

Separation of home-canned tomato juice is due to the breakdown of pectin. During the time it takes to heat a big pot of tomatoes to boiling on a home range, enzymes can break down much of the pectin in the tomatoes. A thin-bodied juice that separates easily is produced.

Commercially, tomatoes for juice are heated to boiling in a matter of seconds, not minutes, in a steam-jacketed kettle. Enzymes that break down pectin are destroyed before they have a chance to act. The resulting

tomato juice is uniform and thick-bodied.

It is difficult to duplicate the commercial procedure at home. The best that can be done is to heat tomatoes to boiling **as quickly as possible** while stirring and crushing.

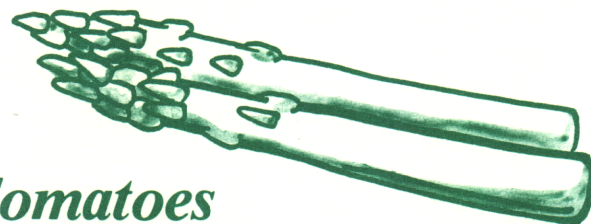
TOMATO SAUCE

Use only firm, ripe tomatoes. Don't use overripe tomatoes, tomatoes with decayed areas, or tomatoes picked from dead vines.

Wash tomatoes thoroughly to remove all soil. Remove cores. Cut into halves or quarters. Cook until softened, stirring frequently. Do not add water. Press tomatoes through a strainer or food mill.

Cook uncovered until volume is reduced by half and sauce is thick, about 1½ hours. Pour boiling-hot sauce into clean, hot jars to ¼ inch from top. Adjust lids. Process in a boiling water bath—pints for 30 minutes, quarts for 40 minutes.

Directions for Canning Vegetables and Stewed Tomatoes



Some vegetables—including broccoli, Brussels sprouts, cabbage, cauliflower, parsnips, rutabagas, and turnips—do not can well. For that reason, no directions are given for canning these vegetables.

ASPARAGUS

Wash asparagus. Snap off tough ends and trim off scales. Wash again. Leave asparagus whole or cut into 1-inch pieces.

Raw pack—Pack raw asparagus as tightly as possible without crushing into clean, hot jars to ½ inch from top. If desired, add ½ teaspoon salt to pints, 1 teaspoon to quarts. Cover with boiling water, leaving ½-inch headspace. Adjust lids. Process in a pressure canner at 10 pounds pressure—pints for 25 minutes, quarts for 30 minutes.

Hot pack—Cover asparagus with boiling water. Boil 2 to 3 minutes. Pack hot asparagus loosely into clean, hot jars to ½ inch from top. If desired, add ½ teaspoon salt to pints, 1 teaspoon to quarts. Cover with boiling-hot cooking liquid or, if the liquid contains grit, with boiling water. Leave ½-inch headspace. Adjust lids. Process in a pressure canner at 10

pounds pressure—pints for 25 minutes, quarts for 30 minutes.

Note: The yellow crystals sometimes seen in canned asparagus are deposits of rutin, a natural pigment in asparagus. If the asparagus was packed in water with a high iron content, the precipitated rutin may be grey rather than yellow. Either way, it is harmless.

BEANS or peas, dry

Use any variety of dry beans or peas. Wash and sort. Cover with water. Heat to boiling and boil 2 minutes. Remove from heat and let stand 1 hour. If necessary, add water to cover beans; simmer 30 minutes.

Pack hot beans into clean, hot jars to 1 inch from top. If desired, add ½ teaspoon salt to pints, 1 teaspoon to quarts. Cover with boiling water, leav-

ing 1-inch headspace. Adjust lids. Process in a pressure canner at 10 pounds pressure—pints for 75 minutes, quarts for 90 minutes.

BEANS, fresh lima

Can only young, tender beans. Shell and wash.

Raw pack—Pack raw beans loosely into clean, hot jars. Do not press or shake down. Fill pint jars to 1 inch from top, quart jars to 1½ inches from top. If desired, add ½ teaspoon salt to pints, 1 teaspoon to quarts. Cover with boiling water, leaving 1-inch headspace. Adjust lids. Process in a pressure canner at 10 pounds pressure—pints for 40 minutes, quarts for 50 minutes.

Hot pack—Cover beans with boiling water. Heat to boiling. Pack hot

