



**TAKE A BITE OUT OF
CLIMATE
CHANGE**

BOILING WATER CANNING – YES YOU CAN!!!

- THE BOILING WATER CANNING METHOD PROCESSES FOOD AT 212 DEGREES AND IS A SAFE METHOD FOR PRESERVING ACIDIC FOODS, WHICH INCLUDES MOST FRUITS AND TOMATOES.
- VEGETABLES ARE LOW-ACID FOODS, BUT IF PREPARED WITH ACID (E.G. LEMON JUICE, VINEGAR, CITRIC ACID), THEY CAN BE SAFELY PRESERVED USING THE BOILING WATER METHOD.
- LOW ACID FOODS MUST BE PRESERVED USING A PRESSURE CANNER, WHICH IS MORE COMPLICATED AND EXPENSIVE, IN ORDER TO REACH A TEMPERATURE OF 240 DEGREES TO KILL ALL BACTERIA AND SAFELY PRESERVE THEM.
- USE UP-TO-DATE, REPUTABLE AND TESTED CANNING RECIPES AND FOLLOW THE MEASUREMENTS AND INSTRUCTIONS EXACTLY. ALTERING MEASUREMENTS, SUBSTITUTING INGREDIENTS OR NOT PROCESSING FOR LONG ENOUGH, MAKES FOOD MORE LIKELY TO SPOIL AND BE UNSAFE (E.G. BOTULISM).

EQUIPMENT

- CANNING JARS
- TWO PIECE LIDS – A SMALL CAP THAT SEALS TO THE JAR RIM AND A BAND OR SCREW CAP THAT HOLDS THE CAP IN PLACE
- WATER BATH CANNER WITH WIRE RACK
- JAR LIFTER
- MAGNETIC CAP LIFTER
- NON-METALLIC SPATULA OR KNIFE
- CLEAN DISH TOWEL AND DISH CLOTH

STEP-BY-STEP

- 1. INSPECT THE JARS FOR CRACKS. WASH THE NEW LIDS IN HOT SOAPY WATER, THOROUGHLY RINSE AND AIR-DRY. PLACE JARS IN A SIMMERING POT OF WATER OR PUT THEM IN THE DISHWASHER AND TIME THE DISHWASHER CYCLE SO THAT THEY ARE READY AND STILL HOT WHEN IT IS TIME TO FILL THEM.**
- 2. PREPARE FOOD ACCORDING TO RECIPE (WHICH MUST BE UP-TO-DATE AND REPUTABLE AND FOLLOWED EXACTLY).**
- 3. WHILE FOOD IS COOKING DOWN, PUT WARM CLEAN WATER IN THE CANNER AND BEGIN HEATING ON MEDIUM-HIGH. PUT CAP LIDS IN A SMALL POT OF WARM, SIMMERING WATER AND KEEP THERE UNTIL READY TO USE.**
- 4. ONCE FOOD IS READY, REMOVE WARM JARS FROM CANNER, AND LADLE FOOD INTO JARS USING THE FUNNEL, LEAVING THE RECOMMENDED HEAD SPACE AS SPECIFIED IN THE RECIPE.**

5. REMOVE AIR BUBBLES BY RUNNING A NONMETALLIC UTENSIL DOWN THROUGH THE INGREDIENTS. READJUST HEAD SPACE IF REQUIRED.

6. WIPE JAR RIM WITH A PAPER TOWEL AND PLACE LID ON JAR, MAKING SURE IT IS CENTERED. APPLY SCREW BANDS – FINGERTIP TIGHT... NOT TOO TIGHT OR OXYGEN MAY NOT BE ABLE TO ESCAPE FROM THE JARS.

7. PLACE JARS ON ELEVATED RACK. KEEP THE JAR UPRIGHT AT ALL TIMES. TILTING THE JAR COULD CAUSE FOOD TO SPILL INTO THE SEALING AREA OF THE LID. ONCE RACK IS FULL, LOWER INTO CANNER AND BE SURE THAT THE JARS ARE COVERED BY AT LEAST 1 INCH OF WATER; ADD MORE HOT WATER IF REQUIRED.

8. TURN THE HEAT UP AND BRING THE WATER TO FULL BOIL. ONCE AT A BOIL, SET YOUR TIMER, AND PROCESS JARS ACCORDING TO RECIPE INSTRUCTIONS. ENSURE THAT WATER IS AT A FULL BOIL FOR THE ENTIRE PROCESSING TIME. IF THE WATER STOPS BOILING AT ANY TIME DURING THE PROCESS, BRING THE WATER BACK TO A VIGOROUS BOIL, AND BEGIN THE TIMING OF THE PROCESS OVER, FROM THE BEGINNING.

9. ONCE PROCESSING TIME IS OVER, REMOVE THE JARS ONE AT A TIME USING A JAR LIFTER, BEING CAREFUL NOT TO TILT THE JARS. CAREFULLY PLACE THEM DIRECTLY ONTO A TOWEL OR CAKE COOLING RACK, LEAVING AT LEAST ONE INCH OF SPACE BETWEEN THE JARS DURING COOLING. AVOID PLACING THE JARS ON A COLD SURFACE OR IN A COLD DRAFT.

10. LET THE JARS SIT UNDISTURBED WHILE THEY COOL FOR SEVERAL HOURS. Do NOT TIGHTEN RING BANDS ON THE LIDS OR PUSH DOWN ON THE CENTER OF THE FLAT METAL LID UNTIL THE JAR IS COMPLETELY COOLED.

11. CHECK JARS FOR PROPER SEALING. LIDS SHOULD BE LOWERED IN THE MIDDLE AND NOT MOVE UP OR DOWN WHEN YOU LIGHTLY PRESS OR TAP THEM.

NOTE: REFRIGERATE ANY UNSEALED JARS AND USE THE CONTENTS WITHIN A FEW DAYS OR FREEZE FOR USE AT A LATER DATE. YOU CAN ALSO REPROCESS IN THE CANNER, ALTHOUGH FIRST WIPE AND INSPECT THE JAR RIM AND USE A NEW LID CAP AND CLEAN BAND.

12. LABEL JARS AND STORE IN A COOL, DRY PLACE OUT OF DIRECT LIGHT.

NOTE: BEFORE CONSUMING, ALWAYS EXAMINE JARS FOR SIGNS OF SPOILAGE - A BULGING LID OR LEAKING. IF THE FOOD SPURTS OUT WHEN OPENED; IF LIQUIDS ARE CLOUDY OR FROTHY; IF FOOD IS SLIMY OR MOULDY, OR IF IT SMELLS BAD, DO NOT USE. NEVER TASTE THE CONTENTS OF A JAR OF FOOD WITH A BROKEN SEAL OR FOOD WITH EVEN THE SLIGHTEST SIGN OF



SPOILAGE. DISCARD IT WHERE IT IS COMPLETELY OUT OF REACH OF ANIMALS (E.G. FLUSH DOWN THE TOILET).



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