Food Preservation Canning Fruits and Tomatoes
Michigan State University Cooperative Extension Service
4-H Club Bulletin
Mary Woodward, Assistant State Club Leader
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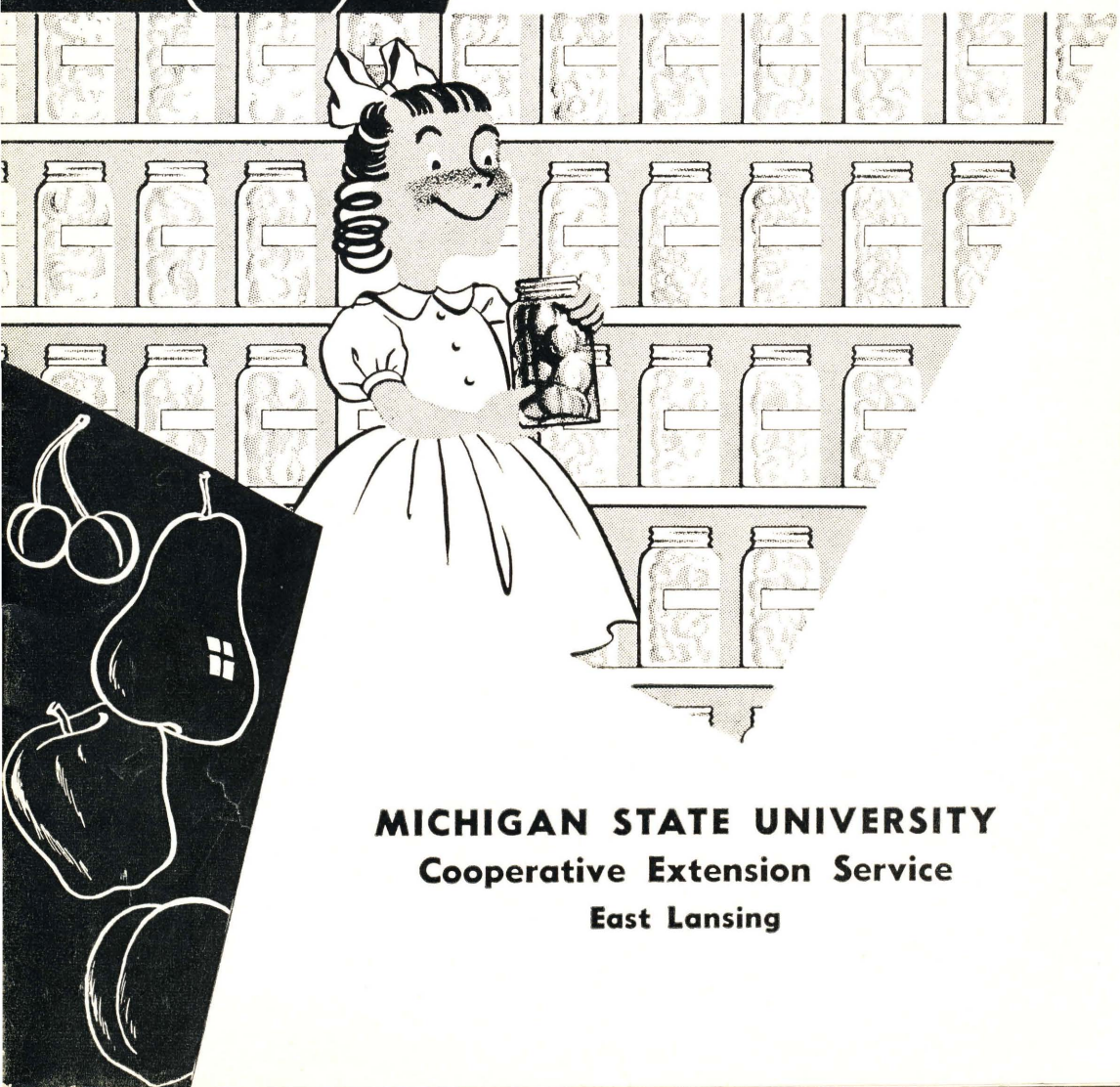
4-H FOOD PRESERVATION

Canning FRUITS and TOMATOES



MICHIGAN STATE UNIVERSITY
Cooperative Extension Service
East Lansing

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4-H FOOD PRESERVATION
CANNING FRUITS AND TOMATOES

By MARY WOODWARD[1]

A plentiful supply of fruits and vegetables the year-around is important to your good health. Moreover, it makes possible a greater variety of color, flavor, and texture in your meals.

Naturally, fruits and vegetables are best when fresh. But since, in Michigan, it is very difficult to have fresh foods throughout the year, we must depend upon canned, frozen, stored, or shipped-in foods for more than 7 of the 12 months.

That's why food preservation is such a practical project for 4-H Club members. You can make a real contribution to thrifty and healthy living for your family.

The products you preserve from the abundance in your home garden, or buy at the market when the supply is plentiful and prices low, will save your family money—money which can always be used elsewhere. Your home canning and freezing can save food that might otherwise go to waste. You'll have a supply of preserved foods for emergencies, or when a quick meal is necessary. And finally—and very important, too—is the sense of satisfaction you'll receive as you look at your well-stocked shelves and full freezer.

In your 4-H Food Preservation Program, you may wish to do a combination of freezing and canning. More and more farm families do this to have available a larger variety and to make the best use of their produce.

Tomatoes cannot be frozen, but can very nicely. With a product such as peaches, you may wish to have available both the canned and frozen product.

For the freezing project, see the current 4-H PROJECT REQUIREMENTS bulletin and the 4-H FOOD PRESERVATION — FREEZING FRUITS bulletin.

In this bulletin you will find information on canning only.

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[1]Assistant State 4-H Club Leader. The author wishes to extend her appreciation to Miss Mary L. Morr, Instructor in Foods and Nutrition, and Miss Roberta Hershey, Extension Specialist in Foods and Nutrition, for their assistance in preparing this bulletin. She also wishes to acknowledge source material contained in the U.S.D.A. publication A W 193: "Home Canning of Fruits and Vegetables."

WHAT YOU'LL CAN

Any 4-H club member between 10 and 20, inclusive, may take a food preservation project. You must take the first 3 years in the order given in the Project Requirements bulletin. After completing them, however, you may make a choice of the next project, according to the method you prefer. Each succeeding year the quantity and variety of food preserved will be increased.

The smallest amount that you may can in one project year is given in the current 4-H PROJECT REQUIREMENTS bulletin. Be sure to look at this before you start to plan with your mother what you will can.

You will use this bulletin for several years, so take care of it. In fact, it can be used whenever you and your mother can fruit.

You may begin the "project year" after you've made your exhibit and turned in a report for the current year. It can extend until your next year's report is complete. That makes it possible to preserve all foods when they're in season locally.

THE FAMILY FOOD SUPPLY

If we are to enjoy good health we should follow the simple guide to good eating. There are seven different groups of foods and some from each group should be eaten daily. But let's look at groups 1, 2 and 3 closely, because they include the fruits and vegetables.

Each day you should include in your meals:

1. Green and yellow vegetables—1 serving.
2. Orange, grapefruit, tomatoes—1 serving.
3. Potatoes, other vegetables and fruits—2 servings.

Such proper use of fruits and vegetables is good health insurance. They supply you with the minerals, vitamins, and other nutrients which are necessary.

Strawberries, rhubarb and cantaloupe, for example, are good sources of vitamin C—as are the citrus fruits, oranges, and grapefruit. The deep yellow fruits, like peaches and apricots, are good sources of Vitamin A.

Tomatoes are a reliable source of vitamin C and vitamin A. Leafy vegetables or greens are valuable for their iron, vitamin A, and vitamin C. When fresh, the green and yellow vegetables are sources of vitamin A.

Keep those facts as clear in your mind as possible. As you look over the fruits and vegetables actually available to you for canning, try to

choose the kinds which will help your family most from the standpoint of good health.

First, decide the *kinds* of fruits and vegetables you will can; then, plan the *amount* of each you should preserve.

THE FOOD PRESERVATION BUDGET

At the beginning of the season, make a budget of the foods needed by your family to guide you in planning how much you should preserve. Your mother will help you in this planning. She knows what the family has used other years, and just how much storage space is available.

You must consider several important things.

First, there are about 40 weeks which are out of season for fresh fruits and vegetables—October through May. How much will your family buy fresh, and how much will your mother want on the shelves? Keep in mind those amounts of fruits and vegetables that should be eaten daily.

In your planning then think about:

1. Suggested servings per person (½ cup average per serving).
2. Food needs.
3. Food preferences of different members.
4. Amount of fresh food you will purchase.
5. Number in your family. (For children less than 6 years-old, allow one-half the amount for an adult.)

The average quantities are shown in the "Food Supply Budget". Now you may work it out for your family.

FOOD SUPPLY BUDGET

For the out-of-season months, October to May, (40 weeks), plan to can, freeze, store or dry for each member of the family. These are suggested amounts:

FRUITS	
Rhubarb	5 qt.
Cherries	5 qt.
Berries	15 qt.
Peaches	10 qt.
Pears	10 qt.
Plums	5 qt.
Apples	2 bu. or more

TOMATOES	30 qt.
VEGETABLES	
Leafy—Kale, spinach, chard, etc.	10 pt.
Cabbage	20-30 lb.
Green—Beans, asparagus	15 pt.
Peas, lima beans	12 pt.
Yellow—Carrots, squash	40 lb.
Rutabagas	8 lb.
Corn	12 pt.
Miscellaneous—Beets	10 lb.
Turnips, parsnips	16 lb.
Onions	25 lb.
Potatoes	1½ to 4 bu.

When you've worked out the food supply budget for your family, put it on a budget card. (Fig. 1.) The budget card should include such information as the number in your family, the number of children under 6 years-old, and then—for each food to be preserved—the amount per person and the total for your family.

FAMILY FOOD SUPPLY BUDGET

No. in family 3

No. children under six____

FOOD	AMOUNT PER PERSON	TOTAL FOR MY FAMILY
Cherries	*5 qt.*	*15 qt.*

Fig. 1. A sample budget card for a family of three persons with a beginning entry. Use an 8½ x 11 card and make your entries neat and clear.

GETTING READY TO CAN

General Equipment

The proper equipment will mean less work, less spoilage and a

better product. Get all of your equipment together and know how to use it before you start to prepare your fruits. These articles probably are in your mother's kitchen. You will need:

1. Stiff brush for cleaning fruits and vegetables.
2. Sharp knives for paring and slicing.
3. Cutting board.
4. Bowls for washing and preparing food.
5. Wire basket or cheesecloth square.
6. Spoons, tablespoons, measuring spoons.
7. Measuring cups.
8. Wide-mouth funnel for filling jars.
9. Sieve or food mill to juice fruits or vegetables.
10. Pan to place jar in when filling.
11. Saucepans for precooking food.
12. Kettle in which to precook food.
13. Jar lifter.
14. Clean towels and dishcloths to wash jars and wipe off tops of jars.
15. Pad holders for hot utensils.

Be sure everything is clean, in good condition, and ready for use. A clean stove is important, whether it is an oil, gas or electric stove.

Water Bath Canner

Your canner may be either purchased (Fig. 2), or homemade (Fig. 3). It may be made of aluminum, tin, galvanized iron or enamelware. There are three "musts."

It must:

1. Be 2 to 4 inches taller than jars.
2. Have a close-fitting cover.
3. Have a rack in bottom to keep jars off the bottom of canner.

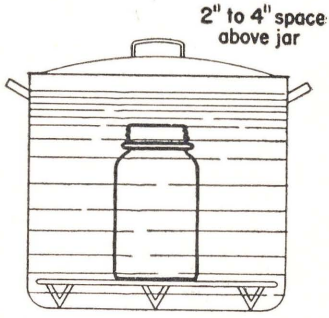

Fig. 2. A water bath canner.

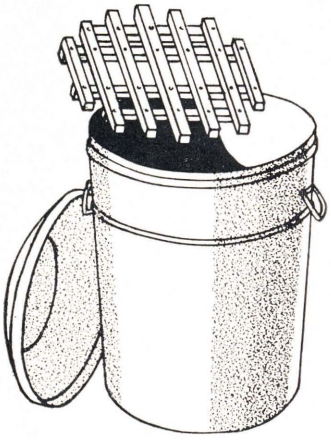

Fig. 3. A homemade water bath canner. If a lard can is used, make certain that it has a good bottom, doesn't leak at any place, and has good handles for lifting.

If you wish to make a water bath canner at home, keep in mind the "three musts" above. You might use a small wash boiler, a pail or a lard can. (If a lard can is used, a hole or two should be punched in the cover to let steam escape. If it fits too tightly, there is danger of an explosion.) Some folks use a pressure cooker and leave the petcock open so the temperature will not go above boiling. A rack may be made of wire or strips of wood cut to fit the kettle. (Pine wood should not be used because it may give an off-flavor.)

Glass Jars

Glass jars are used for most of the home canning and should be those made especially for the purpose. The sizes usually used are pints and quarts. The size to use will be determined by the number in the family and the product canned. Coffee jars, salad dressing jars, or similar type jars in which products are bought should *not* be used for canning. Two-quart jars should *not* be used for canning, but may be used satisfactorily for storage for kraut or pickles.

Jar Closures

There are several types of closures for glass jars. The most common types are described below.

A. FLAT METAL LID WITH SEALING COMPOUND AND METAL SCREW BAND, TO FIT STANDARD MASON JAR. (Fig. 4.)

When Canning

1. Fill jar to ½ inch from top, wipe rim clean.

2. Place clean, hot, moist lid on jar with sealing material next to glass.

3. Screw metal band on firmly by hand, not so hard as to cut through rubber seal. This lid has enough "give" to let air escape during processing.

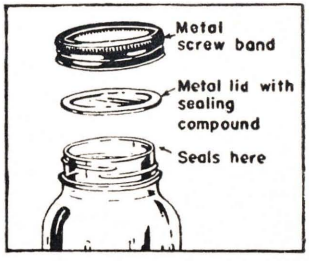

Fig. 4.

After Processing

This is a self sealer. Leave "as is" when you take from canner. Don't tighten. Next day—when the jar has cooled take off screw band. If band sticks, cover for a minute or two with a hot damp cloth to loosen.

B. MASON SCREW TOP—A ZINC CAP WITH PORCELAIN LINING AND SHOULDER RUBBER RING, TO FIT STANDARD MASON JAR. (Fig. 5.)

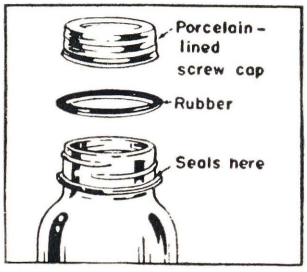

Fig. 5.

When Canning

1. Place wet rubber ring on jar shoulder. (Don't stretch more than necessary.)

2. Fill jar to ½ inch from top, wipe rubber ring and jar rim clean.

3. Screw cap down firmly. Turn back ¼ inch.

After Processing

Take jar from canner and quickly screw cap down tight to complete seal.

C. LIGHTNING TYPE OR WIRE BAIL JAR WITH GLASS LID AND RUBBER RING. (Fig. 6.)

When Canning

1. Fit wet rubber ring on ledge at top of empty jar.

2. Fill jar to ½ inch at top, wipe rubber ring and jar rim clean.

3. Place lid and rubber on jar.

4. Pull long wire over top of lid so it fits groove. It should be tight enough to click into place. Leave short wire up.

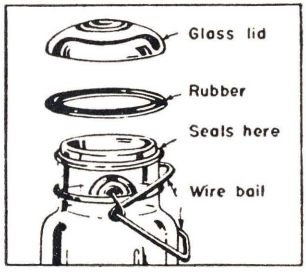

Fig. 6.

After Processing

Take jar from canner and quickly pull short wire down to complete seal.

D. THREE PIECE CAP—GLASS LID AND TOP SEAL RUBBER RING WITH METAL SCREW BAND TO FIT STANDARD MASON JAR. (Fig. 7.)

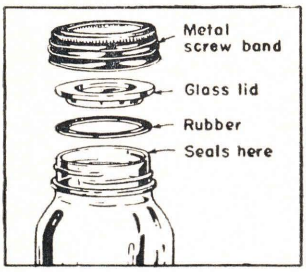

Fig. 7.

When Canning

1. Fill jar to 1 inch at top, wipe rim clean.
2. Fit wet rubber ring on glass lip of lid.
3. Place lid on jar with rubber side down.
4. Screw metal band on tight, then turn back a quarter turn.

Caution: the band and jar just mesh together, if too tight the jar may break.

After Processing

Screw band down tight as soon as you take jar from canner.

TESTING JARS AND CLOSURES

Test all jars and closures before canning. Two general tests are in use, depending on the type of closure.

1. Jars sealed with zinc porcelain-lined cap, with shoulder rubber ring type, or lightning types.

Do not use nicked jars.

TO TEST: Place ½ cup water in jar and seal.

Dry the outside thoroughly.
Invert and shake to see if there is leakage.

2. Vacuum-seal types.

TO TEST: Run finger around top of jar.

The surface should be smooth, even.
Do not use jars with chipped or cracked edges.

RUBBER RINGS: The rubber rings you will use will depend on the jar and lids that you select. New rubbers should be used each year.

TERMS YOU NEED TO KNOW

HEADSPACE—The space left at the top of the jar after the food and liquid are in. This space should be ½ inch, unless other directions are given.

PROCESSING—Cooking the food in the jar.

PROCESSING TIME—The time to cook food in the jar after the water bath has reached the boiling temperature.

PRECOOKING—Heating the food before it is put in the jar.

SHELL PACK—Is used for peaches, pears and apricots. The piece should be put in the jar with the pit side down. It saves space, and the pieces will hold their shape. Use spatula to slip pieces into place.

SIMMER—Cooking the food just below the boiling point.

BE SAFE IN YOUR CANNING

1. Equipment and supplies must be clean, tested and in good repair.
2. Use equipment properly.
3. Follow directions carefully.
4. Process for exactly the number of minutes given.
5. Use thick holders to handle hot jars.
6. Remove cover from canner carefully. Tip cover away from body.
7. Turn handles of pans to the center of stove.
8. Do not can in the oven.
9. Do not use open kettle method of canning.
10. Do not taste food that shows signs of spoilage.

STEPS IN CANNING

You have learned so far in this project (1) what equipment you need and how to use it, (2) the method of canning to use, (3) the terms used in canning and (4) safety in canning. Now the steps in canning—you should follow these steps each time you do some canning.

1. **Check your equipment and supplies.**

Select the equipment you need and see that it is ready for use.

Pick out the jars, rubbers and lids you will use.

Test for seal.

Wash jars in hot soapy water and rinse well. Put them in hot water ready to pack hot food in them.

Rubbers should be ready. Place in hot water a few minutes before you are ready to use them.

Lids should be clean. Place in hot water a few minutes before using.

Review method for sealing the type of jar you selected.

2. **Get boiling water bath canner ready.**

Fill two-thirds with hot water and put over heat. For cold pack, water should be hot, but not boiling. Have hot water ready to use if you need more.

3. **Prepare fruit.**

Select fruit that is in top condition, and preferably gathered the day you can it. Fully ripe fruit has the best flavor.

Grade it for size, shape, color and ripeness.

Prepare a small amount at a time, enough for two or three jars.

Wash thoroughly. Lift fruit out of water. Don't soak.

Prepare according to method given for each fruit. See following pages.

4. **Make sirup (follow general directions on page 13).**

5. **Pack food in jars.**

Pack in an orderly arrangement. Do not pack too tightly.

Cold, raw fruit may be packed tighter than hot fruit.

Fill jar with fruit to within 1 inch of top.

Add boiling sirup to within ½ inch of top, unless other directions are given by the manufacturer of the closure.

Run silver knife blade down side of jar to release all air bubbles.

6. Close the jar.

Wipe off jar rim.

Place the lid on the jar.

Seal according to directions given on pages 8-10 for the type of closure you are using.

7. Process.

Place in water bath.

Process length of time given on back cover of this bulletin.

Start to count processing time when water boils, after all jars have been put into canner.

8. After processing.

Remove from canner.

Complete seal, if necessary, for type of closure you are using.

Cool jars, right side up, overnight, on rack, uncovered, so air can circulate around each jar.

Test seal according to directions which come with the closures.

9. Label. Wipe jars clean, then label. Prepare label with date canned, name of fruit, etc.

10. Store. Store in a cool, dry place.

Protect from dust and light.

PREPARING THE SUGAR SIRUP

SUGAR SIRUP—You probably will wish to sweeten the fruit that you can. To make the sirup, boil sugar and water for 5 minutes. Remove scum. The proportion of sugar and water used will determine the thickness of the sirup. The following table can be used in selecting the correct sirup.

SIRUP	SUGAR (cups)	WATER or JUICE (cups)
Thin	1	3 (gives about 3½ c. liquid)
Medium	1	2
Heavy	1	1

Liquid for a packed jar: ¾ to 1 cup liquid for a quart jar.

PREPARING FRUITS AND TOMATOES

Apples—(2½ to 3 pounds fresh make approximately 1 quart canned.)

1. Pare and cut into pieces the desired size.
2. To keep from darkening, drop into salt-vinegar water.
   (1 tablespoon salt, 1 tablespoon vinegar in 2 quarts of water.)
3. Drain.
4. Boil 5 minutes in thin sirup or water.
5. Pack hot apples in jars—to ½ inch of top.
6. Cover with hot sirup or water.
7. Adjust lid.
8. Process—See Timetable (back cover).

Applesauce

1. Make applesauce, sweetened or unsweetened.
2. Pack hot to ½ inch of top.
3. Adjust lids.
4. Process—see Timetable (back cover).

Apricots

Wash, cut in halves and remove seeds or leave whole.

Peel if desired before cutting (dip in boiling water for a minute or two to loosen skin).

Continue with HOT PACK or COLD PACK method.

HOT PACK

1. Simmer prepared fruit 3 to 5 minutes in thin or medium sirup.
2. Pack hot into glass jars to ½ inch of top.
3. Cover with boiling sirup.
4. Adjust lids.
5. Process—see Timetable (back cover).

COLD PACK

1. Pack apricots in jar.
2. Cover with boiling sirup—thin or medium.
3. Adjust lid.
4. Process—see Timetable (back cover).

Berries—(Approximately 2 quarts fresh needed for 1 quart canned.) Wash and drain well.

Blackberries—Blueberries—Huckleberries

HOT PACK for firm berries

1. Add ½ cup sugar to each quart of fruit.
2. Cover pan and bring to boil, shake the pan to keep berries from sticking.
3. Pack hot to ½ inch of top.
4. Cover with hot sirup. A prepared sirup may be added, if too little sirup has formed on the berries.
5. Adjust lid.
6. Process—see Timetable (back cover).

Raspberries

COLD PACK—for soft berries

1. Fill glass jar to ½ inch of top. Shake or jar against hand as you fill to make full pack.
2. Cover with boiling sirup, medium or heavy.
3. Adjust lid.
4. Process—see Timetable (back cover).

Strawberries

1. Wash carefully and stem.
2. Add ½ cup sugar to each quart.
3. Bring slowly to boil—shake pan to keep fruit from sticking.
4. Remove from stove and let stand overnight only in a cool place.
5. Bring quickly to boil.
6. Pack hot to ½ inch of top.
7. Cover with hot juice.
8. Adjust lid.
9. Process—see Timetable (back cover).

Cherries—(Approximately 2 quarts fresh needed for 1 quart canned.)
PITTED—follow directions for firm berries (blackberries).
WITH PITS—follow directions for firm berries but add ¼ cup of water for 2 quarts of cherries to prevent sticking.
Process—see Timetable (back cover).

Peaches—(2 to 2½ pounds fresh needed for 1 quart.)

1. Wash.
2. For easy peeling, place six or eight peaches, depending on size, in a wire basket, dip in boiling water for a minute or two, then quickly into cold water.
3. Cut in half, remove skins and remove pit.
4. Drop into salt-vinegar water during preparation. (See directions given for apples.)
5. Follow HOT PACK or COLD PACK method.

HOT PACK

1. Heat thin or medium sirup to boiling.
2. Drop in fruit and simmer 3 to 5 minutes.
3. Pack hot fruit to ½ inch of top.
   Shell-pack halves. Use tablespoon or spatula to slip pieces into place, pit side down.
4. Cover with boiling liquid.
5. Adjust lids.
6. Process—see Timetable (back cover).

COLD PACK

1. Pack peaches into jar to ½ inch of top.
   Shell pack (see No. 3 Hot Pack above).
2. Cover with boiling sirup—thin or medium.
3. Adjust lids.
4. Process—see Timetable (back cover).

Pears—(2 to 2½ pounds fresh needed for 1 quart.)

1. Wash, peel, cut in halves and remove core.
2. Place in salt-vinegar water to prevent darkening. (See directions given for apples.)
3. Continue as with peaches—hot pack or cold pack.

Plums—(2 to 2½ pounds fresh needed for 1 quart canned.)

1. Wash, prick each plum with fork to prevent skin from bursting.
2. Simmer in medium sirup for 5 minutes.
3. Pack hot in glass jars to ½ inch of top.
4. Cover with boiling sirup.
5. Adjust lid.
6. Process—see Timetable (back cover).

Rhubarb

1. Select young tender rhubarb.
2. Wash, cut into ½ inch lengths.
3. Add ½ cup sugar to each quart.
4. Let stand to draw out juice.
5. Bring to boil.
6. Pack hot to ½ inch of top.
7. Cover with hot juice.
8. Adjust lid.
9. Process—see Timetable (back cover).

Tomatoes—(2½ to 3 pounds fresh needed for 1 quart canned.)

1. Select firm, perfect, ripe tomatoes.
2. Loosen skin. Place six or eight in a wire basket and dip into boiling water for ½ minute, then into cold water.
3. Core, peel and remove green spots.
4. Continue with HOT PACK or COLD PACK method.

HOT PACK

1. Cut in quarters.
2. Bring slowly to boil, stir to keep from sticking.
3. Place 1 teaspoon of salt in each quart jar.
4. Pack hot in glass jars to ½ inch from top.
5. Adjust lid.
6. Process—see Timetable (back cover).

COLD PACK

1. Cut in halves, quarters or leave whole.
2. Place 1 teaspoon salt in each quart jar.
3. Pack into jars, press gently to fill spaces to ½ inch from top.
4. Add NO water.
5. Adjust lid.
6. Process—see Timetable (back cover).

Tomato Juice

1. Select soft, ripe, juicy, but perfect tomatoes.
2. Wash, remove stem ends, and cut into pieces.
3. Simmer until soft, stir to keep from burning.
4. Put through strainer.
5. Add 1 teaspoon salt to each quart of juice.
6. Reheat at once to boiling.
7. Pour boiling juice into jars to ¼ inch of top.
8. Adjust lid.
9. Process—see Timetable (back cover).

Fruit Juice

1. Wash, and remove pits, or core.
2. Crush fruit.
3. Heat to simmering.
4. Strain through cloth bag.
5. Add sugar if desired—½ to 1 cup sugar to 1 gallon of juice.
6. Reheat to simmering.
7. Pour into hot jars to ¼ inch of top.
8. Adjust lid.
9. Process—see Timetable (back cover).

Beets, Pickled

1. Cut off beet tops leaving 1-inch stem and wash.
2. Cover with boiling water and cook until tender.
3. Make sirup using 1½ cups vinegar, ½ cup water and 2 cups sugar. Heat to boiling.
4. Remove the skins and slice.
5. Put 1 teaspoon salt in bottom of each quart jar.
6. Pack hot beets in glass jar to ½ inch of top.
7. Cover with boiling sirup.
8. Adjust lid.
9. Process—see Timetable (back cover).

EXHIBITING YOUR PRODUCT

1. The jar should be clean and sparkling. Wash with warm water which contains a little vinegar. Polish with dry cloth.

2. Select the jars using the scorecard for judging your product.
3. Jars making up the exhibit should be of the same type and size.
4. Find out what is required for your exhibit.
5. Label—for jar on exhibit.

This information should be on the label:

Name of Product
Year in Canning
Your Name
Address or Club
County

Place label 1 inch from bottom of the jar.

JUDGING YOUR CANNED PRODUCT

After you have canned your products, you will want to judge them to learn how you may improve your canning. It will also help you select the best jars for your exhibit.

SCORECARD FOR CANNING

1. **Product—**

CONDITION—Firm, ripe—no green spots or bruises.

GRADING—Same size pieces.

COLOR—No bleaching or darkening or off color.

2. **Liquid—**

COLOR—Characteristic for that product.

CLEARNESS—Clear and bright, nearly free from cloudiness and floating particles. No sediment or foreign particles.

CONSISTENCY—Medium thickness.

3. **Pack—**

UNIFORMITY—An even pack is desired. Quarters, slices and whole products should not be packed together.

RUNNING—Liquid should run through product.

FULLNESS — Jar should be well filled with product, but not crowded. Liquid should cover product.

JUDGING SCHOOLS

As a canning club member you will receive valuable help in learning to judge canned products if you enter a local or county canning judging contest.

In such a contest you will probably find three classes, such as canned product, raw product suitable for preserving, and fruit products for freezing or containers for freezing. Each class will consist of four articles—such as four jars of tomatoes.

A limited time will be given you for placing each class. After placings are made, each club member gives oral reasons to the judge for her placings. The final score for each contestant is then determined by adding the value of the placing scores and the value of the reason scores.

SUGGESTIONS FOR FOOD PRESERVATION JUDGES

The following suggestions will help you to do your best in a canning judging contest.

1. Good grooming and clean, appropriate clothing will give you a pleasing appearance.
2. Familiarize yourself with the scorecard.
3. Examine the class as a whole before handling the products.
4. Pick up each jar by the side, NOT the top, and study it carefully. Do not shake or handle jar roughly.
5. Try to form a mental picture of the class so as to avoid confusing the four articles in the class.
6. Compare the good and poor points of each article and decide upon reasons for your placings. Do not give additional credit for fancy packs that are not practical. The shell pack is desirable for peaches and pears because it saves space in the jar.
7. Stand or sit erect when giving reasons.
8. Look straight at the judge and start giving reasons with a statement of your placings as, "I place this class of peaches 3-2-4-1."
9. Be friendly and pleasing. Speak slowly and distinctly. Use good English.
10. Make your reasons short and concise but complete enough to cover the important points.

11. Give your most important reasons first. Reasons should be comparative, stating why the first excels the second, the second the third, and the third the fourth placing.

SAMPLE SET OF ORAL REASONS

Study this sample set of reasons. Try to make your own just as clear and concise.

CLASS—Peaches

"I place this class of peaches 1, 4, 2, 3. I place 1 over 4, because there are no blemishes on the halves, and no cloudiness in the sirup. In jar 1 there is greater uniformity in the size, color and evenness of ripening, and the pack is more attractively arranged than in jar 4. Also there is less waste space than in the 4 jar.

"I place 4 over 2 because the peaches in 4 have a more appetizing appearance, because of a more natural color, and a finer texture. There is less sediment in 4 than in 2.

"I place 2 over 3 because the fruit in jar 2 is more uniform in size and is a full pack, while that of 3 is a loose pack and the texture is coarser.

"I place 3 last because there are blemishes on several of the halves, and the ragged edges of the fruit indicate that it was overcooked or over-ripe. There is a small amount of mold on the top peach which is not entirely covered with liquid.

"Therefore I place this class of peaches: 1-4-2-3.

OR

"For the reasons given, I place this class of peaches 1-4-2-3."

FOOD PRESERVATION DEMONSTRATIONS

A demonstration is one of the best methods of teaching. When we demonstrate, we show how something is done. It is of value to the community and to the club because it explains approved practices. It is very valuable to you because it helps you to think logically and to get up and talk to others. It helps to develop poise and personality.

A demonstration can be given by two club members working as a team, or by one club member alone. The subject should be practical, and fit a need. It may deal with any phase of the project.

It should be one that you can demonstrate properly in a short time, not over 15 minutes. You should be convinced of the importance of the subject; then study it well; and read reliable sources of information before writing the demonstration. Good illustrative materials—posters and charts—add interest.

Divide your demonstration into three parts: 1. INTRODUCTION —Set the stage and center the attention on the subject; tell who is giving the demonstration. 2. DEMONSTRATE—Do the job, tell how and why. 3. SUMMARY—Make it short, draw conclusions.

Each member of your team should take part in the discussion and the work done in a demonstration.

SUGGESTED TOPICS FOR DEMONSTRATION

Here are some topics which will make good food preservation demonstrations. You should be able to think of others just as suitable and worthwhile for your club.

1. The types of jars and closures.
2. How to use the boiling water bath canner.
3. Can a fruit.
4. Equipment needed for canning.
5. Can tomatoes.

This page is for additional recipes.

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TIMETABLE FOR PROCESSING

Fruits, Tomatoes, Pickled Vegetables: Boiling Water Bath 212° F.

FRUIT	TIME IN MINUTES	
	PINTS	QUARTS
Apples	15	15
Applesauce	10	10
Apricots (Hot pack)	20	20
(Cold pack)	25	35
Blackberries	15	15
Blueberries	15	15
Cherries	15	15
Peaches (Hot pack)	20	20
Pears (Hot pack)	20	20
Plums	15	15
Raspberries (Cold pack)	20	20
Rhubarb	10	10
Strawberries	15	15
Tomatoes (Hot pack)	10	10
(Cold pack	35	45
Tomato juice	15	15
Fruit juice	20	20
Beets, pickled	30	30

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