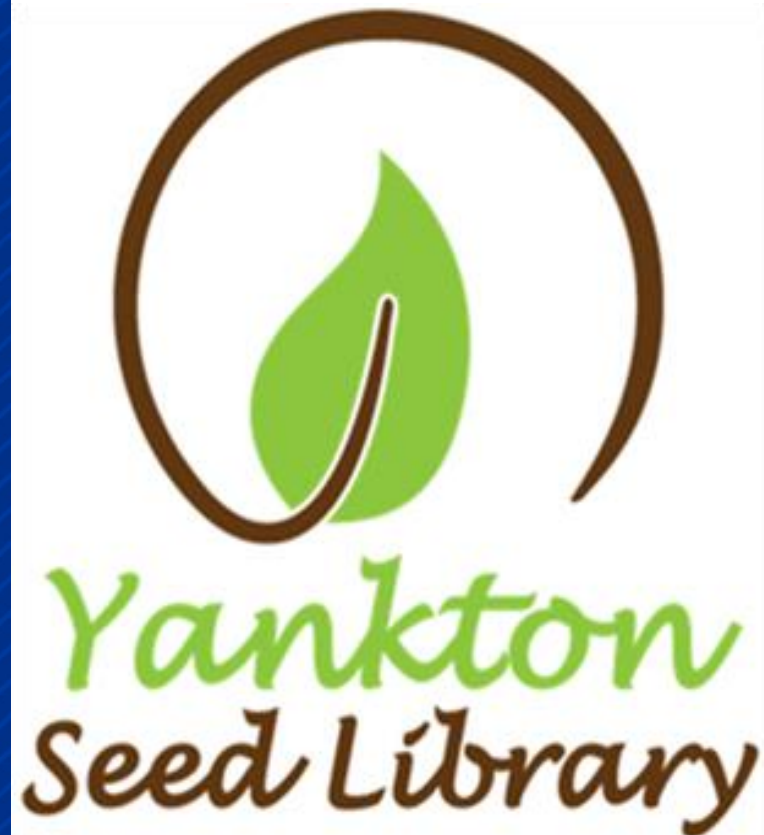


# Preserving the Bounty

September 2019



# In cooperation with Missouri Valley Master Gardeners



# Why preserve?

- Savor & share garden-fresh flavor all year
- Utilize excess produce
- **You** control the preservatives in your food
- Sense of accomplishment





# Planning



- Assemble equipment
- Test pressure canner to make sure gauge works
- Purchase & assemble supplies (sugar, pectin, etc)



# Canning

## High-acid (pH 4.6 or less)

- Process with water bath
- Fruits
- Jams/Jellies
- Pickles
- Tomatoes with added acid (1/4 tsp. citric acid **OR** 1 T. bottled lemon juice / pt.)

## Low-acid (pH higher than 4.6)

- Process with pressure canner
- Meats
- Vegetables
- Mixed ingredients (ex: salsa)



# Processing

## Boiling water bath

- Place jars in canner, cover with hot water
- Bring to boil
- Process for indicated time
- Remove from heat
- Let set for 5 min, remove jars



## Pressure canning

- 2" water in canner
- Put jars in canner, lock lid
- Vent for 10 min.
- Bring to indicated pressure
- Process for indicated time (monitor gauge)
- Remove from heat, let cool until pressure is 0
- Open carefully, remove jars

# Syrup for Fruit

- Add sugar to water; bring to boil
- Type of syrup is based on sugar to water ratio
- Keep hot until needed
- Quart jar will require 1 – 1 ½ C. syrup
- 1 tsp. ascorbic acid / qt. if desired to maintain fresh color



# Pickling Brine



- Use canning salt
- Vinegar needs to be at least 5% acidity
- Processing time begins when jars are placed in boiling water



# Jams & Jellies

- Jelly is fruit juice: allow cooked fruit to drip for clear jelly
- Jam is crushed fruit
- Preserves are whole fruit or uniform pieces of fruit
- Follow instructions in pectin package



# Testing jell (w/o pectin)

- Temperature test: 220° at sea level, -2° for each 1000' of elevation (Yankton is 1200', so 218°)
- Freezer test: remove jelly from heat, put small amount on plate in freezer for several minutes, done if it jells
- Sheet test: dip cool spoon into jelly, if 2 drops form together and “sheet” off the spoon, the jelly is done



# Freezing Fruits



- Dry pack: freeze clean berries on baking sheets. When solid, package
- Sugar pack: 1 part sugar: 4 parts fruit. Stir together to dissolve sugar. Pack into containers with head space.
- Syrup pack: use medium to heavy chilled syrup. Cover fruit in container with syrup. Allow head space

# Freezing Vegetables

***Require blanching to preserve flavor***

1. Add prepared vegetables to boiling water
2. Cover & time according to blanching chart
3. Drain & chill in ice water
4. Drain & pack into containers





# Dehydrating



- Follow instructions for your dehydrator
- Oven drying is lengthy; oven must be set to 140° or “keep warm”
- Air drying for herbs: well-ventilated area
- Sun drying not recommended for humid South Dakota

# Preparing foods

- Cut food in uniform sized pieces
- Fruits: soak in mixture of 1 T. citric acid & 1 T. ascorbic acid / gal. water for 5 min.; dry
- Vegetables: if smelly, consider dehydrating outside
- Store in jars, freezer containers or zip-lock bags



# Resources

- Butcher, Meredith L., ed., The All New Ball Book of Canning and Preserving. 2016
- Harrold, Judy, ed., Ball Blue Book: Guide to Preserving. 2014
- Kingry, Judi and Lauren Devine, ed., Ball Complete Book of Home Preserving. 2006.

# E-Resources

- Basics of Home Canning, Penn State

<https://extension.psu.edu/lets-preserve-basics-of-home-canning>

- Canning 101, Ball

<https://www.freshpreserving.com/canning-101-getting-started.html>

- Complete Guide to Home Canning, USDA.

[http://nchfp.uga.edu/publications/usda/GUIDE01\\_HomeCan\\_rev0715.pdf](http://nchfp.uga.edu/publications/usda/GUIDE01_HomeCan_rev0715.pdf)

- Drying Food at Home, U of MN extension.

<https://extension.umn.edu/preserving-and-preparing/methods-drying-food-home>

- Vegetable Blanching, U of MN extension.

<https://extension.umn.edu/preserving-and-preparing/vegetable-blanching-directions-and-times-home-freezer-storage>