

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
STATE OF OKLAHOMA

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First Steps in Home Canning

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POINTS THAT MUST BE OBSERVED FOR SUCCESSFUL CANNING

1. Jars and lids must be in good condition.
2. Boil jars and lids (except lids to self-sealing jars) for 20 minutes.
3. Use freshly gathered vegetables and fruits for canning.
4. Vegetables must be young and tender, and free from bruised spots and other spots. Very important.
5. Wash thoroughly.
6. Precook vegetables in boiling water for five minutes.
7. Pack hot into hot jars.
8. After packing the hot food into jars, run the handle of metal fork down through center of jars and move it about so that the liquid will get through to middle of the jar for heat penetration. Very important.
9. Place rubber rings and lids on jars properly.
10. Process or cook the food in the jar the full amount of time given in the time tables. If for some reason the food is not as young and tender as it should be, increase the processing time 5 to 10 minutes.

Time Table for Vegetables
Steam Pressure Cooker

Product	No. Min to pre-cook	Seasoning	NUMBER OF MINUTES TO PROCESS				Pounds Pressure
			Glass Jars		Tin Cans		
			Pints Min.	Quarts Min.	No. 2 Min.	No. 3 Min.	
Asparagus	3-5	Salt	35	40	35	35	10
String beans	5	Salt	35	40	35	35	10
Beans (Lima)	5	Salt	55	60	50	55	10
Beets	15-20	Salt					
		Sugar	35	40	30	35	10
Carrots	5	Salt	35	40	30	35	10
Cauliflower	5-8	Salt		45		45	5
Corn, whole grain	10	Salt	60	65	60		10
		Sugar					
Corn, cream style	10	Salt	80	90	90		10
		Sugar					
Egg plant	3	Salt	50	60	50	60	10
Greens, includ'g Spinach	Wilt thoroughly	Salt	50	55	50	50	15
Hominy	¾ done	Salt	60	65	60	65	10
Okra	¾ done	Salt	65	70	65	65	10
Peas (green)	3-8	Salt	40	45	40	45	10
		Sugar					
Pepper (Pimento)	2-5	Sugar	45	50	45		10
Pepper (Bell)	See Recipe		25		25		5
Pumpkin	See Recipe		25	30	25	25	5
Squash	Steam tender	Salt	70	75	75	85	10
	Steam tender	Salt	60	70	70	75	10
Pork and beans	tender		70	80	70	80	10
*Soup mixture	10	Salt					10
Sweet Potatoes	¾ done	Pack hot	80	95	80	95	10
Tomatoes	½-1	Salt					
		Sugar	5-10	10-15	5-10	10-15	5
Tomato juice	Recipe	Salt	5	5	5	5	5

*Process soup or salad mixtures the length of time required for the vegetable needing longest processing.

PREPARATION OF VEGETABLES FOR THE CAN

String Beans: Use only well sorted, young, tender string beans for canning. Wash thoroughly, string, leave whole or cut in desired lengths. Cover with boiling water and boil five minutes. Pack hot, add one teaspoon of salt and cover with hot water or water in which beans were boiled. Green black-eyed peas are also canned by this method.

Lima Beans: Carefully sort and grade shelled green beans for size and age. Dry old ones. Boil young beans in water to cover for two to five minutes. Pack hot to within three-fourths inch of top, add salt and cover

with water in which they were cooked. Shelled green black-eyed peas are canned in the same manner.

Beets: Can only young tender beets. Leave on all the roots and at least one inch of stem to prevent bleeding. Wash thoroughly and boil for 15 to 20 minutes or until skins slip easily. Slip skins, pack whole if small. If large, quarter. Cover with boiling water and process.

Corn: Can only young, tender, juicy corn. Can at once after gathering. Wash and cut from cob, being careful not to cut too close to the cob. Scrape cob lightly once only or better not at all. Measure and add two teaspoons of salt and sugar mixture (one part salt to two parts sugar) to each quart of corn. Place in sauce pan and cover with water. (About one pint water to a quart of corn.) Bring to the boiling point and boil eight to twelve minutes. Stir frequently because corn scorches easily. Fill not into hot jars to within three-fourths inch of top of jar. The pack should be loose and mixture quite soft. If too thick, add hot water before filling.

Greens (Including Spinach): Use only fresh, crisp greens, discarding coarse stems and withered and insect bitten leaves. Clean carefully by washing through several waters. Lift greens out rather than pour the water off. Steam or heat in covered vessel, with just enough water to prevent scorching, until thoroughly wilted. Pack hot, taking care that greens are not packed too solidly, especially through the center of jar. Add salt and hot water and process.

Peas (English): Select fresh young peas. Can soon after gathering. Wash pods. Shell and sort according to size and age. Wash the shelled peas. Precook about four to eight minutes in just enough boiling water to cover. Pack hot, add two teaspoons of salt and sugar mixture and fill with water in which they were cooked.

Soup Mixture: Prepare and cook each product separately and cook all together until about three-fourths done. Season with salt. The mixture should be a concentrated mixture. Fill hot into containers and process.

Tomatoes: Select firm, ripe tomatoes of medium size and uniform shape. Never use over-ripe tomatoes or any part of those from which you have removed decayed spots. Scald in wire basket or cheese cloth for one-half to one minute. Dip into cold water, remove core and peel. Pack closely without crushing with blossom end next to jar. Add two teaspoons of salt and sugar mixture and cover with tomato juice, if juice is needed. Make tomato juice by heating some of the tomatoes and running through a sieve once only. Heat and pour over the tomatoes. Process. If tomatoes are very large and seem to have dark spots on the inside, they should be cut before being canned.

CANNING FRUITS

Fruits may be canned with or without sugar. Better flavor, color and texture are obtained when sugar is added at the time of canning. The following table of syrups will indicate the amount of sugar to use with various fruits.

The fruit may be precooked in the syrup or with sugar for five to ten minutes before being filled into containers for processing, or the uncooked fruit may be packed directly into sterilized containers. Then add hot syrup and process for a longer period of time than when precooked. Consult time table.

Only thoroughly ripe (not overripe or underripe fruit) of good quality should be used for canning. The less desirable quality might be used for marmalades and butters.

**Time Table for Canning Fruits, Tomatoes and Pickled Beets
Hot Water Canner**

Product	Kind of syrup	NUMBER MINUTES TO PROCESS					
		Precooked			Not Precooked		
		Quarts Glass	No. 2 Tin	No. 3 Tin	Quarts Glass	No. 2 Tin	No. 3 Tin
Apples	Thin	5	5	5	20	15	20
Apple sauce	Thin	5	5	5			
Apples, baked	Medium	5	5	5			
Apricots	Medium				15	10	15
Berries							
Blackberries	Thin						
Dewberries	Thin						
Raspberries	Thin	5	4	5	12	10	12
Strawberries	Medium						
Huckleberries	Medium						
Currants	Medium						
Cherries, sweet	Medium						
Cherries, sour	Thick	5	4	5	20	15	20
Figs	Medium				20	15	20
Gooseberries	Medium	5	4	5	10	5	10
Grapes	Medium				10	5	10
Peaches	Medium	10	7	10	20	15	20
Pears	Thin	10	7	10	20	15	20
Plums	Medium				15	12	15
Rhubarb	Thick	5	4	5	10	5	10
Tomatoes		15	10	15	35	30	35
Tomato juice	Salt	10	10	10			
Pimentos		40	35	35			
Pickled beets	See Recipe	30	30	30			
Fruit juices	See Recipe	10	10	10	At simmering temperature—185° F.		

SYRUP

Character of Syrup	Sugar Cups	Water Cups	
Thin -----	1	3	Sweet fruit
Medium -----	1	2	Medium sweet fruit
Thick -----	1	1	Sour fruit
Very Thick -----	1	½	Very sour fruit

EXAMINATION OF CANNED FOOD BEFORE USE

All canned food should be carefully examined before using. The most careful home canner may have spoilage occasionally due to faulty containers or some other oversight.

Canned products showing signs of spoilage should always be destroyed. If buried, it should be so deep that it cannot be scratched up by chickens or pigs.

It is recommended that all canned vegetables be boiled for five minutes before being used.