

# HOW TO CAN VEGETABLES

## Points On Packing

**Raw pack.** Pack cold raw vegetables (except corn, lima beans and peas) tightly into containers and cover with boiling water.

**Hot pack.** Preheat vegetables in water or steam. Cover with the cooking liquid or boiling water. The cooking liquid is recommended for packing most vegetables because it may contain minerals and vitamins dissolved out of the food. Boiling water is recommended when the cooking liquid is dark, gummy or strong flavored, and when there isn't enough cooking liquid.

## Processing In A Pressure Canner

Use a steam-pressure canner for processing all vegetables except tomatoes and pickled vegetables.

Directions. Follow the manufacturer's directions for the canner that you are using. Here are a few pointers on the use of any steam-pressure canner.

\*\*\*\*\* Put two or three inches of boiling water in the bottom of the canner; the amount of water to use depends on the size and shape of the canner.

\*\*\*\*\* Set filled glass jars or tin cans on a rack in the canner so that steam can flow around each container. If two layers of cans or jars are put in, stagger the second layer. Use a rack between layers of glass jars.

\*\*\*\*\* Fasten the canner cover securely so that no steam can escape except through a vent (petcock or weighted gauge opening).

\*\*\*\*\* Watch until the steam pours steadily from the vent. Let it escape for 10 minutes or more to drive all air from the canner. Then close the petcock or put on the weighted gauge.

\*\*\*\*\* Let the pressure rise to 10 pounds (240 degrees). The moment this pressure is reached, start counting processing time. Keep the pressure constant by regulating the heat under the canner. Do not lower pressure by opening the petcock. Keep drafts from blowing on the canner.

\*\*\*\*\* When processing time is up, remove the canner from the heat immediately.

With glass jars, let the canner stand until the pressure is zero. Never try to rush the cooling by pouring cold water over the canner. When the pressure registers zero, wait a minute or two, then slowly open the petcock or take off the weighted gauge. Unfasten the cover and tilt the far side up so steam escapes away from you. Take the jars from the canner.

## How To Check Canning Jars

The first step in home canning should take place long before the food and equipment are assembled and ready to go. Jars and other supplies should be checked prior to the canning session. In that way you can replace damaged supplies and purchase new ones to avoid costly delays or inconvenience.

## Here are some tips to help you.

*Choosing Mason Jars.* Jars manufactured especially for home canning generically are called mason jars and must be used when preserving. They are designed with a specially threaded mouth for properly sealing with mason lids. Can with mason jars only.

*Preparing Glass Jars.* Check all jars, rings and lids carefully. Discard any with nicks or chips in the top sealing edge and threads that may prevent airtight seals. Rings should be free of dents or rust. Select the size of closures – widemouth or regular – that fits your jar. Wash the jars in hot, soapy water and

rinse well. Then place in boiling water for 10 to 15 minutes. Keep the jars in hot water until ready to use. Boil the lid according to package directions.

*Closing Glass Jars.* Always wipe the jar rim clean after the food product is packed. Place a lid on the jar with the button side up. Screw the rings on firmly, but don't force. Do not re-tighten rings after processing or cooling.

A new lid that snaps down and clicks as the jar cools, providing visible proof of sealing, called Magic Button (made by Owens-Illinois). Its red button pops up when the seal is broken. The Magic Mason jars that go with the special lids have metric measurements as well as the customary U.S. Measurements molded on the side.

*Jar Transfer:* Use a jar lifter or long-handled canning tongs to transfer the jars to and from the canner safely. Place the hot jars on a rack or towel, allowing two inches of air space on all sides for the jars to cool evenly.

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