

# *Canning Basics*

## *Boiling Water Canning*

- Boiling Water canning is used for High Acid Foods
- Food reaches 212°F and must be maintained for the USDA recommended time
- Water must surround jars and lids

High Acid Foods:

1. Spreads and Preserves
2. Pickles
3. Fruits and Berries
4. Sauerkraut
5. Tomatoes (with added acid)
6. Salsa (with added acid)

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## *Pressure Canning*

- Pressure Canning is for Low Acid Foods
- In order to destroy all bacteria, their spores and the toxins they produce, low-acid foods must be heated to a temperature of 240°F and held there for the USDA recommended time

Low Acid Foods:

1. All vegetables
2. All Meats
3. Fish
4. Mixed foods (other than salsa and relishes)

# Canning Basics

## Boiling Water Canning

To Process:

**Step 1:** Fill boiling water canner half-full with water and bring to a simmer (180°F). Position canner rack over simmering water.

**Step 2:** Prepare recipe according to USDA directions.

**Step 3:** Fill jars to appropriate headspace and adjust caps.

**Step 4:** Place jars on canner rack immediately after each jar is filled.

**Step 5:** Make sure water completely covers jars and lids by 1-2 inches (add boiling water if needed).

**Step 6:** Put the canner lid in place and adjust heat to medium-high, bringing water to a rolling boil.

**Step 7:** When water is boiling set timer for adjusted processing time (Maintain rolling boil for entire processing time).

**Step 8:** After processing is complete turn off heat and remove lid (**allow jars to cool for 5 minutes in canner before removing**).

**Step 9:** Remove jars from canner and place upright on a dry towel (make sure there is plenty of space around jars for air to circulate).

**Step 10:** Allow jars to naturally cool for 12 to 24 hours before checking for a seal.

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## Pressure Canning

To Process:

**Step 1:** Put canner rack inside canner base. Add 2-3 inches water, heat to a simmer.

**Step 2:** Prepare recipe according to USDA directions.

**Step 3:** Fill jars to appropriate headspace and adjust caps.

**Step 4:** Place jars on canner rack immediately after each jar is filled.

**Step 5:** Lock canner lid securely in place, leave weight off adjust to medium-high settings until steam flows evenly from the vent pipe or petcock. Vent for 10 minutes.

**Step 6:** Place weight on vent pipe or close petcock. Bring gauge up to recommended pounds of pressure.

**Step 7:** Set timer for USDA recommended time.

**Step 8:** After the processing period is complete, turn off heat. Allow canner to cool naturally.

**Step 9:** When pressure is at zero remove gauge or petcock, wait two minutes and remove lid. **Leave jars in canner for another 10 minutes.**

**Step 10:** Follow steps 9 and 10 from Boiling Water Canning.