

pounds in food can react with the metal in the lid to form harmless brown or black deposits.

Avoid Unsafe Canning Methods

To ensure the safety of your home-canned foods, use reliable, up-to-date canning directions. Process acid foods in a water bath canner and low-acid foods in a pressure canner.

Do not use open-kettle canning except for jams and jellies. In open-kettle canning, food is cooked in an ordinary kettle, then packed boiling hot (212° F.) into hot, sterilized jars and sealed without processing. No matter how fast this is done, spoilage

organisms can get into the food as it is transferred from kettle to jar. Low-acid foods must reach above-boiling temperatures to kill botulinum spores.

Do not process foods in the oven. Jars may explode when the oven door is opened. No matter how high the oven temperature is set, the temperature of food inside the jars will not get above boiling. Low-acid foods must reach above-boiling temperatures for botulinum spores to be destroyed.

Do not process foods in a microwave oven. Again, jars may explode when the oven door is opened, and regardless of the power setting used, the internal temperature of the food will not rise above boiling. There may

also be "cold spots" in the food since microwave heating is uneven. Finally, metal (in the canning lids) should not be used in a microwave oven.

Do not use aspirin as a substitute for processing. Aspirin is not a preservative.

Do not experiment with new recipes or procedures.

For More Information

If you have further questions about home canning, call or write the Extension Home Economist in your county. You will find the Cooperative Extension Service listed in the telephone directory under county offices.

Directions for Canning Fruits and Tomatoes

APPLES

Wash, peel, core, and slice apples. To keep fruit from darkening during preparation, drop slices into cold water containing 2 tablespoons each salt and vinegar per gallon. Drain and rinse.

Boil fruit in thin syrup for 5 minutes. Pack hot fruit into clean, hot jars to ½ inch from top. Cover with boiling-hot syrup, leaving ½-inch headspace. Adjust lids. Process in a boiling water bath—pints for 15 minutes, quarts for 20 minutes.

APPLESAUCE

Wash, peel if desired, core, and cut apples into quarters. Simmer in a

small amount of water until tender. Press through a strainer or food mill. If desired, add sugar to taste.

Reheat applesauce to boiling. Pack boiling-hot applesauce into clean, hot jars to ½ inch from top. Adjust lids. Process in a boiling water bath—pints and quarts for 20 minutes.

BERRIES⁶

Wash berries.

Raw pack (recommended for soft berries that do not hold their shape well)—Pack raw berries into clean, hot jars to ½ inch from top. For a full pack, shake berries down while filling jars. Cover with boiling-hot syrup, leaving ½-inch headspace. Process in a boiling water bath—pints for 10 minutes, quarts for 15 minutes.

Hot pack (recommended for firm berries)—Add ½ cup sugar to each quart berries. Cover and heat to boiling, stirring frequently. Pack boiling-hot berries into clean, hot jars to ½ inch from top. Adjust lids. Process in a boiling water bath—pints for 10 minutes, quarts for 15 minutes.

⁶ Strawberries are not recommended for canning. They are better frozen or made into jam.

CHERRIES, sweet or tart

Wash cherries. If desired, remove pits.

Raw pack—Pack raw cherries into clean, hot jars to ½ inch from top. For a full pack, shake cherries down while filling jars. Cover with boiling-hot syrup, leaving ½-inch headspace. Adjust lids. Process in a boiling water bath—pints for 20 minutes, quarts for 25 minutes.

Hot pack—Add ½ cup sugar to each quart cherries. Add a little water to unpitted cherries to prevent sticking while heating. Cover and heat to boiling, stirring frequently. Pack boiling-hot cherries into clean, hot jars to ½ inch from top. Adjust lids. Process in a boiling water bath—pints for 10 minutes, quarts for 15 minutes.

