

Home canning is easy

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Have an overabundance of produce? Try home canning – it's easier than you think. Start with high-quality produce, a tested canning recipe and you're on your way. Be sure to process for the accurate amount of time depending on your produce. Low-acid foods take longer than high-acid foods to process. For detailed information, refer to homecanning.com.

Low-acid produce	High-acid produce
asparagus, green beans, beets, corn, potatoes, pumpkin and squash	Apples, berries, cherries, grapes, peaches, pears, plums, rhubarb, juices, tomatoes and salsa

You will need: A deep kettle with lid (big enough to hold jars), canning rack (in bottom of kettle), canning jars, lids and rings, funnel, jar lifter and cooling rack. Many of these items can be purchased at your local grocery store.

Canning Steps:

1. Assemble the ingredients and utensils needed.
2. Fill the canning kettle half full of water. Heat clean, nick-free jars in water until ready to use. Simmer lids in a small sauce pan over medium heat until ready to use.
3. Prepare a tested canning recipe.
4. Remove hot jar from kettle using the jar lifter. Fill one jar at a time, with prepared recipe, using a funnel. Leave appropriate headspace at the top of the jar. Stir gently with wooden spoon or rubber spatula to remove air bubbles.
5. Clean rim of jar removing any spillage. Center a clean, hot lid on top of the jar. Apply the ring and twist until tightened. Place jars in kettle.
6. Fill kettle with water, covering the jars completely. Place lid on kettle. Bring water to boil. Begin processing time.
7. When processing is finished, turn off heat and remove kettle lid. Allow jars to stand in kettle for 5 minutes.
8. Remove jars from kettle and set upright on a cooling rack or towel. Lids may pop when removing jars or cooling. This is normal – it means lids have been sealed.
9. After the jars have cooled to room temperature, check the seal by pressing each lid. Lids should not flex up and down when pressed. If a lid does not seal within 24 hours, the product should be re-processed or refrigerated.
10. Label and store in a cool, dry, dark place for up to a year.

Zesty Salsa

Yields 8-10 pints

10 cups chopped, seeded, peeled tomatoes*

5 cups chopped green peppers

5 cups chopped onion

2½ cups chopped chili peppers**

1¼ cups cider vinegar

3 garlic cloves, finely chopped

2 Tbsp. finely chopped fresh cilantro

1 Tbsp. salt

In a large, stainless steel saucepan, combine ingredients. Bring to boil over medium-high heat, stirring constantly. Reduce heat and boil gently, stirring frequently until slightly thickened – about 10 minutes. Follow canning instructions above. Process jars for 15 minutes.

*Italian tomatoes such as roma work well for this recipe.

**Hot banana, Hungarian wax, serrano or jalapeno. For added heat, leave seeds and skin on peppers.

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