



# Judging Home Preserved Food

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## Canning

All fruits and tomatoes must be heat processed in a boiling water bath or they may be pressure canned. Since some tomatoes now are of a lower acid variety, citric acid or reconstituted lemon juice must be added to tomatoes when canning to ensure their safety. The proportions to be used are:

- 1 ml (1/4 tsp) citric acid or 15 ml (1 Tbsp) lemon juice per 500 ml (pint) of tomatoes
- or 2 ml (1/2 tsp) citric acid or 30 ml (2 Tbsp) lemon juice per L (quart) of tomatoes.

Note:

- canned vegetables and meat, fish and poultry classes are unacceptable.
- entries which are not sealed will be disqualified.
- for canning, use only standard home canning jars with either new metal snap lid or glass lid and new rubber ring.
- recipes/canning methods should accompany each entry:
  - *Stewed/crushed tomatoes*: process for 35 minutes for 500 mL (pint) or 45 minutes for 1 L (quarts).
  - *Whole/halved tomatoes packed in water*: process for 40 minutes for 500 ml (pints) or for 45 minutes 1 L (quarts).
  - *Whole/halved tomatoes packed in tomato juice*: process for 85 minutes 500 ml (pints) or 1 L (quarts).
- at altitudes over 1000 feet above sea level, increase processing time for high acid foods by 5 minutes. This applies to communities in western Manitoba.

## Canning Scorecard

Appearance.....55

- condition of finished product
  - original shape
  - natural colour, uniform throughout
  - free from blemishes, spots or peelings
  - no darkened fruit at top of jar
- liquid
  - clear, free from cloudiness or sediment
  - proportion of liquid to solid in finished product: fruit: 1/3 liquid, 2/3 solid
  - 1 cm (1/2") headspace

Pack .....30

- size of pieces of food: uniform and convenient to use
- packing: attractive, packed fairly tightly so fruit does not float

Container.....	10
• clean, free from surface soil, home canning jars only	
• either new rubber ring or new metal snap lid	
• metal screw band should be free of rust and easy to remove without breaking the seal	
Label.....	5
• small, neat visible	
• name of product, date preserved and method - type of syrup or juice	
• should be within the last calendar year	
Total.....	100

## Jams, Jellies, Pickles and Relishes

Size of jar should be specified in the prize list:

- Jars - jams, jellies, pickles and relishes must be stored in standard home-canning jars with new metal snap lids or rubber rings and glass lids. Small jars (125 ml ([4oz]) are suitable.
- New recommendations state that jams, jellies, pickles and relishes should be processed in a boiling water bath to ensure the safety and quality of the product. This processing ensures an airtight seal. Paraffin is no longer considered to be a reliable seal.
- All jams, jellies, pickles and relishes must be sealed with no mould or other indications of spoilage.

## Pickles, Relishes, Ketchup, Salsa, Chutney, Sauerkraut

Pickles are whole or large pieces of fruit or vegetables in a vinegar mixture. The preservatives are vinegar and salt. Ingredients also include sugar and spices.

Relishes are made of the type of ingredients, but all fruits and vegetables are finely chopped before being cooked to desired consistency with the vinegar mixture.

Ketchup is a strained product containing the same type of ingredients as above. It also has a high proportion of vinegar and should have a smooth, heavy consistency.

Salsa is a spicy Mexican-style sauce of vegetables or fruits in a mild vinegar mixture.

Chutney is a tangy mixture of vegetables or fruits with vinegar, sugar and spices to give a sweet-sour flavour. Chutneys are smooth, yet pulpy, mellow and flavourful.

Sauerkraut is fermented cabbage. It should be processed in a boiling water bath or frozen, after fermentation is complete.

## Pickles, Relishes, Ketchup, Salsa, Chutney Scorecard

Appearance .....	25
• if artificial food colour is used, food product must have an appetizing appearance	
• uniformity of colour of pickles	
• no milkiness or cloudiness should appear in the liquid	
• no seepage	
• uniformity of mixture in size	
• 1 cm (1/2") head space in pickles	
• sauerkraut should be light-coloured, thin shreds	
• liquid should cover the sauerkraut	

Texture.....	30
• crisp, no excess shrivelling or hollowness	
• pickles should not be slippery or soft	
• ketchup: smooth, heavy consistency	
• salsa and chutney should be thick and chunky	
Flavour and Odour.....	35
• no one flavour is too pronounced; a pleasant blend	
• no off-odours or mustiness	
• no vinegary taste in sauerkraut	
Container.....	5
• clean home canning jars, rings clean and free of rust (on outside and underside)	
• new rubber ring or metal snap lid	
• jars in good condition 500 ml or 1 L for pickles	
• 125 ml, 250 ml (4 oz or 8 oz) jars accepted for relishes, salsa, chutney, sauerkraut	
Label.....	5
• name of product and date preserved - should be within last calendar year	
Total.....	100

## Jams, Conserves, Marmalades

Jams are usually made from one kind of fruit, cooked with sugar to a desired consistency. Jams should be jelly-like but soft and easy to spread. Colour should be appetizing and the texture should be relatively uniform. Flavour and colour should be characteristic of the fruit.

Conserves consist of two or more fruits and may have the addition of nut meats. The sizes of the pieces may vary. There should be no free juice. Consistency is thinner than jam, soft and spreads easily.

Marmalades are made from the pulp and juice or entire fruits shredded or cut in small pieces. The consistency should be jam-like or jelly-like. Single fruits may be used, but often two or more are blended. Contains at least one citrus fruit.

## Jams, Conserves, Marmalades Scorecard

Appearance .....	25
• colour: characteristic of fruit(s)	
• 0.5 cm (1/4") head space	
Texture.....	30
• size of fruit - uniform pieces	
• consistency of product, no separation of fruit and juice	
Flavour.....	35
• natural: flavour of fruit(s)	
Container.....	5
• clean, home canning sealer	
• 125 ml (4 oz) or 250 ml (8 oz) size	
• new rubber ring or metal snap lid	
• inside lid should show no signs of rust	



Label.....5  
 • name of product and date preserved; should be within the last calendar year  
 Total..... 100

## Jellies

A good jelly is clear, sparkling and attractive in colour. May contain added pieces of fruit or vegetable e.g. hot pepper jelly. When removing from the jar, it should retain its shape and quiver. When cut, it should be tender, yet firm enough to retain the angle of the cut.

- Freezer jams and jellies are not accepted unless refrigeration is available for storage and display.
- Freezer jams and jellies do not need to be sealed.; freezer jellies are slightly opaque by nature.
- Jams and jellies should be sealed with a new rubber ring or snap lid. Neither plastic wrap nor paraffin is an acceptable sealing compound.

## Jelly Scorecard

Appearance .....25  
 • natural colour  
 • clarity, clear and sparkling, no fruit pulp or seeds  
 • 0.5 cm (1/4”) head space  
 Texture.....40  
 • holds its shape without being solid  
 • smooth, shiny cut edge  
 • absence of crystals  
 • not gummy, rubbery or sticky  
 Flavour.....25  
 • natural flavour of fruit  
 Container.....5  
 • clear, suitable, in good condition, clean  
 • 125 ml (4 oz) 180 ml (6 oz) size or larger  
 Label.....5  
 • name of jelly and date preserved; should be within the last calendar year  
 Total..... 100

Sections of the Judging Fact Sheets were adapted from the Manitoba Association of Agricultural Societies Standards for Judging Food with the permission of the Manitoba Association of Agricultural Societies.

# 4-H Manitoba Contact Information