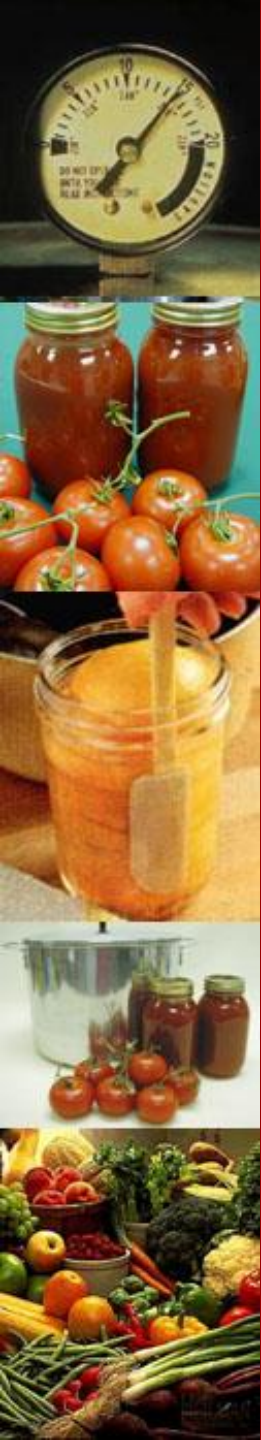
- ⊗ **Comfortable kitchen**
- ⊗ **Manage the glut of summer produce**
- ⊗ **Time management- deferred to a better time**
- ⊗ **Create Gourmet Holiday gifts**
- ⊗ **Preserve venison/wild game harvested in season**
- ⊗ **Rescue to save costly freezer contents when there is freezer failure due to widespread loss of electricity but cooking gas is available.**





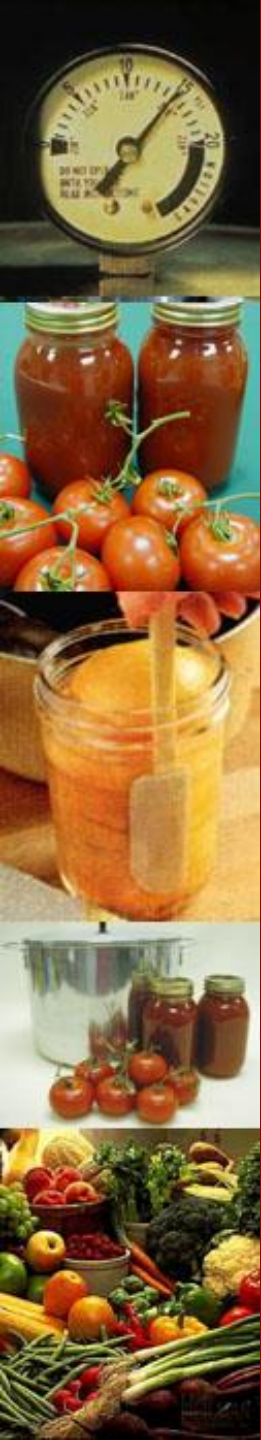
Time Management: plan for canning projects

- ⊗ Consider no cook jam
- ⊗ Use mixes
- ⊗ Purchase ingredients ahead
- ⊗ Pull ingredients ahead: thaw tomatoes



Lots of Tomatoes But No Time: put them on ice

- ⊗ Pick ripe, blemish free tomatoes. Rinse and dry. Place in bags and freeze. Use when convenient.**
- ⊗ When ready to use, thaw in refrigerator. Skin, cut out tough skins, pour off watery liquid and make your salsa or other recipes**



Timeline for Chile Salsa

Strawberry Rhubarb Syrup

Water Bath & Steam Canning



LOVEINTOJARS.COM



Rhubarb Cinnamon Jam

OneHundredDollarsAMonth.com

Recipe for Home Canning



Spring Canning Ideas

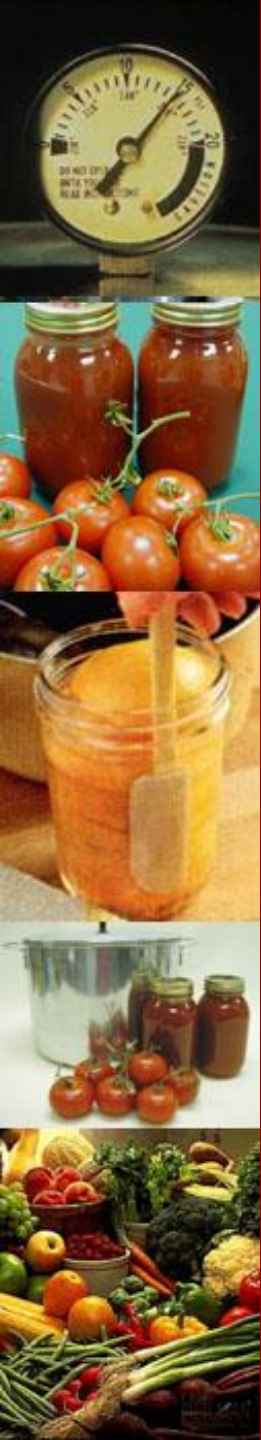


MY ISLAND BISTRO KITCHEN

RHUBARB MARMALADE

VIEW THE RECIPE AT
WWW.MYISLANDBISTROKITCHEN.COM

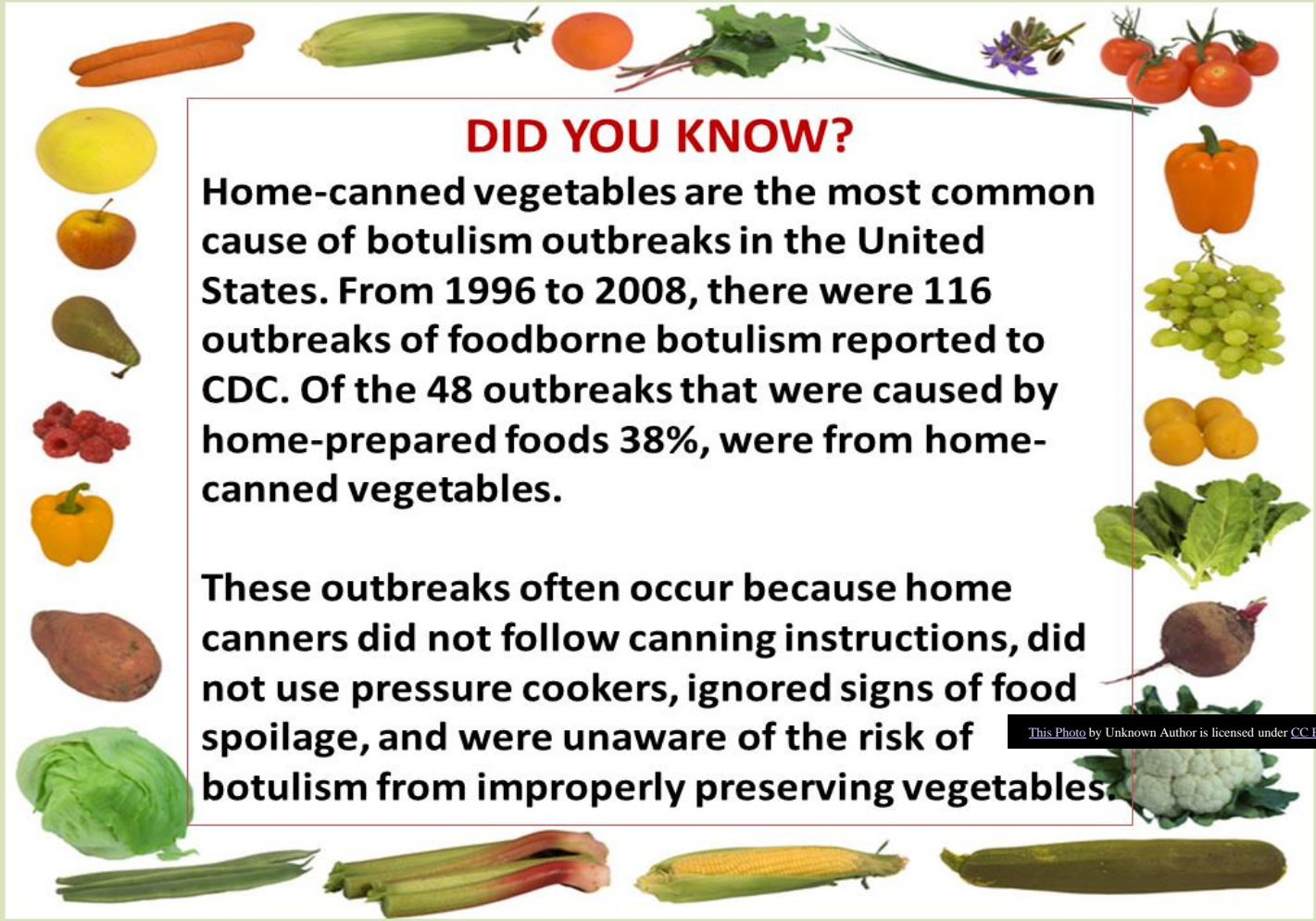
Asparagus



Fun Use of Empty Jars for Easter



Food Safety and Canning

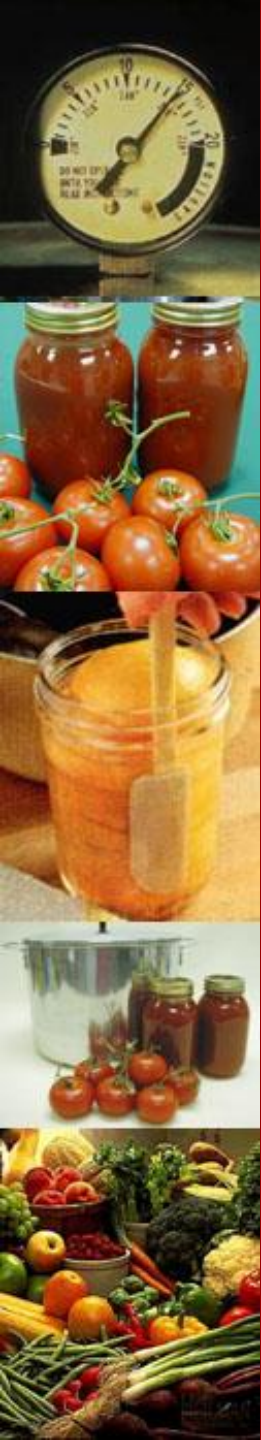


DID YOU KNOW?

Home-canned vegetables are the most common cause of botulism outbreaks in the United States. From 1996 to 2008, there were 116 outbreaks of foodborne botulism reported to CDC. Of the 48 outbreaks that were caused by home-prepared foods 38%, were from home-canned vegetables.

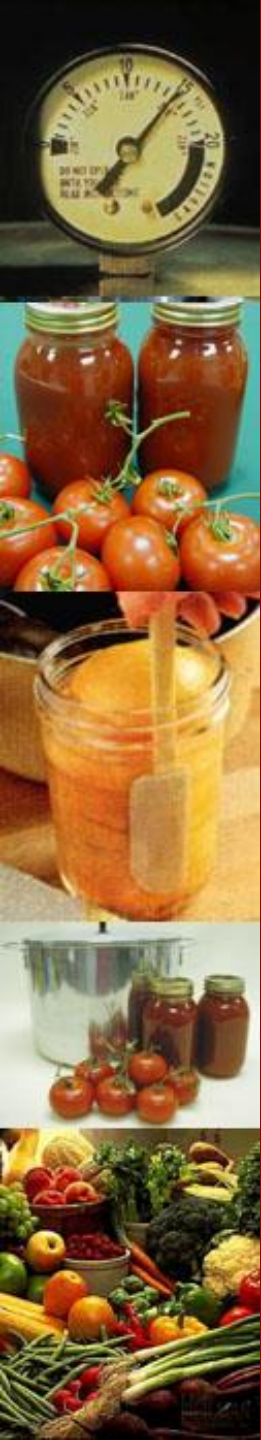
These outbreaks often occur because home canners did not follow canning instructions, did not use pressure cookers, ignored signs of food spoilage, and were unaware of the risk of botulism from improperly preserving vegetables.

This Photo by Unknown Author is licensed under CC BY-NC



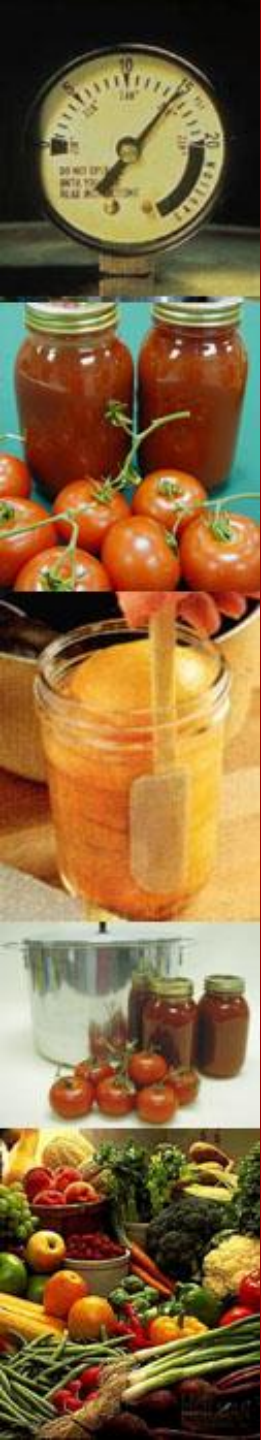
Selection of Produce

- ⊗ **Select only disease-free, preferably vine-ripened, firm fruit for canning**
- ⊗ **Do not can tomatoes from dead or frost-killed vine.**
- ⊗ **Use of a pressure canner will result in higher quality and more nutritious canned tomato products**
- ⊗ **Wear gloves and goggles when handling hot peppers**



Tips for Food Safety

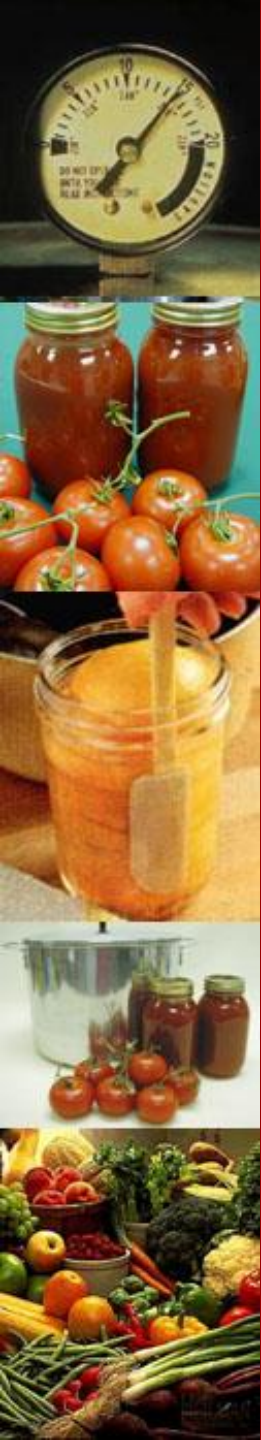
- ⊗ **Follow directions!!!!!!!!!!**
- ⊗ **Avoid alternative canning methods**
- ⊗ **Do not increase the amount of onions and green peppers in salsa recipes**
- ⊗ **To ensure safe acidity in tomatoes, add 2 tablespoons of bottled lemon juice or 1/2 teaspoon of citric acid per quart of tomatoes**
- ⊗ **Store canned goods for 18 months or less.**
- ⊗ **Remove rings; Do not use a jar with a broken seal**
- ⊗ **Prevent Steam Burns—follow directions for cooling canner and removing jars from canner**



Tips for Safety

- ⊗ **INSPECT YOUR JARS**
- ⊗ **CHECK JAR TOPS.**
- ⊗ **USE COMPLETELY CLEAN EQUIPMENT.**
- ⊗ **WASH AND RINSE JARS THOROUGHLY.**
- ⊗ **MAKE SURE LIDS AND BANDS ARE CLEAN..**
- ⊗ **REMOVE BLEMISHES FROM PRODUCE.**
- ⊗ **SCRUB PRODUCE.**
- ⊗ **HAVE ENOUGH ROOM TO WORK.**

- ⊗ *Everything checked out, clean and fresh? Now you're ready to begin!*



Testing Gages with Extension

Test gages at Extension Office
call to arrange test 309-756-9978



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Lanning LUM
ILLINOIS EXTENSION

DIAL GAUGE TESTING SHEET FOR MASTER GAUGE TESTING UNIT

Insert Unit Name
Insert Address
Insert Phone Number

Date: 6-13-19 Phone: 309-582-6328

Name: Lori Bruning County: _____

Mailing address: _____ City, State, Zip: _____

Brand name of canner: Presto Size of Canner: 16 qt CA16

Capacity in quarts: _____

Reasons for having canner tested: _____

Dial gauge should reach 242° at 11 (eleven) pounds of pressure.

Your gauge registered _____ pounds of pressure. Canner should operate at _____ pounds of pressure.

_____ If dial gauge is off by more than 2 pounds of pressure, replace the gauge.

Tested canning recipe reads, process food at:	As Tested the dial gauge reads			
	1 pound higher than Master Gauge	2 pounds higher than Master Gauge	1 pound lower than Master Gauge	2 pounds lower than Master Gauge
	Therefore, compensate by processing food at			
6 pounds pressure	7 pounds pressure	8 pounds pressure	5 pounds pressure	4 pounds pressure
11 pounds pressure	12 pounds pressure	13 pounds pressure	10 pounds pressure	9 pounds pressure

(Chart adapted from Presto, with permission)

Comments after testing: needs new sealing ring ~\$10 09907

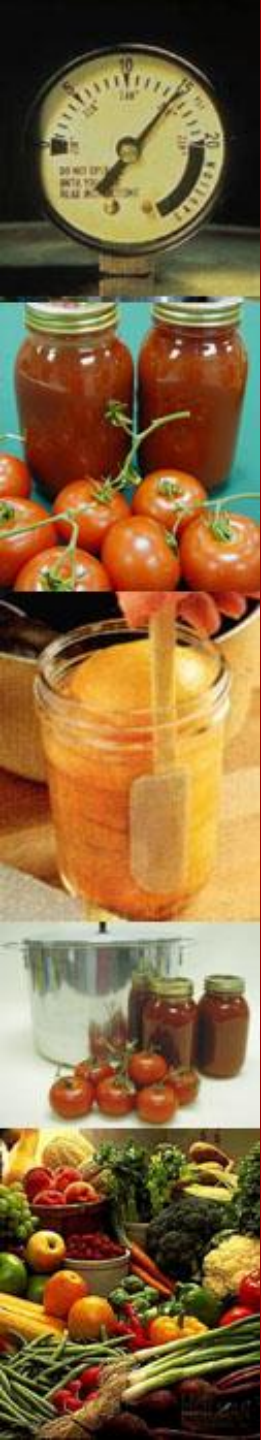
Needs new gasket _____ Needs new dial gauge _____
Needs cleaning _____ Needs handle repair _____

Tester Signature: [Signature] Date: 7-2-19

June 2007 JF

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University of Illinois Extension provides equal opportunities in programs and employment.





Cottage Laws in Illinois

- ⊗ **Check with your Local Health Inspector for guidance**

<http://www.mercercountyil.org/Departments/Health.aspx>
309-582-3759

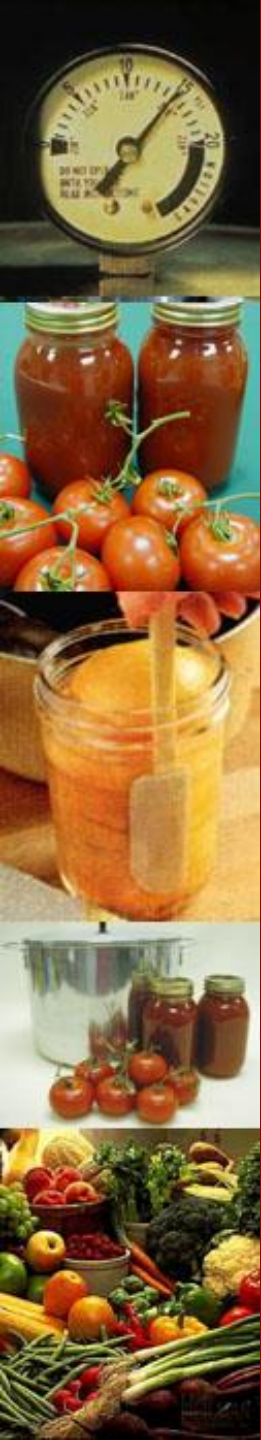
- ⊗ **Only strongly acid foods can be sold—check the list**

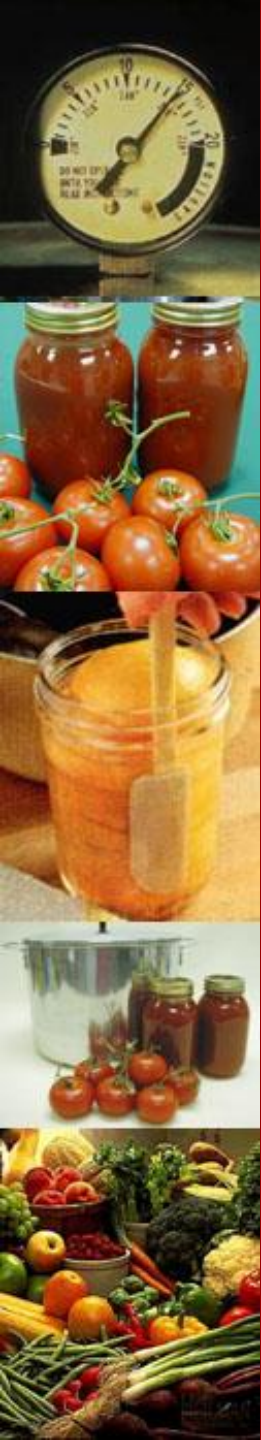
- Jams, jellies, pickles

- ⊗ **Only use USDA tested salsa recipes**

A collage of images related to canning. On the left, there are several glass jars filled with red jam, with fresh raspberries scattered around. On the right, there are smaller jars containing various preserves, including one with sliced peaches. A jar lid with a label that says "Seasonal Recipes and Gift Labels" is also visible. The background is a wooden surface. A large blue speech bubble is overlaid in the center, containing the word "Resources".

Resources

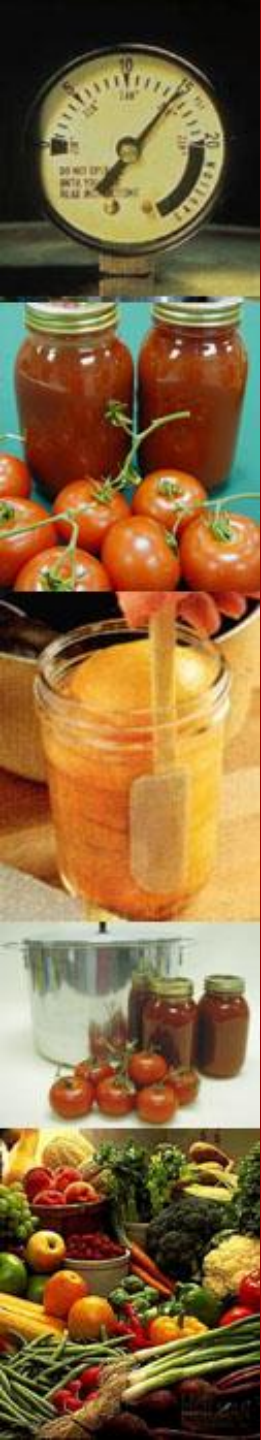


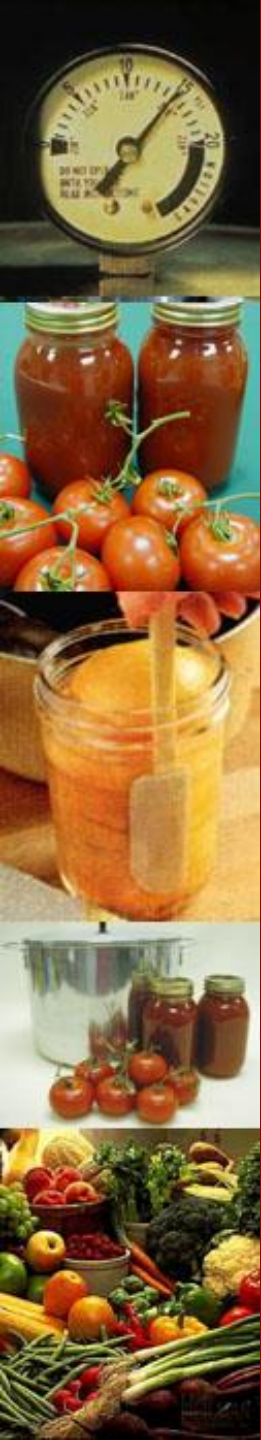


Small Batch Canning

Top Picks

- ⊗ **National Center for Home Food Preservation**
nchfp.uga.edu
- ⊗ **Mrs. Wages- seasoning mixes**
www.mrswages.com
- ⊗ **Ball/Kerr consumer website**
<http://www.freshpreserving.com>
- ⊗ **Sure Jell- jam and jelly recipes (Kraft Foods)**
www.surejell.com





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Summary

Taste Testing

Handouts