

Proper Canning Guidelines for Commonly Canned Produce

Always use an approved USDA recipe. Please refer to USDA:

- National Center for Home Food Preservation - <http://www.uga.edu/nchfp/>
- The Ball Blue Book to Home Canning 1999 or newer edition.



Tomatoes - Tomato guidelines changed in 1999. If using a recipe older than this-please update proper canning times and process.

All processed tomatoes require acidification with lemon juice or Vinegar (for water bath AND pressure canner)

1 Tbsp lemon juice or 2 Tbsp vinegar per pint

2 Tbsp lemon juice or 4 Tbsp vinegar per quart

Time guidelines for most commonly canned tomato products.

Type of Tomato	Water Bath Time (elevations of 3,000-6,000)		Pressure Can @12 Lbs pressure (2,000-4,000)	
	Pints	Quarts	Pints	Quarts
Crushed Tomatoes in Hot Pack	45	55	15	15
Tomato Sauce (Hot Pack)	45	50	15	15
Whole or Half in Water Pack	50	55	10	10
Whole or Half in Tomato Juice	95	95	25	25
Tomato whole or half – no added liquid	95	95	25	25
Tomato Juice	45	50		
Chili Salsa (USDA approved recipe)	20	NONE		

Tomato vegetable mix (non-USDA tested recipe) must be processed in a pressure canner according to the directions for the vegetable in the mixture that has the longest processing time. Freezing is recommended for home canned salsa without an approved recipe.

All **jams and Jellies** need to be processed in a water bath for 10-15 minutes (according to the pectin source and recipe). This will prevent mold growth and a more secure seal.

Remove jar ring following processing and cooling time. Check for seal and then remove ring to store jar.

All **pickle** products require processing to destroy yeasts, molds and bacteria that may cause spoilage.

- Relishes require an approved recipe to prevent low acidic product and growth of Clostridium botulinum.

Jar sterilization is necessary if the product will be process less than 15 minutes (elevation 3,000-6,000ft). Boil them and allow them to remain in water for 10 minutes prior to filling jar. Always use new jar lids, do not reuse. Tattler lids have not been approved by USDA.

If lid does not seal at processing time-food is safe to re-can within 24 hours. Replace lid and follow complete processing time.

Always exhaust a pressure canner for a full 10 minutes before closing the valve. Time begins when pressure is met.

Discard any jars that have mold growth in them.

Sugar and salt are only to improve flavor, not prevent spoilage in product.

Do not can fruit with cornstarch. Refer to recipes for canned pie filling with Clear Jel.

Remove fat from meat to maintain cleaner rim and airtight seal on jar.

Canning of pureed vegetables, summer squash and zucchini are not recommended. Safe processing times have not been determined for these vegetables. Vegetables become soft which affects the heating process.

Pinto, red, white, etc beans **MUST** be fully reconstituted before **pressure** canning.

Canning of chicken, beef (red meats) chunks or strips require pressure canning for 75min. for Pts./ 90 min for Qts. Fish products require additional processing time.



carolyn.washburn@usu.edu

475 South Donlee Drive

St. George, UT

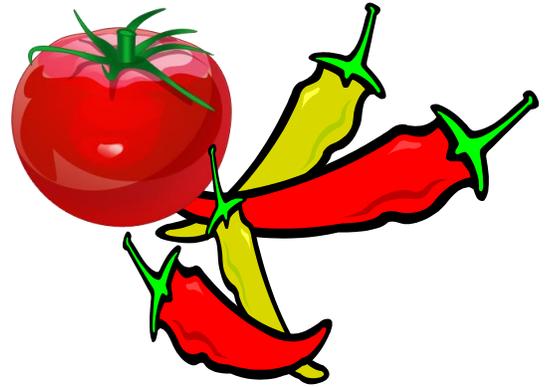
(435)632-7386

carolyn.washburn@usu.edu

Preparing and Canning Salsa

Tomato/Tomato Pasta Salsa

3 cups peeled, cored, chopped slicing tomatoes
¾ cups chopped onions
1 ½ jalapeno peppers, seeded, finely chopped
1 ½ long green chiles, seeded, chopped
1 clove garlic, finely chopped
6 oz can tomato paste
½ cup bottled lemon or lime juice
¼ tablespoon salt
¼ tablespoon sugar
¼ tablespoon ground cumin (optional)
½ tablespoon oregano leaves (optional)
¼ teaspoon black pepper



Yield about 1-2 pints

Procedure:

Caution: Wear plastic or rubber gloves and do not touch your face while Handling or cutting hot peppers. If you do not wear gloves, wash hands thoroughly with soap and water before touching your face or eyes.

Hot Pack: Combine all ingredients in a saucepan and heat, stirring frequently, until mixture boils. Reduce heat and simmer for 30 minutes, stirring occasionally. Ladle hot into clean, hot pint jars, leaving ½ - inch headspace. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened, clean paper towel; apply two- piece metal canning lids. Process in a boiling water canner according to the recommendations in table 1.

Table 1. Recommended process time for tomato/tomato paste salsa in a boiling – water:

Style of pack	Jar Size	0-1000 ft	1,001 – 6000	Above 6,000 ft
Hot	Pints	15 minutes	20	25

Orange Jelly from Frozen Concentrated Juice

with powdered pectin

- 12 ounces concentrated orange juice, thawed
- 2½ cups water
- 4½ cups sugar
- 1 box powdered pectin

Yield: 5 or 6 half-pint jars

To Make Jelly—Sterilize canning jars. Measure sugar and set aside. Mix juice and water in a saucepot. Stir in powdered pectin. Bring to a full boil over high heat, stirring constantly. At once stir in sugar. Stir and bring to a full rolling boil that cannot be stirred down. Boil hard for 1 minute, stirring constantly.

Remove from heat; skim off foam quickly. Pour hot jelly immediately into hot, sterile jars, leaving ¼ inch headspace. Wipe rims of jars with a dampened clean paper towel; adjust two-piece metal canning lids. Process in a **Boiling Water Canner**

Pickled Dilled Beans

- ½ lb fresh tender green or yellow beans (5 to 6 inches long)
- 2 heads fresh dill
- 1 clove garlic (optional)
- 1 Tbsp canning or pickling salt
- ½ cups white vinegar (5 percent)
- ½ cups water
- ¼ tsp hot red pepper flakes (optional)

Yield: About 1 pints

Wash and trim ends from beans and cut to 4-inch lengths. In each sterile pint jar, place 1 to 2 dill heads and, if desired, ¼ clove of garlic. Place whole beans upright in jars, leaving ½-inch headspace. Trim beans to ensure proper fit, if necessary. Combine salt, vinegar water, and pepper flakes (if desired). Bring to a boil. Add hot solution to beans, leaving ½-inch headspace.

Table 1. Recommended process time for **Pickled Dilled Beans** in a boiling-water canner.

		Process Time at Altitudes of		
Style of Pack	Jar Size	0 - 1,000 ft	1,001 - 6,000 ft	Above 6,000 ft
Raw	Pints	5 min	10	15

Grapefruit and Orange Sections

Quantity: An average of 15 pounds is needed per canner load of 7 quarts;– an average of about 2 pounds yields 1 quart; 1 lb per pint.

Quality: Select firm, mature, sweet fruit of ideal quality for eating fresh. The flavor of orange sections is best if the sections are canned with equal parts of grapefruit. Grapefruit may be canned without oranges. Sections may be packed in your choice of water, citrus juice or [syrup](#).

Procedure: Wash and peel fruit and remove white tissue to prevent a bitter taste. If you use syrup, prepare a very light, light, or medium syrup and bring to boil. Fill jars with sections and water, juice or hot syrup, leaving 1/2-inch headspace. Adjust lids and process.

Processing directions for canning grapefruit and orange sections in a boiling-water.

Recommended process time for Grapefruit and Orange Sections in a boiling-water canner.				
		Process Time at Altitudes of		
Style of Pack	Jar Size	0 - 1,000 ft	1,001 - 6,000 ft	Above 6,000 ft
Raw	Pints or Quarts	10 min	15	20

Generic Water Bath Salsa - 1 pint

¼ cup bottled lime or lemon juice
 1 cup tomatoes (peeled and diced)
 1 cup any combination of onions and peppers (no other permitted)
 ¼- ½ tsp salt

Allowable Spices (0-3 tsp total dry): Cumin, pepper, garlic powder, celery seed, coriander (no other herbs or spices permitted)

Slip tomato skins, peel onions, dice peppers to ¼ inch cubes

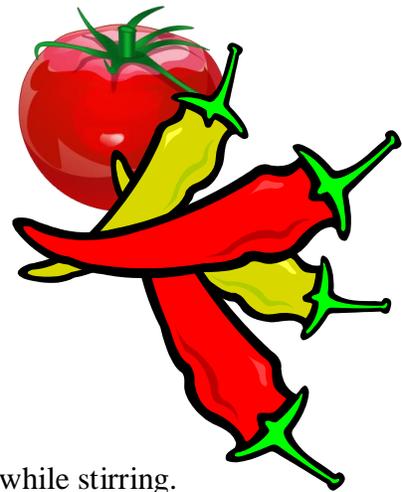
Caution: Wear gloves while handling hot peppers

Hot pack – combine vegetables ingredients. Add spices as desired. Heat to boil while stirring. Pour ¼ cup lime or lemon juice to each pint.

Pour salsa mixture into jars leaving ½ inch headspace. Attach lid and ring. Invert jar to mix ingredients.

Process:

15 min (0-1,000) 20 min (1,000-6,000) 25 min above 6,000



Selecting, Preparing and Canning Meat



Chicken Procedure: Choose fresh meat. Remove excess fat. Cut the chicken into suitable sizes for canning. Can with or without bones.

Hot pack – Boil, steam or bake meat until about two-thirds done. Add 1 teaspoon salt per quart to the jar, if desired. Fill jars with pieces and hot broth, leaving 1-1/4 inch headspace.

Raw pack – Add 1 teaspoon salt per quart, if desired. Fill jars loosely with raw meat pieces, leaving 1-1/4 inch headspace. Do not add liquid.

Adjust lids and process. Process in a dial gauge pressure canner at 11 pounds pressure (**12 lbs for St. George elevation**) or in a weighted gauge pressure canner at **15 pounds pressure**.

Hot or Raw Pack:

Pints..... 65 minutes

Without bones:

Quart... ..75 Minutes

Pints.....75 minutes

Quarts90 minutes

With bones:

Ground or Chopped Meat (Bear, Beef, Lamb, Pork, Sausage, Veal, Venison)

Procedure: Choose fresh, chilled meat. With venison, add one part high-quality pork fat to three or four parts venison before grinding. Shape chopped meat into patties or balls or cut cased sausage into 3- to 4-inch links. Cook until lightly browned. Ground meat may be sautéed without shaping. Remove excess fat. Fill jars. Add boiling meat broth, tomato juice, or water, leaving 1-inch headspace. Add 2 teaspoons of salt per quart to the jars, if desired. Process.

Hot Pack:

Pints.....75 minutes

Quarts....90 minutes

Strips, Cubes or Chunks of Meat (Bear, Beef, Lamb, Pork, Sausage, Veal, Venison)

Procedure: Choose quality chilled meat. Remove excess fat. Remove large bones.

Hot pack – Precook meat until rare by roasting, stewing, or browning in a small amount of fat. Add 1 teaspoons of salt per quart to the jar, if desired. Fill jars with pieces and add boiling broth, meat drippings, water, or tomato juice, especially with wild game), leaving 1-inch headspace.

Raw pack – Add 2 teaspoons of salt per quart to the jar, if desired. Fill jars with raw meat pieces, leaving 1-inch headspace. Do not add liquid.

Process in a dial gauge pressure canner at 11 pounds pressure (**12 lbs for St. George elevation**) or in a weighted gauge pressure canner at **15 pounds pressure**.

Hot or Raw Pack:

Pints.....75 minutes

Quarts90 minutes