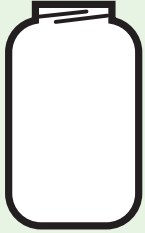


STEP-BY-STEP CANNING

Canning reduces food waste and allows you to enjoy summer flavours all year round. When selecting produce to preserve, choose ripe, high quality fruits and vegetables. In canning, food is preserved by slowing down its natural decomposition. Home canning can be daunting, so we've broken it down to a series of simple steps to help you get started.

1



Clean Jars

- Clean jars and closures in hot, soapy water.
- If reusing jars, check for nicks, cracks, or uneven rim surfaces.

2



Heat Jars

- Fill jars and canner with water. Bring to a simmer and keep warm (it's not necessary to boil).

3

Prepare Closures



- Put the flat part of the lid in a sieve in a small saucepan and bring to a simmer. Keep warm until ready to use.
- The screw band doesn't need to be heated.

Note: Do not re-use lids, as the seal will not be effective after the first use.

4

Prepare Recipe

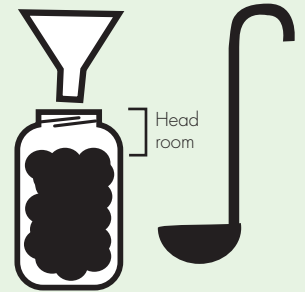
Note: If this will take more than half an hour, wait to start heating the jars.



5

Fill Jars

- Remove one jar at a time from hot water and place on a heat-proof surface (cutting board or cooling rack).
- Using a funnel, ladle food in, leaving required head room (as indicated in recipe).
- Slide a non metallic utensil down the insides of the jar to remove air bubbles.
- Wipe jar rim and threads.
- Centre lid on the jar. Screw band on to fingertip tightness.



Water-Bath Canning

High-acid foods like fruit and pickles

6

Heat-Process the Filled Jars

Choose which method best fits the foods being canned.

Pressure Canning

Low-acid foods like vegetables, meat, poultry and fish

Prepare Water-Bath

- Return filled jars to canner.
- Top up water if necessary to ensure jars are covered by at least an inch.

Note: Use a cooling rack or jar lids tied together to keep jars off the bottom of the pot.

Boil

Bring to boil and start timer (follow time indicated in recipe).

Cool

- Once time is complete, remove lid, turn off heat and allow to cool 5 minutes.
- Remove jars and cool completely on a heat proof surface.
- Once cool, check the seal by pressing the lid with your fingertip. A well-sealed lid does not move or come off easily.

Watch Out for Spoilage!

- Before opening a jar, examine it closely. A bulging lid or leakage may mean the contents are spoiled.
- When a jar is opened, look for other signs of spoilage, such as spurting liquid, disagreeable odour, change in colour or unusual softness, mushiness or slipperiness of product. If there is even the slightest indication of spoilage, do not taste contents. Dispose of the food so it cannot be eaten by humans or animals.



Pressure Canning Method

- Follow the same method used for water bath canning.
- Start your processing timer once the canner dial has reached the pressure indicated in the recipe.
- Allow the canner to cool naturally until the vent pops, and then open very carefully.

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