

Canning FUNdamentals

The 3 Pillars of Home Canning

Acidity (pH) Matters

- **Tomatoes can hover at 4.6** → Add **bottled lemon juice**
 - **1 Tbsp per pint, 2 Tbsp per quart**
- **Vinegar for pickling** = Must be **5% acidity**

Time & Temperature

- **Bacteria grow fastest** between **40°F - 140°F** (Danger Zone!)
- **212°F** → Kills bacteria in high-acid foods (water bath canning)
- **240°F - 250°F** → Kills bacteria for low-acid foods (pressure canning)

Canning Tips for Success

✓ **Raw Pack vs. Hot Pack** – Hot packing removes excess air from food so more food per jar.

✓ **Wipe Rims with Vinegar** – Cuts grease and removes debris to prevent seal failures.

✓ **Storage Life** – Most home-canned foods last **1-5 years**, depending on storage conditions.

⚠ **Caution for Pickling:** Never alter vinegar, food, or water proportions in tested recipes.

Lid Sealing & Storage

Did my jar seal?

- ♦ Press center of the lid – it should NOT pop.
- ♦ If a lid **fails to seal**:
 - Check for rim damage. Reprocess with a new lid.

- Store unsealed jars in the fridge and eat within **5-7 days**.

Proper Storage:

👉 **Remove rings** – Prevents false seals and rust.

📅 **Label lids** – Include date & recipe.

🌡 **Store at 50°F - 70°F** – Avoid humidity and direct and indirect sunlight.

📦 **Creative storage solutions** – Use **linen closets, under beds, rarely accessed cupboards**.

How to Detect Spoilage

⚠ Signs a canned food **has gone bad**:

✗ Watery streaks running down inside jar.

✗ Rising air bubbles or unnatural color.

✗ Foul smell upon opening.

✗ Mold growth on the surface or underside of the lid.

🚨 **If in doubt, throw it out!** 🚨

Canning for Special Diets

🥄 **Salt is OPTIONAL!** (Except for pickling)

🍯 **Sugar substitutions:**

- **Splenda®** – Absorbs moisture, making foods less liquid.
- **Maple Syrup, Agave, & Stevia** – Alternative sweeteners.

