

VERY BASIC CANNING INFORMATION

Where to start

****START HERE**** WATER BATH CANNING

vs.

PRESSURE CANNER

--Acidic Foods--

JAMS, JELLIES
SALSAS
PIE FILLINGS
PICKLES
TOMATO PRODUCTS

--Low Acid Foods--

MEATS
POULTRY
FISH
UNPICKLED VEGETABLES
BROTH, SOUPS, STEWS

****This is more expensive
and advanced****

What You Will Need: (for water bath)

Large Canning Pot (these are fairly inexpensive)
Jar Handle to remove hot jars from hot water
Ladle
Funnel
Knife (just a regular knife, butter knife)
Lid tong
Smaller pan (used to boil water to sterilize lids)
Lids and rings (can buy separately if jars don't come with)
Timer
Recipe
Jars

Jar Sizes and What to Can

Half pint }
Pint } These two sizes are best for jams, jellies, and pickles
One half quart }
One quart (most common size) } Used for just about everything else
One half gallon—ONLY used for canning juices

There are two different sizes of “mouth” on the jars: regular and wide mouth

--regular is usually used for jams, jellies, salsas and pie fillings

--wide-mouth is easier to fill, especially larger fruits, vegetables, and meats.

+Make sure to follow the recipe that you pick and use the jar size and mouth they recommend.

+There are some great resources for how to can online as well as in cookbooks.

+Make sure that you get good, reliable jars to use for your canning. Companies such as: Ball, Kerr, Golden Harvest, and Knox, for example. BEWARE of cheap jars on Amazon, they can have lead in them from being manufactured outside of the USA, not using our standards.