

ing processing. As a result, liquid will be lost from the jars and food particles may lodge on the jar rim, causing sealing failure. If way too much head-space is allowed, a vacuum may not form so lids may not seal.

Adjust Lids

As soon as the food is packed into jars, wipe the jar rims clean. Put on the lid (prepared according to the manufacturer's directions) with the sealing compound next to the jar rim. Screw the band down firmly so that it is hand-tight. Do not use a jar wrench to tighten screw bands. There must be enough "give" for air to escape from the jars during processing.

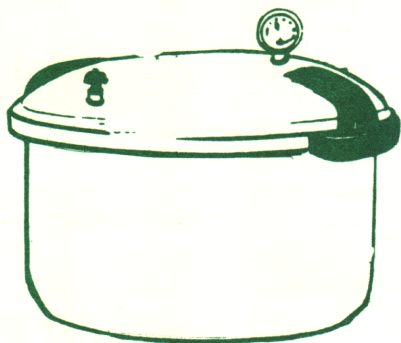
Process food promptly after packing it into jars and adjusting lids.

Process Acid Foods in a Water Bath Canner

Use a water bath canner for processing fruits and tomatoes.³

Here are a few tips for using a water bath canner:

1. Fill the canner half full with water; then cover and heat. For raw-packed food, have the water hot but not boiling. For hot-packed food, have the water boiling.
2. Using a jar lifter, place jars filled with food on rack in canner. If necessary, add boiling water to bring water 1 to 2 inches over the tops of the jars. Do not pour boiling water directly on jars.
3. Place cover on canner.



³ A safe, alternative method for processing hot-packed fruits and tomatoes is in a pressure canner at 5 pounds pressure (228° F.). The timetable on page 10 includes processing times at 5 pounds pressure.

4. When water comes to a rolling boil, start counting the processing time. Keep water at a rolling boil for the entire processing time. For most foods, processing times are given for pints and quarts. If you are using half pint jars, use processing times for pints. For one-and-one-half pint jars, use processing times for quarts.

5. If necessary, add more boiling water to keep water 1 to 2 inches above jars.
6. As soon as the processing time is up, remove jars from canner. Use a jar lifter for this. If liquid boiled out of the jars during processing, do not open them to add more. **Do not retighten screw bands.**
7. Place hot jars upright on a rack, a towel, or folded newspaper to cool. Leave space between them for air to circulate. Keep them out of drafts.

Process Low-Acid Foods in a Pressure Canner

Process vegetables and stewed tomatoes containing celery, onion, or green pepper in a pressure canner at 10 pounds pressure.⁴

Follow the manufacturer's directions for the canner you are using. Here are general pointers for using any pressure canner:

1. Pour 2 or 3 inches of water in bottom of canner and heat to boiling.
2. Set jars on rack in canner. If you have two layers of jars in the canner, use a rack between them and stagger the second layer.
3. Fasten the canner cover securely so that no steam can escape except through the vent.
4. Once steam pours steadily from vent, let it escape for 10 minutes to drive all air from the canner. During processing, the canner must be filled with steam, not air, since it is steam that reaches the

⁴ Many vegetables may be processed at 15 pounds pressure (250° F.) instead of 10 pounds pressure. The advantage at 15 pounds pressure is that processing times are shorter. The timetable on page 14 includes processing times at 15 pounds pressure.



desired temperature of 240° F. at 10 pounds pressure.

5. Close the vent or put on the weighted gauge (pressure control or pressure regulator).
6. If the canner has a dial gauge, bring pressure up quickly to 8 pounds, then adjust the heat to maintain 10 pounds pressure. **Start counting the processing time when gauge registers 10 pounds pressure.**

If the canner has a weighted gauge, start counting the processing time when it jiggles or rocks. Adjust heat so that gauge jiggles 2 or 3 times a minute or maintains a slow, steady, rocking motion.

For most products, processing times are given for pints and quarts. If you are using half pint jars, use processing times for pints. For one-and-one-half pint jars, use processing times for quarts.

7. When the processing time is up, turn off the burner. (If you are using a coal or wood stove, remove canner from heat.) **Let the pressure in the canner drop to zero by itself.** This may take 45 minutes in a 16-quart canner filled with jars and almost an hour in a 22-quart canner. If the vent is opened before the pressure drops to zero or if cooling is rushed by running cold water over the canner, liquid will be lost from the jars.
8. When the pressure has dropped to zero, open the vent or remove the weighted gauge. (With a weighted gauge canner, pressure is completely reduced if no steam escapes when the gauge is nudged