What is Canning?
Canning is an age old art. There is nothing like having fresh fruits and vegetables year round. Families have been canning and preserving foods for generations. But, our methods of canning have certainly changed over time. There are two canning methods: water bath and pressure canner.

Water Bath Method:
High acid foods are processed in a boiling-water canner. The heat is transferred to the product by the boiling water which completely surrounds the jar and two piece cap. A temperature of 212 degrees F is reached and it must be maintained for the time specified. This method cannot be used for processing low-acid foods.

What foods are considered “acid foods”? Fruit butters and spreads, fruit pie fillings, sauerkraut, pickles and pickled vegetables, jams, jellies and marmalades are all considered to be acid foods and can safely be processed by boiling water bath canning.

Pressure Canner Method
Pressure canning is the only method safe for canning low-acid foods according to the United States Department of Agriculture.

The bacteria, Clostridium botulinum, produces a spore that makes a poisonous toxin which causes botulism. This spore is not destroyed at 212 degrees F. In addition, bacteria thrive on low acids in the absence of air. Therefore, for a safe food product, low-acid foods need to be processed at 240 degrees F. This temperature can only be achieved with a pressure canner.
What Do I Need To Bring?
- Bring your canner lid to be tested (dial gauge only)
- Bring your lunch
- All other materials will be provided

What Will I Experience?
- Have your pressure canner tested
- Have a hands-on learning experience
- Take home your canned goods
- Receive information about canning and preserving your favorite foods
- Much, much more!

What is the Cost?
Session I (July 7)
Water Bath Method/Freezing
$40.00

Session II (July 14)
Pressure Canning/Drying
$40.00

To attend both sessions, the cost is $60.00

Cost includes canning book and canning supplies

So Easy to Preserve canning book can be purchased for an additional $20.00

Questions & Answers
Q. What is the meaning of the term “process”?  
A. In canning, “processing” is the method used in cooking the food to preserve it. For vegetables, this is done in a pressure canner. In other words, vegetables are put into jars and processed in a pressure canner.

Q. What is meant by blanching?  
A. Food is dipped or plunged into boiling water or steam for a given length of time.

Q. Should the water in which foods are pre-cooked be used in packing?  
A. Yes, if vitamins and minerals are to be retained.

Q. Why do foods darken in the top of jars?  
A. Liquid did not cover food or food was not processed long enough to destroy enzymes.

Q. Is it safe to process food in the oven?  
A. No, oven canning is dangerous. Jars may explode. The temperature of the food in jars during oven processing may not get high enough to insure destruction of spoilage bacteria.

Q. Is canned food safe to use when the liquid is cloudy?  
A. Cloudy liquid may be a sign of spoilage. Also, it may be caused by starch from over-ripe vegetables or from minerals in the water. If liquid is cloudy, boil the food. Do not taste or use any that foams during heating or has an odd odor.