

Making Everything Easier!™

2nd Edition

Canning & Preserving

FOR
DUMMIES®

Learn to:

- Eat healthier by canning and preserving food at home
- Cut your food costs
- Control the quality of the food your family eats
- Expand your repertoire with great new recipes

Amelia Jeanroy

Herb Gardens Guide, About.com

Karen Ward

Canning instructor



Get More and Do More at Dummies.com®



Start with **FREE** Cheat Sheets

Cheat Sheets include

- Checklists
- Charts
- Common Instructions
- And Other Good Stuff!

To access the Cheat Sheet created specifically for this book, go to
dummies.com/cheatsheet/canningpreserving

Get Smart at Dummies.com

Dummies.com makes your life easier with 1,000s of answers on everything from removing wallpaper to using the latest version of Windows.

Check out our

- Videos
- Illustrated Articles
- Step-by-Step instructions

Plus, each month you can win valuable prizes by entering our Dummies.com sweepstakes.*

Want a weekly dose of Dummies? Sign up for Newsletters on

- Digital Photography
- Microsoft Windows & Office
- Personal Finance & Investing
- Health & Wellness
- Computing, iPods & Cell Phones
- eBay
- Internet
- Food, Home & Garden

Find out "HOW" at Dummies.com

*Sweepstakes not currently available in all countries, visit Dummies.com for official rules.



***Canning &
Preserving***
FOR
DUMMIES®
2ND EDITION

by Amelia Jeanroy and Karen Ward



WILEY

Wiley Publishing, Inc.

Canning & Preserving For Dummies®[®], 2nd Edition

Published by
Wiley Publishing, Inc.
111 River St.
Hoboken, NJ 07030-5774
www.wiley.com

Copyright © 2009 by Wiley Publishing, Inc., Indianapolis, Indiana

Published simultaneously in Canada

No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, scanning or otherwise, except as permitted under Sections 107 or 108 of the 1976 United States Copyright Act, without either the prior written permission of the Publisher, or authorization through payment of the appropriate per-copy fee to the Copyright Clearance Center, 222 Rosewood Drive, Danvers, MA 01923, (978) 750-8400, fax (978) 646-8600. Requests to the Publisher for permission should be addressed to the Permissions Department, John Wiley & Sons, Inc., 111 River Street, Hoboken, NJ 07030, (201) 748-6011, fax (201) 748-6008, or online at <http://www.wiley.com/go/permissions>.

Trademarks: Wiley, the Wiley Publishing logo, For Dummies, the Dummies Man logo, A Reference for the Rest of Us!, The Dummies Way, Dummies Daily, The Fun and Easy Way, Dummies.com, Making Everything Easier, and related trade dress are trademarks or registered trademarks of John Wiley & Sons, Inc. and/or its affiliates in the United States and other countries, and may not be used without written permission. All other trademarks are the property of their respective owners. Wiley Publishing, Inc., is not associated with any product or vendor mentioned in this book.

LIMIT OF LIABILITY/DISCLAIMER OF WARRANTY: THE PUBLISHER AND THE AUTHOR MAKE NO REPRESENTATIONS OR WARRANTIES WITH RESPECT TO THE ACCURACY OR COMPLETENESS OF THE CONTENTS OF THIS WORK AND SPECIFICALLY DISCLAIM ALL WARRANTIES, INCLUDING WITHOUT LIMITATION WARRANTIES OF FITNESS FOR A PARTICULAR PURPOSE. NO WARRANTY MAY BE CREATED OR EXTENDED BY SALES OR PROMOTIONAL MATERIALS. THE ADVICE AND STRATEGIES CONTAINED HEREIN MAY NOT BE SUITABLE FOR EVERY SITUATION. THIS WORK IS SOLD WITH THE UNDERSTANDING THAT THE PUBLISHER IS NOT ENGAGED IN RENDERING LEGAL, ACCOUNTING, OR OTHER PROFESSIONAL SERVICES. IF PROFESSIONAL ASSISTANCE IS REQUIRED, THE SERVICES OF A COMPETENT PROFESSIONAL PERSON SHOULD BE SOUGHT. NEITHER THE PUBLISHER NOR THE AUTHOR SHALL BE LIABLE FOR DAMAGES ARISING HEREFROM. THE FACT THAT AN ORGANIZATION OR WEBSITE IS REFERRED TO IN THIS WORK AS A CITATION AND/OR A POTENTIAL SOURCE OF FURTHER INFORMATION DOES NOT MEAN THAT THE AUTHOR OR THE PUBLISHER ENDORSES THE INFORMATION THE ORGANIZATION OR WEBSITE MAY PROVIDE OR RECOMMENDATIONS IT MAY MAKE. FURTHER, READERS SHOULD BE AWARE THAT INTERNET WEBSITES LISTED IN THIS WORK MAY HAVE CHANGED OR DISAPPEARED BETWEEN WHEN THIS WORK WAS WRITTEN AND WHEN IT IS READ.

For general information on our other products and services, please contact our Customer Care Department within the U.S. at 877-762-2974, outside the U.S. at 317-572-3993, or fax 317-572-4002.

For technical support, please visit www.wiley.com/techsupport.

Wiley also publishes its books in a variety of electronic formats. Some content that appears in print may not be available in electronic books.

Library of Congress Control Number: 2009932704

ISBN: 978-0-470-50455-0

Manufactured in the United States of America

10 9 8 7 6 5 4 3 2 1



About the Authors

Amy Jeanroy: Amy has been canning and preserving foods for 20 years. She is passionate about filling the pantry with useful, delicious foods, and creating healthy meals from her own small farm. Amy is the Herb Garden Guide for About.com and also writes a weekly farm newsletter that provides homemade recipes to help her readers store and use their summer bounty.

Karen Ward: The author of *Pickles, Peaches, and Chocolate*, Karen is a life-long home canner, home economist, and recipe developer. In addition to judging preserved food at the San Diego County Fair each year, Karen teaches canning and preserving to men and women of all ages. Karen has been a featured guest on many television shows, including QVC and HGTV's *Smart Solutions*. She is a founding member of the San Diego Chapter of Les Dames d'Escoffier International, a nonprofit organization mentoring women and providing scholarships in the culinary arts. Karen is a native-born Southern Californian. She makes her home in San Diego with her husband, Chris.

Dedication

From Amy: To my uncles, John and Paul, whose constant support and wisdom gave me the confidence to continue with my dreams.

Acknowledgments

From Amy: I would like to thank my entire editorial team at Wiley: Tracy Barr, who kept me motivated; Emily Nolan, who tested the recipes; and Elizabeth Kurtzman, who provided the illustrations. Thank you, everyone! Creating a book is truly a team effort.

Publisher's Acknowledgments

We're proud of this book; please send us your comments through our Dummies online registration form located at <http://dummies.custhelp.com>. For other comments, please contact our Customer Care Department within the U.S. at 877-762-2974, outside the U.S. at 317-572-3993, or fax 317-572-4002.

Some of the people who helped bring this book to market include the following:

Acquisitions, Editorial, and Media Development

Project Editor: Tracy Barr

Acquisitions Editor: Stacy Kennedy

Assistant Editor: Erin Calligan Mooney

Editorial Program Coordinator: Joe Niesen

Technical Editor and Recipe Tester:
Emily Nolan

Nutritionist: Patricia Santelli

Illustrator: Elizabeth Kurtzman

Senior Editorial Manager: Jennifer Ehrlich

Editorial Supervisor and Reprint Editor:
Carmen Krikorian

Editorial Assistant: Jennette ElNaggar

Art Coordinator: Alicia B. South

Cover Photos: © Elizabeth Watt Photography

Cartoons: Rich Tennant
(www.the5thwave.com)

Composition Services

Project Coordinator: Katherine Crocker

Layout and Graphics: Christin Swinford,
Christine Williams

Proofreaders: Melissa D. Buddendeck,
Melanie Hoffman

Indexer: Potomac Indexing, LLC

Publishing and Editorial for Consumer Dummies

Diane Graves Steele, Vice President and Publisher, Consumer Dummies

Kristin Ferguson-Wagstaffe, Product Development Director, Consumer Dummies

Ensley Eikenburg, Associate Publisher, Travel

Kelly Regan, Editorial Director, Travel

Publishing for Technology Dummies

Andy Cummings, Vice President and Publisher, Dummies Technology/General User

Composition Services

Debbie Stailey, Director of Composition Services

Contents at a Glance

<i>Introduction</i>	1
<i>Part I: Getting Started</i>	7
Chapter 1: A Quick Overview of Everything You Need to Know about Canning and Preserving.....	9
Chapter 2: Gathering Your Canning and Preserving Gear	17
Chapter 3: On Your Mark, Get Set, Whoa! The Road to Safe Canning and Preserving	33
<i>Part II: Water-bath Canning</i>	43
Chapter 4: Come On In, the Water's Fine! Water-bath Canning	45
Chapter 5: Simply Fruit	57
Chapter 6: Sweet Spreads: Jams, Jellies, Marmalades, and More.....	77
Chapter 7: Condiments and Accompaniments: Chutneys, Relishes, and Sauces....	91
Chapter 8: Pickle Me Timbers!	99
<i>Part III: Pressure Canning</i>	115
Chapter 9: Don't Blow Your Top: Pressure Canning	117
Chapter 10: Preserving the Harvest: Just Vegetables	133
Chapter 11: Don't Forget the Meats!.....	167
Chapter 12: Combining the Harvest: Soups, Sauces, and Beans.....	185
<i>Part IV: Freezing</i>	199
Chapter 13: Baby, It's Cold Inside! Freezing Food	201
Chapter 14: Meals and Snacks in a Snap: Freezing Prepared Foods	213
Chapter 15: Freezing Fruits, Vegetables, and Herbs	221
<i>Part V: Drying and Storing</i>	247
Chapter 16: Dry, Light, and Nutritious: Drying Food.....	249
Chapter 17: Snacking on the Run: Drying Fruit	259
Chapter 18: Drying Vegetables for Snacks and Storage	279
Chapter 19: Drying Herbs	301
Chapter 20: Root Cellars and Alternative Storage Spaces	315

<i>Part VI: The Part of Tens</i>	327
Chapter 21: Ten (Or So) Troubleshooting Tips for Your Home-Canned Creations	329
Chapter 22: Ten (Plus) Sources for Canning and Preserving Supplies and Equipment	335
Appendix: Metric Conversion Guide	339
<i>Index</i>	343

Recipes at a Glance

Fruits, Canned

Canned Apples	63
Canned Apricots, Nectarines, and Peaches.....	66
Canned Blueberries	69
Canned Pears.....	70
Canned Raspberries	68
Canned Tomatoes.....	74

Fruits, Dried

Dried Apples.....	264
Dried Apricots.....	265
Dried Bananas.....	266
Dried Blueberries.....	266
Dried Cherries.....	267
Dried Citrus Peel.....	268
Dried Grapes.....	268
Dried Peaches.....	269
Dried Pears.....	270
Dried Pineapple.....	270
Dried Plums.....	271
Dried Strawberries.....	272

Fruits, Frozen

Frozen Apples Packed in Sugar.....	255
Quick-Frozen Blueberries.....	226
Frozen Lemon Juice.....	228
Frozen Mangoes Packed in Syrup.....	228
Frozen Peaches Packed in Syrup.....	226
Frozen Pineapple Packed in Syrup.....	229
Frozen Strawberries Packed in Sugar.....	230
Frozen Strawberry Puree.....	227

Vegetables, Canned

Baked Beans	196
Canned Asparagus	140
Canned Fresh Green Beans.....	142
Canned Dried Beans	143
Canned Beets.....	144
Canned Bell Peppers	146
Canned Carrots	147
Canned Corn.....	149
Canned Creamed Corn	150
Canned Greens	152
Canned Onions.....	153
Canned Peas	154
Canned White Potatoes.....	156
Canned Sweet Potatoes.....	157
Canned Sauerkraut	159
Canned Summer Squash	160
Canned Winter Squash.....	162

Vegetables, Dried

Dried Shell Beans	283
Dried Beets	284
Dried Cabbage.....	285
Dried Carrots.....	286
Dried Corn	287
Dried Green Beans	288
Dried Greens.....	289
Dried Onions.....	290
Dried Peas.....	291
Dried Sweet Peppers	292
Dried Potatoes.....	293
Dried Pumpkin.....	295
Dried Tomatoes.....	296
Dried Zucchini.....	298

Vegetables, Frozen

Frozen Asparagus	233
Frozen Wax Beans.....	234

Frozen Shell Beans.....	234
Frozen Bell Peppers.....	235
Frozen Broccoli.....	236
Frozen Brussels Sprouts.....	236
Frozen Carrots.....	237
Frozen Cauliflower.....	238
Frozen Corn.....	238
Frozen Greens.....	239
Frozen Okra.....	240
Frozen Onions.....	240
Frozen Shelled Peas.....	241
Frozen Snow Peas.....	241
Frozen Summer Squash.....	242
Frozen Winter Squash.....	242

Meats and Meals

Beans with Beef.....	164
Beans with Salt Pork.....	197
Baked Chicken with Peppers.....	165
Canned Freshwater Fish.....	182
Canned Ground Beef.....	176
Chopped or Cubed Meat.....	172
Never Fail Canned Chicken.....	179
Rice Mix.....	312
Soup and Stew Mix.....	199
Wild Game in Gravy.....	174

Soups and Stocks

Chicken Stock.....	188
Easy Vegetable Soup.....	163
Turkey Stock with Vegetables.....	190

Jellies, Jams, and More

Any-Time-of-the-Year Strawberry Preserves.....	89
Apple Butter.....	88
Herb Tea Jelly.....	84
Kumquat Marmalade.....	86
Lime-Ginger Marmalade.....	87
Strawberry-Rhubarb Jam.....	83

Chutneys, Relishes, and Pickles

Dilly Beans	110
Green Tomato Chutney	93
Pickled Asparagus	112
Speedy Dill Pickles	106
Spiced Pickled Beets	113
Sweet Pickle Relish	104
Summer Squash Relish	94
Pickled Brussels Sprouts	114
Zucchini Bread and Butter Pickles	108

Sauces, Salsas, Syrups, and Pastes

Applesauce	65
Italian Style Tomatoes	193
Jalapeño Salsa	96
Raspberry Syrup	98
Rhubarb Sauce	72
Spaghetti Sauce with Meat	194
Stewed Tomatoes with Celery	192
Tomato Paste	75
Tomatillo Salsa	97
Tomato Two Way	297

Snacks, Breads, and Pie Fillings

Apple Pie Filling	64
Dried Fruit Medley	274
Fruit and Bran Muffins	275
Fruit Leather	276
Rhubarb Pie Filling	71
Sweet Potato Crunch Sticks	294
Zucchini Sticks	298

Juices and Drinks

Lemon Lover Tea Blend	313
Mint Lover Tea Blend	314
Tomato Juice	76

Herb Mixes

Italian Herb Mix	310
Mexican Herb Mix	311

Table of Contents

<i>Introduction</i>	1
About This Book	1
Conventions Used in This Book	2
Foolish Assumptions	2
How This Book Is Organized	3
Part I: Getting Started	3
Part II: Water-bath Canning	3
Part III: Pressure Canning	3
Part IV: Freezing	4
Part V: Drying and Storing	4
Part VI: The Part of Tens	4
Appendix	4
Icons Used in This Book	4
Where to Go from Here	5
<i>Part I: Getting Started</i>	7
Chapter 1: A Quick Overview of Everything You Need to Know about Canning and Preserving	9
Knowing the Benefits of Canning and Preserving Your Own Food	10
Meeting Your Techniques: Canning, Freezing, and Drying	11
About canning food	12
About freezing food	14
About drying food	14
Key Tricks to Successful Canning and Preserving	15
Chapter 2: Gathering Your Canning and Preserving Gear	17
Assorted Basic Tools	17
Key basic tools and utensils	18
Pots, pans, mixing bowls, and more	21
Specialty equipment to make work easier	22
Canning Equipment	24
Canning vessels	24
Canning tools	24
Tools and Equipment for Freezing Food	30
Tools and Equipment for Drying Food	30

Chapter 3: On Your Mark, Get Set, Whoa! The Road to Safe Canning and Preserving 33

Dispelling Your Fears of Home-Canned and -Preserved Food	34
Preparing your food properly	34
Packing your jars with care	35
Choosing the right canning method and following proper procedures	36
Checking your equipment	38
Knowing the Acidity Level of Your Food	38
Avoiding Spoilage	39
Meeting the spoilers	39
Adjusting your altitude	41
Detecting Spoiled Foods	41

***Part II: Water-bath Canning* 43**

Chapter 4: Come On In, the Water's Fine! Water-bath Canning 45

Water-bath Canning in a Nutshell	45
Foods you can safely water-bath can	46
Key equipment for water-bath canning	47
The Road to Your Finished Product	48
Step 1: Getting your equipment ready	49
Step 2: Readyng your food	50
Step 3: Filling your jars	51
Step 4: Processing your filled jars	51
Step 5: Removing your filled jars and testing the seals	52
Step 6: Storing your canned food	54
Adjusting Your Processing Times at High Altitudes	54

Chapter 5: Simply Fruit 57

Picking and Preparing Your Fresh Fruit	57
Identifying the proper degree of ripeness	58
Cutting and peeling: Necessary or not?	58
Deterring discoloration	59
Raw pack and hot pack	59
Lining your jars with liquid	60
Fresh Fruit Canning Guidelines	62
Apples	62
Apricots, nectarines, and peaches	66
Berries (except strawberries)	67
Pears	70
Rhubarb	71
Tackling Tomatoes	73

Chapter 6: Sweet Spreads: Jams, Jellies, Marmalades, and More . . . 77

Understanding Your Sweet Spreads..... 77
 Choosing Fruit for Sweet Spreads 78
 Getting Up to Speed with Fruit Pectin..... 79
 Commercial pectin basics..... 79
 Types of commercial fruit pectin..... 80
 Setting Up without Adding Pectin 81
 The Road to Sweet Canning Success..... 82
 Jamming and canning..... 82
 Jiggling with jelly..... 84
 Mastering marmalade, butters, and more 85

**Chapter 7: Condiments and Accompaniments:
 Chutneys, Relishes, and Sauces. 91**

Complementing Your Chutney 92
 Reveling in Your Relish..... 94
 Satisfying Your Sassy Salsas and Sauces..... 96

Chapter 8: Pickle Me Timbers! 99

The Art of Pickling 99
 The ingredients 99
 Brining education..... 101
 Adding crunch to your food 103
 Pickling Equipment and Utensils 104
 Pickled Toppers 104
 Pickled Cucumbers Are Just Pickles 106
 Pickled Vegetables 109

Part III: Pressure Canning..... 115

Chapter 9: Don't Blow Your Top: Pressure Canning 117

Understanding the Fuss about Low-Acid Foods..... 118
 Choosing Your Pressure Canner 118
 Cover: With a gasket or without 120
 Gauges 122
 Vent tube, pipe vent, or petcock 123
 Overpressure plug 124
 Rack 124
 A-Canning You Will Go: Instructions for Successful Pressure Canning..... 125
 Step 1: Gearing up..... 125
 Step 2: Preparing your food..... 126
 Step 3: Filling your jars..... 127

Step 4: Placing the jars in the canner	127
Step 5: Closing and locking the canner	128
Step 6: Processing your filled jars	128
Step 7: Releasing the pressure after processing	129
Step 8: Removing and cooling the jars	129
Step 9: Testing the seal and storing your bounty	129
Disposing of Spoiled Products	130
If your jar is still sealed	131
If your jar has a broken seal	131
Pressure Canning at Higher Altitudes	131

Chapter 10: Preserving the Harvest: Just Vegetables 133

Selecting Your Vegetables	134
Picking the perfect produce	134
Vegetables not recommended for pressure canning	134
Prepping Your Veggies	135
Cleaning your vegetables	135
Raw packing versus hot packing	136
Processing Tips for Successful Results	138
Pressure Canning Vegetables	139
Asparagus	139
Beans	141
Beets	144
Bell peppers (green, red, orange, yellow)	145
Carrots	147
Corn	148
Greens	151
Onions	153
Peas	154
Potatoes	155
Sauerkraut	158
Summer squash	160
Winter squash and pumpkins	161
Using Canned Vegetables	163

Chapter 11: Don't Forget the Meats! 167

The Lowdown on Canning Meats	167
Tips for safety and efficiency	168
Selecting and preparing the meat	169
Meat canning, step by step	170
Canning Beef and Pork: Cubed Meat	171
Preparing the meat	171
Filling the jars	172
Canning Ground Meat	175
Poultry	177
Canning fresh chicken: Cold packing	177
Canning prefrozen chicken: Hot packing	178

Fish and Seafood..... 180
 Picking your fish 180
 Preparing fish and seafood..... 180
 Filling the jar..... 181
 Including Meats in Other Canned Mixes..... 183

Chapter 12: Combining the Harvest: Soups, Sauces, and Beans . . . 185

The Lowdown on Canning Combined Foods 185
 Choosing a processing method..... 186
 Tips for a successful meal 187
 Getting your meal on the table..... 188
 Stocking Up on Soup 188
 Teaming Up with Tomatoes 191
 Rounding Out Your Meals with Beans 195

***Part IV: Freezing* 199**

Chapter 13: Baby, It’s Cold Inside! Freezing Food 201

Defining Freezing 201
 Meeting the Spoilers of Frozen Foods..... 202
 Bacteria, molds, and yeast..... 202
 Enzymes 203
 Freezer burn and oxidation 203
 Ice crystals..... 203
 Gearing Up to Fill Your Freezer 204
 Knowing what should (and shouldn’t be) frozen 204
 Evaluating your freezer..... 205
 Packaging Your Food and Filling Your Freezer..... 206
 It’s a wrap! Choosing a container..... 206
 Tracking your frozen food trail..... 209
 Packing your freezer..... 209
 Thawing Out Your Frozen Food..... 210
 Choices for thawing..... 210
 Unplanned thawing..... 211
 To refreeze or not to refreeze thawed food 212

Chapter 14: Meals and Snacks in a Snap: Freezing Prepared Foods 213

The Whys and Wherefores of Freezing Food 213
 A guide to planning your meals 214
 The key to delicious frozen prepackaged food..... 215
 Freezing Convenience Meals 215
 Main dishes..... 216
 Soups, stews, and sauces..... 216

Freezing Bread, Snacks, and Other Treats	217
Bread, buns, muffins, and rolls	217
Cakes	217
Cookies	218
Pies	218
Freezing Dairy Products and Nuts	219
Freezing Meat, Poultry, and Fish	220
Packing hints	220
Thawing tips	220

Chapter 15: Freezing Fruits, Vegetables, and Herbs 221

Mastering Freezing Fruit	221
Selecting your fruit	222
Preparing your fruit	222
Selecting a storage container	223
Syrup concentrations at a glance	224
Headspace guidelines	224
Thawing and using frozen fruits	230
Freezing Vegetables Like a Pro	231
Blanching perfect vegetables	231
Packing your vegetables	232
Step-by-step instructions for freezing vegetables	232
Thawing and using your vegetables	243
Freezing Fresh Herbs	243

***Part V: Drying and Storing*** 247

Chapter 16: Dry, Light, and Nutritious: Drying Food 249

Opening the Door to Successful Food Drying	249
Key factors in drying food	250
Necessary equipment	250
Other tips for successful drying	251
Choosing a Drying Method	252
An electric dehydrator	252
A conventional oven	254
The sun	255
Protecting the Life of Your Dried Food	257

Chapter 17: Snacking on the Run: Drying Fruit 259

Putting Your Fruit in Order	259
Sizing up your preparation options	260
Pretreating your fruit	260
Detailing Your Fruit-Drying Expertise	261
Evaluating dryness	261
Drying fruit step by step	262
Drying a Variety of Fresh Fruits	263
Enjoying the Labors of Your Drying	274

Chapter 18: Drying Vegetables for Snacks and Storage	279
Your Vegetable-Drying At-a-Glance Guide.....	279
Drying know-how	280
Storing and using your dried produce.....	281
Signs of trouble: Good vegetables gone bad	281
Drying Common Vegetables	282
Beans, shelled.....	282
Beets.....	284
Cabbage.....	285
Carrots.....	286
Corn	287
Green Beans.....	288
Greens	289
Onions	290
Peas.....	291
Peppers, sweet	292
Potatoes, white or sweet.....	293
Pumpkin	294
Tomatoes	296
Zucchini.....	297
Chapter 19: Drying Herbs	301
Drying Common and Not-So-Common Herbs	301
Chamomile.....	303
Dill.....	304
Marjoram.....	305
Mint.....	305
Oregano.....	306
Rosemary	307
Sage.....	307
Stevia	308
Tarragon.....	308
Thyme.....	309
Getting Creative with Herb Cooking Blends.....	310
Herbs for Teas.....	312
Chapter 20: Root Cellars and Alternative Storage Spaces	315
Finding the Perfect Place for Cold Storage.....	315
Tried and true: The traditional root cellar	316
DIY storage spaces	317
Following Simple Storage Rules	320
Preparing Foods for Cold Storage	322
Apples.....	322
Beets	322
Cabbage.....	323
Carrots.....	323
Garlic	324

Onions	324
Pears	325
Potatoes	325
Turnips	325
Tomatoes	326

***Part VI: The Part of Tens*..... 327**

Chapter 21: Ten (Or So) Troubleshooting Tips for Your Home-Canned Creations 329

Jars That Don't Seal Properly	329
Jars That Lose Liquid During Processing.....	330
Jars with Cloudy Liquid	330
Dark Spots on Your Jar's Lid.....	330
Jelly with the Wrong Consistency	331
Cloudy Jelly or Jelly with Bubbles.....	331
Moldy Jelly.....	332
Jelly with Very Little Fruit Flavor	332
Glasslike Particles in Your Jelly.....	332
Hollow, Shriveled, Discolored, or Slippery Pickles	332
White Sediment at the Bottom of the Pickle Jar	333
Food That Floats in the Jar.....	333
Food with an Off Color	334

Chapter 22: Ten (Plus) Sources for Canning and Preserving Supplies and Equipment 335

Alltrista Consumer Products Co.....	335
HomeandBeyond.com.....	336
Cooking.com.....	336
Baker Creek Heirloom Seeds.....	336
Your local extension office.....	336
KitchenKrafts.com.....	337
CanningUSA.com	337
Excalibur Products	337
Mountain Rose Herbs.....	338
Pressure Cooker Outlet	338
Tupperware Corporation.....	338

Appendix: Metric Conversion Guide 339

***Index*..... 343**

Introduction

You're not alone if you've thought about canning and preserving your own food but haven't tried it because you're afraid it's too involved. Well, it's time to set aside your hesitation. Today's methods and procedures for home-canning, freezing, and drying food are simple and easy. Many of the techniques may be similar to those your grandmother used, but you'll find they've been perfected. In this book, you get all the information you need to can and preserve food safely.

About This Book

Welcome to the wonderful world of canning and preserving. This book presents four preserving methods — water-bath canning, pressure canning, freezing, and drying — in an easy-to-understand format and walks you step by step through each technique. You don't need any previous canning or preserving experience in order to start, or continue, your endeavor to become a first-class food preserver. Within these pages, you'll find information like the following:

- ✔ What to look for to make sure you're preserving the best, most fresh fruits and veggies.
- ✔ A list of canning supplies and equipment (complete with illustrations), as well as instructions on how to ensure your canning equipment is in good working order.
- ✔ What techniques help you preserve the best flavor in your foods and how to avoid spoilage and recognize it if it does occur.
- ✔ Illustrations of different techniques and equipment along with tips for making your canning and preserving journey fun and rewarding.
- ✔ A whole host of favorite recipes for your enjoyment.

Consider this book your guide to discovering simple ways to preserve all the foods your family loves, without any mystery or confusion along the way.

Conventions Used in This Book

The recipes in this book include preparation times, cooking times, processing times, and the yield you should expect from your efforts. Here are some details that apply to all of the recipes but aren't repeated each time:

- ✔ Use a vinegar with 5 percent acidity.
- ✔ Use pure salt with no additives. (Canning or pickling salt is best.)
- ✔ Cook all food in heavy-bottomed pots and pans.
- ✔ Use nonreactive equipment and utensils (items made from glass, stainless steel, or enamel-coated steel or iron).
- ✔ Use glass jars and two-piece caps approved for home-canning.
- ✔ Always use new lids for canning.
- ✔ Start counting your water-bath processing time when the water reaches a full, rolling boil.
- ✔ Begin counting your pressure-canner processing time after releasing air in the canner and achieving the required pressure.

Also, all temperatures are Fahrenheit. All recipes and processing times are developed for altitudes at sea level to 1,000 feet above sea level. (For higher altitudes, refer to the altitude adjustment charts for water-bath canning in Chapter 4 and for pressure canning in Chapter 9.)

Foolish Assumptions

In writing this book, we made some assumptions about you:

- ✔ You know your way around a kitchen. You're familiar with basic cooking techniques and food preparation methods.
- ✔ You've never canned or preserved food before or have relatively little experience with food preservation methods and want basic, easy-to-understand-and-follow instructions.
- ✔ If you have canned and preserved food before, it was long enough ago that you want to find out more about the newer, safer, and easier techniques that are recommended today.
- ✔ Perhaps most importantly, you want to stock your kitchen with more natural, healthier, homemade alternatives to standard supermarket fare.

How This Book Is Organized

This book is organized into parts. The first part gives you basic information about canning and preserving, filling you in on terminology, equipment, and food safety. The next four parts show you the techniques for different preserving methods. Each of these parts includes tried-and-true, tested recipes and preserving tips that offer you a lot of practice for each technique. Motivation for trying each technique won't be a problem.

Part I: Getting Started

With so many misconceptions about canning and preserving, this book begins with an explanation of each food preservation method and dispels any fears you may have about each technique. This part is a good starting point if you're new to canning and preserving, or if you've been away from any of these techniques for a while. You'll find information on specialty equipment and utensils for each method. Don't overlook the chapter on food safety. It's important to know what dangers may occur — and how to recognize them — if you skip any processing step, make adjustments to your recipe, or change a processing method and time.

Part II: Water-bath Canning

If you like sweet spreads, relishes, or pickled food, start with this part. Water-bath canning is the most popular food-preserving method and the easier of the two approved canning methods. This part leads you step by step through the process while explaining what foods are suitable for this preserving method. You can try dozens of recipes, from jam and jelly to chutney and relish.

Part III: Pressure Canning

Pressure canning is the approved method for processing food that's naturally low in acid, like vegetables, meat, poultry, and seafood. These foods contain more heat-resistant and hard-to-destroy bacteria than food that's safely water-bath processed. This part carefully describes the procedure and steps for canning these foods, whether it's vegetables or meals of convenience.

Part IV: Freezing

In this part, you discover that your freezer is more than a place for leftovers and ice cream. Utilize this cold area for planning and preparing your meals with a minimum of time and effort. After reading this part, you'll understand why the proper freezer containers and packaging methods, combined with correct thawing practices, prevent damage to your food while preserving its quality, flavor, and color.

Part V: Drying and Storing

Drying, which preserves food by removing moisture, is the oldest and slowest method for preserving food, and this part explains how to dry a variety of fruits, vegetables, and herbs for future enjoyment. And you won't want to miss the instructions for making fruit leathers. Who doesn't like to unroll the dried sheets of puréed fruit? This is one time your kids can play with their food and get away with it.

Part VI: The Part of Tens

This part includes short chapters highlighting canning problems that you may encounter and fun places to shop online or by catalog to satisfy your canning and preserving needs.

Appendix

Near the back of the book, you find a metric equivalent chart that's a handy reference guide for converting any measurements.

Icons Used in This Book



The following four icons appear throughout this book and point out specific points or remind you of items you'll want to be sure not to miss.

This icon directs you to tips or shortcuts we've picked up over the years. The information here makes your work easier and more hassle free.



This icon means, "Okay, you've heard this stuff before, but the information is important and bears repeating."



When you see this icon, pay special attention. The information tells you about a potential problem and how to overcome or avoid it.



These bits of technical information are interesting, but you can skip them if you want to. Of course, the info contained in these paragraphs makes you seem like you've been canning and preserving since you've been walking.

Where to Go from Here

Although you can start in any portion of this book, don't skip Chapter 3. It describes safe processing methods and tells you how to identify spoiled food. If you have any doubts about canning and preserving safety, this chapter puts your fears at ease.

If you want to know about a particular food-preservation method, go to the part devoted to that method. Each one begins with a chapter that explains the technique. Review these initial chapters before selecting a recipe to make sure you have a decent idea what that particular food preservation method requires. If still can't decide where to start, review the recipes and start with one that sounds good to you! Then just back-track to the general techniques chapter as you need to. If you'd like to make the Dilly Beans recipe in Chapter 8, for example, check out Chapter 4 for the basics on water-bath canning. If you want to dry strawberries (you find the recipe in Chapter 17), check out Chapter 16 for general drying information.

And if you want to jump right in? Go the Recipes at a Glance page to find a recipe that sparks your interest.

6

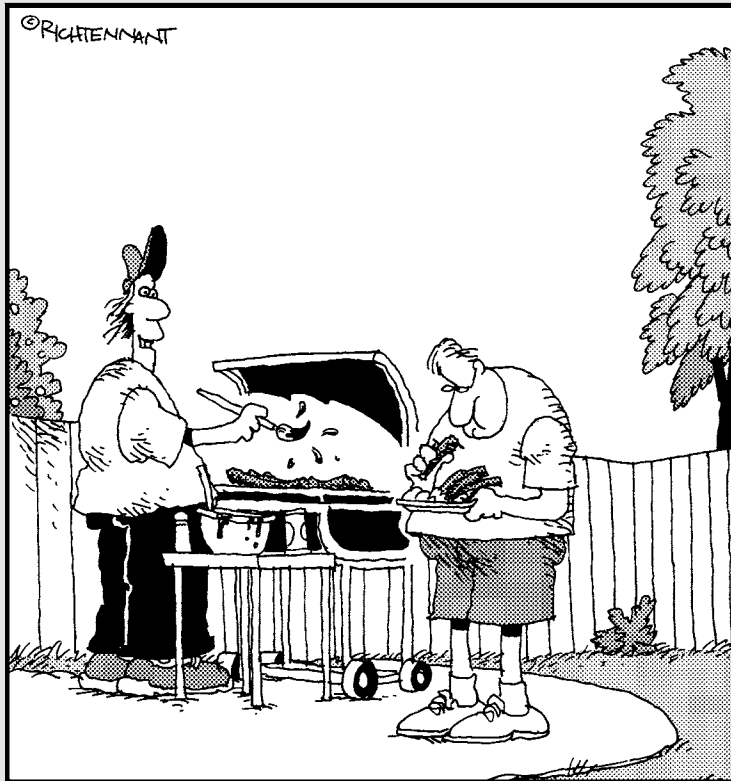
Canning & Preserving For Dummies

Part I

Getting Started

The 5th Wave

By Rich Tennant



"I had the flu when I made up and canned that sauce. The tang comes from a few squirts of nasal decongestant."

In this part . . .

In Part I, you find out what benefits canning and preserving your own food can bring to your life. Discover what tools and supplies make the food preservation process run smoothly and which rumors you may have heard about canning are myths and which are true. The chapters here introduce you to the language of canning and preserving and explain how to do so safely so that you can begin to fill your pantry with delicious and healthy fare.