

The air we breathe and all foods in their natural state contain microorganisms, such as molds, yeasts and bacteria as well as enzymes. Food spoils when enzyme, mold, yeast and bacteria growth is not controlled. Proper, safe home canning procedures control the growth of spoilage micro-organisms, allowing us to keep food beyond its normal storage period.

Home canning is not complicated. It is a simple procedure of applying heat to food in a closed jar in order to interrupt the natural decaying that would otherwise take place. It requires "processing" or "heat processing" foods according to up-to-date, tested home canning guidelines. Proper home canning includes:

- Placing prepared food in home canning jars which are then sealed with two-piece vacuum caps;
- Heating the filled jars to the designated temperature using the correct type of canner for the food being processed;
- Processing the filled jars for the required time as stated by an up-to-date, tested recipe in order to destroy the spoilage microorganisms and inactive enzymes;
- Cooling jars properly, allowing the lids to vent excess air from the jars to form a vacuum seal.



When followed exactly, the processing methods and times of up-to-date, tested home canning recipes adequately destroy normal levels of heat-resistant microorganisms. After processing and upon cooling, a vacuum is formed and the lid seals onto the jar. This ensures that home canned foods will be free of spoilage when the jars are stored properly and remain vacuum-sealed. This seal prevents other microorganisms from entering and re-contaminating the food.

Visit the following websites for more information:

The National Center for Home Canning
<http://www.uga.edu/nchfp/>

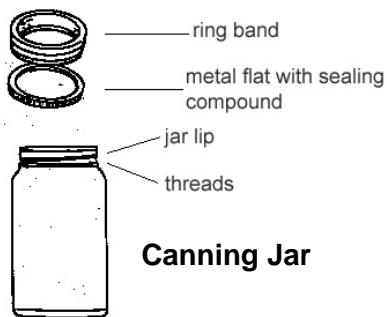
Ball Jars
www.homecanning.com

UC Davis Publication available to print out:
www.anrcatalog.ucdavis.edu/pdf/8072.pdf



**PACIFIC COAST
FARMERS' MARKET ASSOCIATION**
5056 Commercial Circle Suite E
Concord, CA 94520
1.800.949.FARM
www.pcfma.com

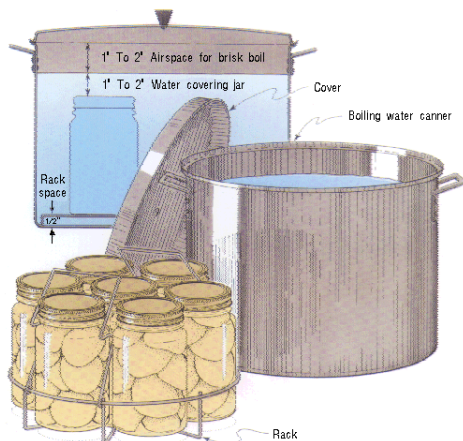




The following items are helpful for home canning:

- Jar tong, essential for easy removal of hot jars from canner.
- Jar funnel helps in packing of small food items into canning jars.
- A lid wand has a magnet on the end to help remove treated lids from hot water.
- Clean cloths for wiping jar rims and general cleanup.
- Knives for product preparations.
- Timer or clock to determine end of processing time.
- Clean towels.
- Cutting board.

Types of Tongs & Funnel



Water Bath Home Canner

Canning Basics



Home Canning Essentials for All Foods

- Use only the best, top quality ingredients. Preserve fruits and vegetables at their peak of ripeness.
- Process ALL home canned foods: High-Acid Foods in a Boiling-Water Canner, Low-Acid Foods in a Steam-Pressure Canner
- Follow only current, tested home canning recipes that include the appropriate processing method for the food type being canned; give a specific processing time for the food type and size home canning jar used; designate headspace; come from a reputable source offering up-to-date recipes, following acceptable canning guidelines.
- Follow manufacturer's directions for preparing home canning jars and two-piece vacuum caps. Complete instructions can be found on each package.
- Fill hot jar with prepared recipe. Leave recommended headspace. Remove air bubbles by sliding a nonmetallic spatula between the jar and food; press gently on the food to release trapped air. Repeat around the circumference of the jar.
- Wipe rim and threads with a clean, damp cloth. Center heated lid on jar. Screw band down evenly and firmly until a point of resistance is met – fingertip tight.
- After processing, remove jars from canner; set jars upright on a towel to cool. Do NOT re-tighten bands or check for a seal while jars are hot.
- After 24 hours, check lids for a seal. Sealed lids curve downward. Press the center of the lid to ensure it does not flex up or down. (Reprocess or refrigerate any unsealed jars.) Remove bands. Wipe jars and lids with a clean, damp cloth and dry. Wash bands in soapy water, dry and store.
- Label and store jars in a cool, dry, dark place. For best quality, use home canned foods within one year.

PLEASE NOTE: This guide is only meant to give you a basic overview of what home canning is all about. Please visit the websites given on the back of this brochure for more information, or pick up a book on home canning that can give you more detailed information.

Canning methods and cooking times should be followed exactly as stated in each recipe.