









Choosing Your Canning Method

- The canning method that is approved for a food depends on the type of food.
- Foods are divided into two main categories:
- those that contain acid (called "acid foods).
- those that have very little or no acid (called "low acid" foods).





Why Pressure Can Low-Acid Foods? Clostridium botulinum! • C. botulinum forms protective, heatresistant spores. • Spores require higher temperatures for destruction in a reasonable period of time (usually 240°F or above at sea level).





Methods of Pack Raw Pack For foods that lose shape when cooked. Place raw food directly in jars. Boiling hot liquid is then poured over the food. Pack firmly, don't crush. Add jars carefully to canner.

Methods of Pack Hot Pack Food is cooked in liquid before packing. Cooking liquid poured over food in jar. Fewer jars needed. Less floating. Better color and flavor. Easier to pack, foods pliable.





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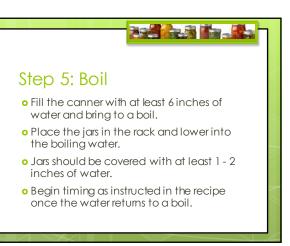
Step 2: Prep

- Prepare your fruits/vegetables according to the recipe.
- Food quality does not improve as it is processed, so start with the best quality possible.



- Fill jars according to the recipe.
- Be sure to leave the proper headspace!













Advantages of Freezing

- Many food can be frozen.
- You can retain color, flavor, & nutritional value.
- Texture is often better than other preservation methods.
- Food can be preserved more quickly than canning and drying.

Advantages of Freezing Simple. Convenient food preparation later (think of making homemade tomato sauce after work) A lot cooler than canning!



Advice for Freezing Preeze quickly! Set freezer at -10° at least 24 hours in advance of freezing large quantifies. Spread packages around the freezer and then stack when frozen. Hold temperature at 0° for best quality.

General Freezing Instructions

- Selection of Food
 - Freezing does not improve quality.
 - Choose highest quality available.
 - Freeze promptly.
 - Remember some foods don't freeze well.
- Preparation
- ${\scriptstyle \bullet}$ Work in a clean environment.
- Follow recommended procedures.

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Freezing: What you will need

- Freezer space
- Packaging

Selecting Packaging Materials

- Moisture resistant.
- Durable & leak-proof.
- Does not become brittle and crack at low temperatures.
- Resistant to grease and oil.
- Does not absorb or allow the absorption of flavors/odors.
- Easy to seal and label.







Freezing Fruits & Vegetables

- Freeze as soon as possible after harvesting.Prepare food by cleaning and cutting/if
- necessary.
- Vegetables: Generally blanch before freezing (stops or slows enzyme action).
- Fruit: freeze in individual layers on cookie sheet lined with parchment (loose pack).
- Store in air-tight packaging (allow for head space of liquids in rigid packaging).
- o Label.

Blanch in boiling water. Use a strainer, basket that will fit the pot you are using. Blanch only a small amount at a time (water should continue to boil after you add the vegetables). Immerse in ice water immediately. And cool for the same amount of time as blanched. Follow time specifications according to recipe.

Resources

- USDA Complete Guide to Home Canning 2009. http://nchfp.uga.edu/publications/public
- ations usda.html
- National Center for Home Food Preservation: www.homefoodpreservation.com
- National Center for Home Food Preservation: How Do I Freeze?
 - http://nchfp.uga.edu/how/freeze.html

Resources Ball Blue Book. 2004. Alltrista Consumer Products. Andress, Elizabeth. 2006. So Easy To Preserve. University of Georgia Cooperative Extension Service; 5th edition. Ingham, Barbara H. Freezing Fruits & Vegetables, Wisconsin Safe Food Preservation Series, University of Wisconsin Extension. http://leaminastore.uwex.edu/Assets/pdfs /B3278.pdf

