

Canning & preserving

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O. D. CENTER, Director

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A Twin Falls County Canning Club

Instructions for Canning Fruits and Vegetables

BOYS' AND GIRLS' CLUBS

MOTHER-DAUGHTER HOME CANNING CLUBS

Co-operative Extension Work

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In

College of Agriculture

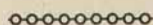
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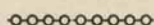
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# IDAHO BOY'S AND GIRL'S CLUBS

## Canning Fruits and Vegetables.

Prepared by T. W. POTTER, State Club Supervisor.

Fruits as well as vegetables should be as fresh as it is possible to obtain them. All bruised spots should be cut out. When fruit or vegetables are brought home for canning, keep in coolest place possible until ready to use. Never get more ready at one time than your canner will hold. Use a thin bladed, sharp knife for paring fruit.

### How to Blanch.

Peaches, plums, apricots, and tomatoes should be blanched. That is, put in a wire basket or a bag, like an ordinary flour sack and plunge into a vessel of BOILING water; hold for a moment or two and then plunge into a vessel of cold water. Their skins can then be easily pulled off. Blanch but one thing at a time in the same water. Change the blanch water frequently.

### Recipe for California Sirup.

1½ qts. sugar; 1 qt. water: Boil to medium thick sirup, called 40 degree density sirup.

### Baltimore Sirup.

1 qt. sugar; 1½ qts. water: Boil to a thin sirup. This is chiefly used in the East. An asbestos mat is good to use in making sirup.

There are three important points to remember in canning fruit:—

Can the fruit so as to retain	{	The color of your fruit.
	{	The flavor of your fruit.
	{	The texture of your fruit.
Grade fruits so they have same	{	Color
	{	Size
	{	Degree of ripeness

### Directions Canning Strawberries by Cold Pack Method.

1. Pick and put up same day.
  2. Hull strawberries the proper way. (i.e. Hold hull in fingers of left hand and twist off berry with the right.)
  3. Wash in cold water.
  4. Put in can or jar. Pack very tightly.
  5. Fill same with hot sirup till full.
  6. Put on covers and tighten partially.
  7. Keep in boiling water 12 minutes. (Be sure the water is boiling.)
  8. Then remove cans and tighten tops.
  9. Place bottom side up till cool.
  10. Then tighten tops again and put away in a dark place.
- Red raspberries, black raspberries, etc., require same treatment as strawberries.

### Peaches.

Three ways of preserving peaches

{	Whole with pits in.
	Pits removed.
	Sliced.

#### Directions:

1. Remove skins by blanching.
2. Put in jars; pack tightly.
3. Pour in sirup. Use either sirup desired.
4. Put covers on jars, partially tighten.
5. Put in BOILING water for 25 minutes.

Use porcelain for all containers if possible.

Treat apricots same as peaches but keep in water one third longer. Keep all fruit in boiling water one fourth longer in altitudes of 4000 ft. or more.

### A Sure and Easy Way of Peeling Peaches.

Dissolve

- 1 tablespoonful potash
- 1/2 tablespoonful alum
- in 2 1/4 gals. warm water.

Keep warm. Dip peaches in this for a minute or two and skins will easily peel off.

### Canning Windfall Apples.

It is a good plan to take care of windfall apples. Many usually go to waste. A little foresight and labor will be the means of supplying many a meal with a beautiful appetizing

and wholesome dish, which otherwise would be either lacking or would be supplied at a higher cost.

These apples may be canned whole and used as a breakfast dish, for desert, salads, baked, etc. There will be many that are too much marred for canning whole. In this case, the injured places may be removed—the apples sliced and canned for either pie filling or for apple sauce. Following are the recipes for taking care of windfall apples.

### **Windfall Apples.**

Note: For canning whole apples, select only firm, not overripe apples.

Recipe: Remove blemishes and bruised spots; cut out core. Blanch for two minutes in boiling water, plunge in cold water. Pack in tin cans or glass jars and add just a little thin sirup. Place rubber and top on jars and partially tighten. (Or cap and tin cans.)

Process 20 minutes in home-made hot water bath; 15 minutes in Water Seal, 10 minutes in steam pressure outfit, or 6 minutes in pressure cooker.

Remove jars, tighten covers and invert to cool.

### **Windfall Apples for Pie Filling.**

Peel and core. Slice. Scald 1½ minutes in boiling water. Plunge in cold water. Pack in glass or tin and add about one teacupful of hot, thin sirup to each quart. Place rubber and top on jars, partially tighten, (cap and tin cans). Sterilize 16 minutes in home-made hot water bath, 12 minutes in Water Seal outfit, 10 minutes under 5 lbs. steam, or 6 minutes in pressure cooker.

### **Canning Corn On and Off The Cob.**

Recipes:

Corn Off The Cob—Select sweet corn ears of uniform size and proper ripeness. If too ripe, the corn will color while processing. (Processing is the canning term for sterilization or cooking.) If corn is not ripe enough, much of the food value is lost in cutting the corn from the cob. Use either glass jars or tin cans. For market purposes use tin cans.

Remove husk, silk, shank, tips and injured or defective places. Blanch corn in boiling water or steam chest for from 5 to 10 minutes. (Time depends on stage of ripeness, size of

ears, etc.) Remove the ears and plunge into cold water. Cut corn from cob with a sharp, thin-bladed knife. Pack well in glass jars or tin cans; add hot water and a level teaspoonful of salt to the quart or 3 pound can.

Place rubber and glass jar top in place—not tight. (If using tin, solder cap in place and fill vent hole. In other words, seal completely.)

Process the corn 180 to 240 minutes in the home-made or hot water bath commercial outfits, for 90 minutes in the water seal outfits; for 60 minutes when using 5 to 10 lbs. steam pressure, with the steam pressure canning devices.

After processing, remove the jars, tighten covers, invert to test the joints and cool.

If using tin, inspect the soldering for pin hole leaks. Repair all leaks. Allow to stand for 24 hours. If ends of cans still bulge at the close of this time, the pack is either too full or some live spores are still left in the can. If the latter, replace in sterilizer and process the second time for from 30 minutes to one hour.

### **Canning Sweet Corn On The Cob.**

Blanch in boiling water 10 to 15 minutes, according to ripeness and freshness. Plunge in cold water. Pack, alternating butts and tips; add just a little boiling water and one level teaspoonful of salt to each quart. Place rubber and top on glass jars and partially tighten. (Cap and tip tins.) Process 180 to 240 minutes in home-made or hot water commercial outfits; 90 minutes in water seal outfits; 60 minutes under 5 lbs. steam with steam pressure outfits; remove jars; tighten covers; invert to cool.

### **For Peas, Beans, Okra, Etc.**

Blanch 5 to 10 minutes in boiling water; plunge in cold water. Pack in jars or cans and add boiling water and one level teaspoonful of salt to each pint. Place rubber and top on jars and partially tighten top. Process in home-made or hot water outfits for 2 hours or 1 hour in the others.

Beets, carrots, turnips, etc., may also be canned by blanching from 1 to 10 minutes in boiling water; plunge in cold water, remove skins, slice or quarter and pack. Add boiling water and one teaspoonful of salt to each pint. Then complete same as per method for peas, beans, etc.

## **Greens—Spinach, Dandelions, Mustard, Beet Tops, Swiss Chard, Etc.**

Blanch in boiling water, 10 to 20 minutes; plunge in cold water. Cut ready for table use. Season, of desired, with slice of bacon for each pint. Pack, add hot water and a little salt to each quart. Place jar tops as above directed. Process 90 minutes in the home-made or hot water commercial outfits; 60 minutes under 5 lbs. steam, or 40 minutes in pressure cooker. Remove—tighten covers and invert to cool.

### **Canning Outfits, Etc.**

There are two kinds:—

1. Home-made, which is simply a common wash boiler, with a false wooden bottom, made of slats to keep jars off the bottom of boiler. Wire handle can be placed on these slat bottoms, so that all the jars can be liften in and out of the boiling water quickly and easily. Any kind of a vat or steam cooker can be arranged with fire box under, for use in orchard or back yard, but should always be covered. Several pupils throughout the States, have a boiler in the orchard and can their wind-fall apples under the trees. You can do it also.

2. Steam Home Canning outfits that do excellent work, can be purchased from any one of several reliable firms at \$3.50 to \$15.00 each. We have the addresses of about twenty firms and will be glad to send same to you on request.

The cold pack method is recommended by Prof. Benson, the government expert and specialist. It is simple, sure and satisfactory. Read his Bulletin on "Canning Tomatoes and Home Canning," No. 521. It will help you in canning all kinds of vegetables and fruits. The general principal is the same throughout.

### **FACTS BOILED DOWN.**

#### **Advantages of Home Canning Either Individually or Through Club Work.**

1. Reduces high cost of living.
2. Eliminates waste. Saves surplus.
3. Provides balanced rations.
4. Saves labor in the home.
5. Gives interesting employment to boys and girls.
6. Teaches business management.
7. Promotes efficiency and economy.

## REMINDERS.

Canning outfit should be	{	Simple Light Safe Time-saving Labor-saving.
Water should be	{	Abundant Clean Fresh Convenient
Heat for cooking	{	Cheap Quick Effective Convenient
Products should be	{	Whole Fresh Firm Well matured
Place for work should be	{	Clean room Pure air Out doors or in light, well ventilated building.

## CANNING METHODS

Open kettle method wastes	{	Heat Time Labor Flavor Color Beauty
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### Product "Cooks to Pieces."

Hot water bath	{	Faster than open kettle Slower than steam pressure
Steam pressure method	{	Quick Safe Clean Sure

Preserves Flavor, color, shape, etc.



## HOT PACK Method.

The old way	}	Slow
		Laborious
		Destroys flavor, color, texture.
		Permits white mold
		Does not kill spores
		Discourages vegetable canning.

## COLD PACK METHOD.

Keeps	}	Color
		Flavor
		Shape
		Texture
Why	}	1. Quick. Convenient.
		2. More nearly preserves natural tastes.
		3. Leads to wider use of products
		4. Encourages more extensive and diversified canning.

## COLD PACK METHOD.

How	}	1. Scald or blanch
		2. Cold dip
		3. Remove skins
		4. Pack at once
		5. Put cover and rubber in place
		6. Seal when using tin
		7. Process (see time table)
		8. If glass, tighten cover
		9. Invert to cool and test joint
		10. Wrap if glass
		11. Label if tin.

## REASON WHY YOU

Scald and blanch	}	To loosen skins
		To eliminate exhaust
		To start coloring
		To eliminate acids
		To firm texture
Cold dip	}	To separate skin
		To set color
		To make packing easier.

## HOME CANNING EQUIPMENTS

Utensils	}	Tables
		Chairs
		Buckets
		Sifters
		Basins
		Knives
		Scales
Containers	}	Timepiece
		Glass jars
		Good rubbers and tops
		Tin cans with solder-hemmed caps.

### Sundries.

For both glass and tin cans	}	Sugar
		Salt
For canning in tin	}	Muratic acid
		Zinc
		Wire lead
		Sal ammoniac

(Labels, paste, small brush, note books, or blanks for records.)

## TYPES OF PORTABLE CANNERS.

### Cold Pack Method.

Home made outfits	}	Reservoir of stove
		Wash boiler
		Galvanized buckets
		Galvanized tub
Commercial outfits	}	Large vat
		Hot water bath
		Water seal
		Steam pressure
		Pressure cooker.

Available Instructions from the Extension Department, University of Idaho, Boise, Idaho.

Bulletin No. 82—Canning Fruits and Vegetables on the Farm.

Extension Bulletin No. 12—Instructions for Canning Fruits and Vegetables.

### Available Instructions From U. S. Dept. of Agriculture:

Farmers' Bulletin No. 203—Preserves and Jellies.

Farmers' Bulletin No. 521—Canning of Tomatoes. Special Club Instruction.

N. R.-22—Tinning, capping and soldering for the home.

N. R.-23—Canning of Windfall and Cull Apples.

N. R.-24—General Recipes for Home Canning of Vegetables and Fruit.

N. R.-27—Method and Devices in Home Canning for Club Work.

The above will be sent free upon application.—Every home should have them.

### GET IN THE GAME.

In conclusion, let us urge you to help set Idaho "a-canning" this year. If you are not a member of a Canning Club, get busy. If you have no Canning Club in your community, start one. Organize a Mother-Daughter Home Canning Club—It is the easiest thing in the world. Write the University Extension Department for Enrollment Blanks and full instructions. Then carry them out.

Many boys and girls are saving their homes \$50.00 to \$100 per year with their canned products. Many are selling same to the stores. The 4-H-Brand beats the big canning factory product. There is no better accomplishment than to be able to can vegetables and fruits successfully. No kind of education that helps more to produce good health, contentment and home comforts.

TRY IT ONCE AND SEE.



Supplemental note—

#### Glass Jars.

If using Mason jars, screw the cover down until it catches then turn it quarter of a round back. In using Economy jars put the cover in place and leave the clamp up. In using E. Z. Seal jars the spring will give enough to allow the steam to escape.

The cover should be loose.

If jars are placed in boiling water, be sure the same have been thoroughly heated or tempered in hot water before packing, so as to prevent cracking when put in the boiler. Or, if preferred, when cans or jars are all ready, fill the boiler with warm water to one inch above the top of cans. Leave the boiler cover off until the cans warm up, then cover and bring to a boil as quickly as possible. Keep boiling hard the length of time given in time table. Do not begin to count until the water is boiling.

1870  
1871  
1872  
1873  
1874  
1875  
1876  
1877  
1878  
1879  
1880

THE INDEX

1881  
1882  
1883  
1884  
1885  
1886  
1887  
1888  
1889  
1890  
1891  
1892  
1893  
1894  
1895  
1896  
1897  
1898  
1899  
1900

1901  
1902  
1903  
1904  
1905  
1906  
1907  
1908  
1909  
1910  
1911  
1912  
1913  
1914  
1915  
1916  
1917  
1918  
1919  
1920