

## Food Preservation

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**Canning:** acidity is important

High-acid/Acidified Foods (pH 4.6 or lower):

Process in a boiling-water bath canner

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 in a pressure canner

Meats

Vegetables

Mixed ingredients (ex: salsa)

Processing:

Boiling water bath:

Place filled jars in canner filled with hot water ; cover jars with 1-2" water. Bring to a boil; process for recommended time. Turn off heat, remove lid, let set for 5 min. before removing jars from canner. Cool upright on towel or rack for 12-24 hrs.

Pressure canner:

Fill canner with 2" water; keep water simmering as you fill jars; place filled jars in canner. Lock lid in place; adjust heat to medium high. Vent for 10 min. Bring to pressure indicated. Process for time indicated. Monitor so pressure stays constant. Turn off heat; let canner cool naturally until pressure is 0. Wait 5 min. and open lid away from you. Wait 10 min. and remove jars. Cool upright on towel or rack for 12-24 hrs.

Syrups for Fruits:

Add sugar to water; bring to boil. Stir to dissolve sugar. Keep hot until needed. Each qt. jar requires 1-1 ½ C. syrup. Use 1 tsp. ascorbic acid / qt. if desired (add to jar).

Type	Sugar	Water	Yield
Extra Light	1 ½ C.	5 ¾ C.	6 C.
Light	2 ¼ C.	5 ¼ C.	6 ½ C.
Medium	3 ¼ C.	5 C.	7 C.
Heavy	4 ¼ C.	4 ¼ C.	7 C.

Pickling:

For brine: use canning salt; vinegar needs to be at least 5% acidity.

*Perfect Dills* (makes enough brine for about 6 qt. of pickles)

6 ½ C. water

3 C. vinegar (I use cider for cucumbers, white for all other vegetables)

½ C. canning salt

Boil 15 min.

Add 1 T. sugar to each qt. jar of packed pickles. Fill jar with hot brine.

Process in water bath

Jellies: Follow instructions in pectin pkg. For clear jelly, do NOT squeeze cooked fruit; allow to drip (may require more fruit than pkg. recommends).

**Freezing:** preserves fresh flavor

Fruits: (ascorbic acid will help preserve color)

Dry pack: spread cleaned berries on baking sheets. Freeze. Pack frozen berries in freezer containers or freezer bags.

Sugar pack: Mix 1 part sugar to 4 parts fruit. Stir occasionally until sugar is dissolved and juice begins to form. Pack into containers.

Syrup pack: Use medium to heavy syrup (Prepare ahead and chill). Pack fruit into containers; Cover with cool syrup.

Vegetables: require blanching to preserve flavor

Blanching time varies with size and type of vegetable. Add prepared vegetables to boiling water. Cover and time according to blanching chart. Drain and chill immediately in ice water. Drain well and pack into containers.

**Dehydrating:** long term storage

Follow instructions for your dehydrator. It is important to have food cut to uniform size pieces or slices so they will dry evenly. Food will dry more evenly if you reposition trays part-way through recommended time. Store dehydrated foods in glass jars, freezer containers or zip-lock bags.

Fruits: in order to maintain a light color, soak fruit pieces in a mixture of 1 T. citric acid and 1 T. ascorbic acid / gallon of water for 5 minutes. Dry on towels or paper towels before putting on drying trays.

Vegetables: onions are SMELLY. You may want to dehydrate outside.

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>