

CANNING

I love a juicy apple, a fresh tomato, and even a berry from time to time. What happens though when the snow is flying and these lovely foods are no longer available to me? I am so glad that I have been prepared and I know the skill of food preservation. When you want to save food for longer time periods you need to preserve it, and I don't mean by putting it under your wing.

FLIP OVER FOR YOUR NEXT CHALLENGE



EARN THIS NUGGET

Process 4 quarts or 4 pints of a food item, some of the easiest for beginners are applesauce, strawberry jam, or even stewed tomatoes. Once completed don't forget to submit a picture of you with your completed jars!

LEVEL 1

B12

When you want to keep your favorite foods around for a long time you have to practice some form of food preservation.

Canning is the process of heating and sealing glass jars full of your favorite tasty treats for enjoyment at a later date. One thing to keep in mind is that every food item requires a different processing time.

Processing is the length of time that you will be leaving your sealed jars in hot boiling water and depending on the acidity level of your food, and the size of your jars, the time is different.

Always check a reputable source (ball blue book of canning [amazon link](#)) to be sure that you are practicing food safety.



Step #1

Sterilize your jars by using a dish washer or boiling them, completely submerged, for 20 minutes.

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Step #2

Keep your jars and lids warm while heating your food item that you will be adding to the jars (for example heating up the applesauce that you have made and are now ready to can).

Step #3

Place your funnel inside the jar you will be filling and fill warm jars with hot contents to the bottom of the rim, leaving at least ½ inch space to the top.

Step #4

Immediately wipe off any drips from the jar rim and place lid and ring on the jar, screw down tightly.

Step #5

When the correct number of jars is filled (that is however many will fit in your large stockpot) use your jar lifter to place the jars into a boiling hot water bath so that each jar is covered with at least 1 inch of water.

Step #6

Set your timer so that you process your food item for the exact time that you will need to and cover the top of your pot to avoid any splashes.

Step #7

When your timer goes off, use the jar lifter to remove each of the jars and place on a heat resistant surface to cool. Do not shake or otherwise bother the jars and make sure that there is at least 2-3 inches between the jars as they cool. It is also not a good idea to put the jars in the way of a cool draft or in front of a window.

Step #8

Once the jars are completely cooled check the lids to make sure that none of them making a “pop” noise, this indicates that all of them have sealed properly and are now ready to be stored for years to come. Make sure to label your jars with the date and food item that you have stored.

NOTE if any of your jars do not seal properly, simply reprocess them in the hot water method for the same length of time as before.



WHAT YOU'LL NEED



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Equipment list of items necessary to do the task:

- Ball blue book of Canning.
- Jar lifter.
- Stock pot.
- Quart or pint jars.
- Lids and rings.
- Jar funnel.



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