

Yes, You Can Can!

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Master Food Preserver

Growing Season is right around the corner. I encourage you to look ahead and get prepared for the upcoming “canning season”. Canning has made a big comeback over the last 10 years. Canning, freezing and drying are the three main methods of preserving food. When done correctly, you can store good quality food for later use. Here are some things to consider before you get started.

- What are your goals for this season?
- What are you growing this season to can/preserve?
- Are you planning to attend any canning classes/workshops? Or view any USDA canning/preserving videos?
- How’s your equipment holding up? Need to replace or purchase anything?
- Don’t forget to get your canner gauge tested, you may have to replace the canner sealing ring. (For pressure canning only).

There are 5 Basic Rules of Canning. Follow these rules to ensure success!

1. Know which canner to use, depending on the product you plan to preserve.
2. Choose the right Lids. Use jars and lids specifically for canning properly: Do not use glass jars and lids from purchased foods, even if they look like canning jars.
3. Use the lids properly: Use the special 2-piece lids manufactured for canning. Reuse the screw-bands, but not the lids.
4. Choose only tested recipes from reliable, current resources...and follow directions.
5. Keep it clean and keep it hot!

For more information on Canning & Food Preservation go to USDA’s website for Home Canning or the National Center for Home Food Preservation.