

The Basics of Home Canning

Preparation and Use of Mason Jars

- Use jars that are manufactured for canning foods at home as these jars have slightly heavier glass and higher heat resistance.
- Inspect jars, to make sure they are free of cracks and chips.
- Wash jars, screw bands and lids in hot soapy water and rinse.
- Place clean mason jars on rack in a boiling water canner, cover jars with water and heat to a simmer (180° / 82°). Keep hot until use.
- Jars **DO NOT NEED** to be sterilized if processing for more than 10 minutes.
- **DO NOT** heat jars in oven.



Snap Lids

- Use snap lids *only once*
- Wash lids before using
- Heat snap lids in hot water, but **DO NOT BOIL**
- Place hot lids on hot filled jars
- Keep jars and lids in hot water until ready to use



Screw Bands

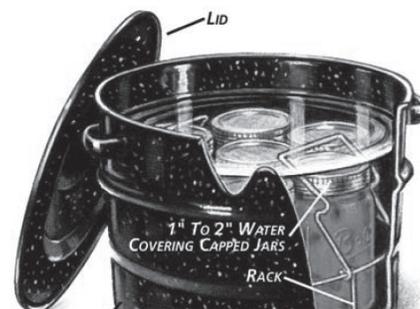
- No need to heat, just wash and rinse, because they do not come in contact with food
- Screw bands may be re-used
- Discard any rusty or dented bands

Filling Jars

- Fill hot jars with hot food.
- Allow proper head space:
 - pickles and fruit allow ½ inch from top of jar
 - jams and jellies allow ¼ inch from top of jar
- Clean jar rims with clean damp cloth.
- Centre hot snap lids on jar opening and screw on screw bands evenly and firmly until fingertip tight. **DO NOT** over tighten.
- Fill and close jars one-at-a-time placing each in canner until canner is full.
- **HEAT PROCESS ALL FILLED JARS**, especially dilled pickles.

Heat Processing

- When all jars are filled or canner is full, ensure water covers jars by at least one inch. If necessary add boiling water. Place lid on canner and turn heat to high. Tip: If canner is not full, fill extra jars with water to keep the the filled jars from falling over.
- When water has come to a full rolling boil, begin counting "heat processing" time.
- Altitude adjustment - Altitudes higher than 1,000 ft increase sterilization and processing time (Thompson is between 673 and 704 feet).



FEET/ELEVATION INCREASE PROCESSING TIME

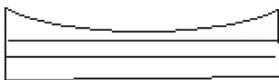
1,001 – 3,000	Five minutes
3,001 – 6,000	10 minutes



After Processing

- Remove jars without tilting. **DO NOT INVERT/TURN OVER JARS.**
- Let jars stand upright, without moving for 24 hours in a draft-free place.
- **DO NOT** re-tighten screw bands.
- After 24 hours test seal.

Good Vacuum Seal
Sunk In



Seal Failure
Bubbled out



- Remove and dry screw bands. Wipe jars. Store screw bands separately on replace loosely on jars.
- Place, if any, unsealed jars in fridge and use immediately within one week.
- Label and store sealed jars in cool, dark place.
- Use within one year for best quality.

Making Pickles

Pickling Pointers:

- Use only top quality ingredients
- Measure ingredients accurately
- Pay close attention to temperature control

Vinegar:

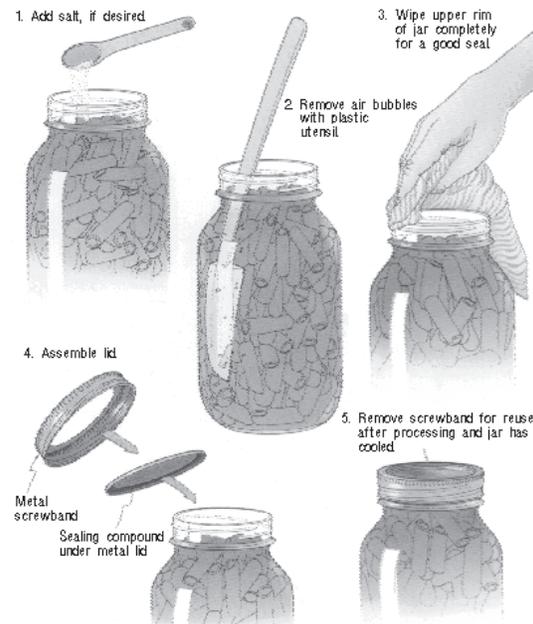
- Acts as a preservative and gives pickles their tartness
- Use only vinegar from the store with a minimum five per cent acidity

Salt:

- Another essential preservative
- Use only pickling salt – the iodine in table salt causes cloudiness

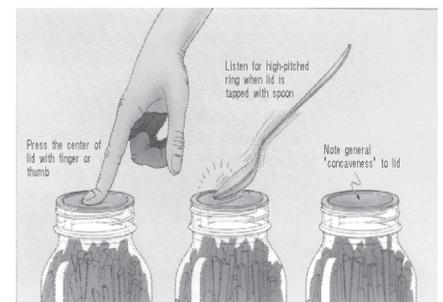
Equipment:

- Use only nonreactive (not metal) utensils and cookware



General Directions:

- Wash all produce thoroughly, removing all dirt and sand
- Keep clean jars and lids hot until ready to use
- Pack pickles into hot jars to within $\frac{3}{4}$ inch or two cm of top rim
- Add hot pickling liquid to cover pickles to within $\frac{1}{2}$ inch or one cm of top rim



- Remove air bubbles with a spatula
- Wipe jar rim to remove any stickiness
- Centre lids on jars
- Apply screw bands securely – fingertip tight

- Place jars in canner
- Cover with jars with water, ensuring water is over the top of the jars by one inch
- Cover canner
- Bring water to a boil for the time indicated in individual recipe
- Remove jars, cool upright for 24 hours
- Check jar seals
- Label and store in a cool, dry place

Beet Pickles

1. Prepare the Beets:
Boil beets with skin on and ¼ inch tops to prevent bleeding of color. Boil beets until tender (10 minutes if small and 15 minutes if larger). Dip into cold water, skin, cut into pieces if large.
2. Make up the following syrup:
 - 2 cups white sugar
 - 2 cups water
 - 2 cups vinegar
 - 1 teaspoon cinnamon
 - 1 teaspoon cloves
 - 1 teaspoon allspice



Boil syrup five minutes. Add beets and simmer fifteen minutes. Pack into hot sterilized jars and seal. Process jars in hot water for ten minutes.

You can replace cinnamon, cloves and allspice by using three tablespoons whole pickling spice tied in cheesecloth. Boil syrup with spice bag for five minutes and then remove spice bag.

Dilled Carrots (Yield: 7 pints (500 ML) Jars)

- 4 ¼ lbs carrots
- 8 heads fresh dill
- ¼ cup pickling salt (or 8 tsp. dill seed)
- 2 cups vinegar
- 8 cloves garlic
- 6 cups cold water

For best results, use small tender carrots. If using mature carrots, peel and cut into three-inch fingers.

In large saucepan, combine pickling salt, vinegar, and water. Bring to a boil. Boil five minutes.

Place one head dill and one clove garlic into hot sterilized jars. Pack carrots to within ¾ inch of top edge of jar.

Pour brine over carrots to within ½ inch of top edge of jar (allows a bit of head space). Wipe jar rim. Place lid on jars and apply screw band fingertip tight.

Place jar in boiling-water canner. Repeat for remaining jars. Cover canner. Return to boil.

Process 20 minutes for pint (500ml) jars. Remove jars. Cool 24 hours with out moving. Label and store in cool dark place.



Tomato Sauce

- 15 lbs. tomatoes
- 6 red peppers
- 1 bunch celery
- 6 green peppers
- 6 large onions
- 6 hot peppers (optional, if you like spicy hot)
- 1 bunch of parsley
- 4 cloves of garlic, chopped finely
- 3 bay leaves

Wash, trim off stem ends, and cut fully ripe tomatoes into quarters. Cook slowly in large kettle pot until very soft. Strain mixture through sieve getting as much tomato pulp as possible. Discard skins and seeds remaining.

Chop onions, celery, parsley, peppers and garlic. Add to strained tomatoes. Add bay leaves and simmer steadily for two hours.

In a mixing bowl, combine the following ingredients:

- ¾ cup flour
- ½ cup sugar
- 5 Tbsp. pickling salt
- ½ tsp cayenne pepper
- 2 cans Tomato Paste (13 oz.)
- ½ cup lemon juice or 2 Tbsp. citric acid

Pour this mixture into tomato sauce and stir well. Heat to boiling and simmer for 10 minutes. Pour into sterilized



warm jars and seal. Process in boiling water canner for 10 minutes. Remove jars. Cool 24 hours. Label and store in cool dark place.

This mixture can also be cooled and put into containers and frozen.

Use with meatballs, hamburger, spaghetti, and chili or as a base for sweet and sour sauce and soup.

Light Strawberry Jam

4 cups crushed strawberries (about 8 cups whole)

1 cup unsweetened fruit juice (apple or cranberry)

1 package Bernardin No Sugar Pectin

1½ cups Splenda No Calorie Sweetener

5 jars (1 cup or 250 ml jars)



- Crush fruit. Measure crushed fruit into a large, deep stainless steel saucepan or open kettle
- Add fruit juice
- Stir in pectin until dissolved
- Heat jam mixture to a boil, stirring constantly
- Remove saucepan from heat and add Splenda sweetener
- Heat jam mixture to a boil, stirring constantly, and boil for three minutes
- Remove from heat
- Skim foam of top of jam mixture. (Foam can cause bacteria growth on top of jam)
- Ladle jam into sterilized jars to within a ¼ inch of top of jar
- Wipe jar rim

- Place jars in canner and process jars for 10 minutes
- Remove jars without tilting. Cool upright without moving for 24 hours
- Store in a cool dark space

Raspberry Jam

2 L or 8 cups of crushed raspberries

1 L or 4 cups sugar

If desired, to remove some of the seeds, crush berries, one layer at a time. Sieve half of the pulp to remove some of the seeds.

Cook raspberries uncovered 10 minutes. Add sugar, stirring to dissolve. Bring to boil, stirring frequently. Boil to jam stage (about 12 min). When jam stage is reached remove from heat. Stir and skim five min. Pour into hot sterilized jars. Cool and seal. Makes about eight cups.

To use liquid Certo, follow directions on package insert.

Enjoy!