

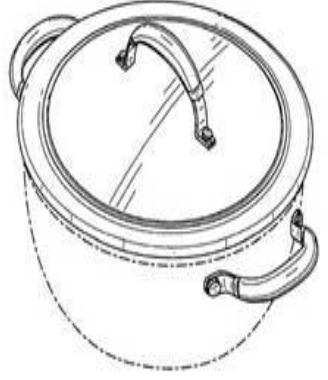
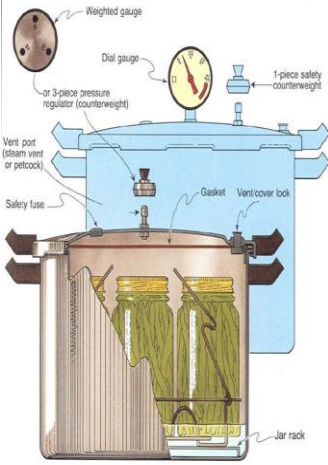
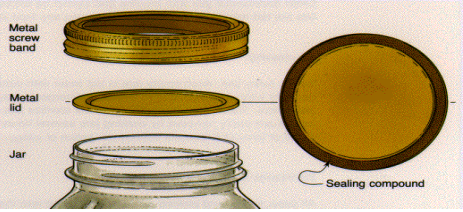


### IFAS Extension

Canning is the process of preserving food for stable, room temperature, shelf storage. It is more in line with following a chemistry project than it is with inventing a new formula. The place to be creative and make up new recipes is when you eat your canned goods. **Please, adhere to current USDA safety guidelines found @ <http://nchfp.uga.edu/> for canning.**

Whether food should be processed in a pressure canner or boiling-water canner to control botulinum bacteria depends on the acidity of the food. Low-acid foods have pH values higher than 4.6. They include red meats, seafood, poultry, milk, and **all** fresh vegetables except for most tomatoes. Most mixtures of low-acid and acid foods also have pH values above 4.6 unless their recipes include enough lemon juice, citric acid, or vinegar to make them acid foods. Acid foods have a pH of 4.6 or lower. They include fruits, pickles, sauerkraut, jams, jellies, marmalades, and fruit butters.

Although tomatoes usually are considered an acid food, some are now known to have pH values slightly above 4.6. Figs also have pH values slightly above 4.6. Therefore, if they are to be canned as acid foods, these products must be acidified to a pH of 4.6 or lower with lemon juice or citric acid. Properly acidified tomatoes and figs are acid foods.

Yes you CAN do it right!	Quick tips for success	Additional Supplies
	<p><b>Water Bath Canning: Acid Foods</b></p> <p>Large covered cooking pot with a rack and a lid. Any metal container may be used as long as it is deep enough for 1" of briskly boiling water to cover the jars.</p> <p>The Diameter of the canner should be no more than 4 inches wider than the diameter of you stove's burner to ensure proper treatment of all jars.</p>	<p><b>Mason -type Canning jars and lids</b></p> <p>Canning jars are specifically designed for home canning. They come in a variety of sizes.</p> <ul style="list-style-type: none"> <li>• Half gallon jars are only recommended for very acid juices.</li> <li>• Jars come in regular and wide mouth.</li> </ul> <p>Two-Piece Lids:</p> <ul style="list-style-type: none"> <li>• Narrow metal screw band</li> <li>• Metal lid with sealing compound.</li> </ul> <p>(the metal lid with sealing compound must be replaced after each use – the jar and the screw band can be used over and over again)</p>
	<p><b>Pressure Canning: Low Acid Foods</b></p> <p>A pressure canner is a specially made pot with a lid that can be closed tightly to prevent steam from escaping. The lid is fitted with a vent, a dial or weighted pressure gauge and a safety fuse.</p> <p>The recommendation for using USDA pressure processes for low-acid foods is to use a canner that holds at least <b>four (4) quart-size jars</b>. The research for USDA pressure processes for vegetable and meat products was conducted in pressure canners that are most similar to today's 16-quart or larger pressure canners.</p>	 <p>Bubble freer- any plastic knife          Lid wand (magnet)          Clean cloths or paper towel          Click or timer          Hot Pads          Jar Lifter          Jar filler/funnel          Knives for product preparation          Cutting Board</p>