



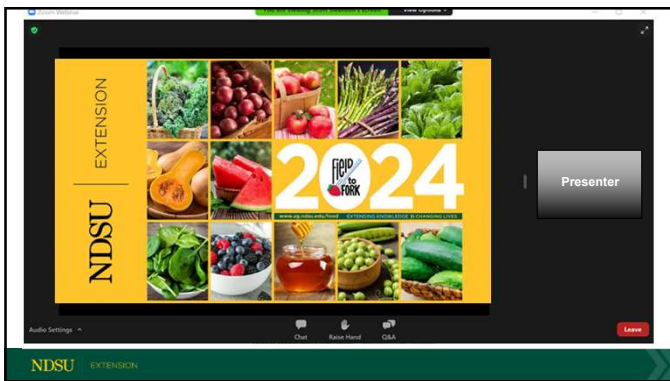
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Upcoming Webinars

- **April 17 - The Role of Bees in my Fruit and Vegetable Gardens**
- Janet Knodel, Professor and Extension Entomologist, NDSU
- **April 24 - Making Nature at Home in Your Landscape**
- Carrie Knutson, Extension Agent, Agriculture & Natural Resources - Horticulture, NDSU

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- **Please complete the short online survey** that will be emailed to you after today's webinar. It will take just a couple minutes!
- Be sure to sign up for an opportunity to win a prize in the drawing. After submitting the survey, a form to fill out with your name/address will appear.

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April 10

Play it Safe! Safe Changes to Tested Canning Recipes

Karen Blakeslee, Extension Associate, Kansas State University

K-STATE
Research and Extension



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Provide Family and Friends Safe Food

The safety of the food that you preserve for your family and friends is important.

You can make some changes and substitutions to research-tested recipes while still protecting your family by following a few simple rules.




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Knowing the Risks Matters

- Safety depends on
 - Acid content (pH)
 - Density or thickness of food
 - Size and shape of food pieces
 - Temperature of food
 - Size and shape of containers
 - Heat processing method
 - Recipe used
 - Use tested recipes for success!




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Fruits and Fruit Sauces – Safe Changes

- Replace ½ of sugar with honey
- Reduce or eliminate sugar
 - Fruit canned in water lacks taste and loses quality
- Use a light fruit juice




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Fruits and Fruit Sauces – Cautions

- No safe canning recommendations for
 - Elderberries
 - White Peaches
 - White Nectarines
 - Canning with Sucralose, Stevia or other sugar substitutes
 - Best added when ready to serve



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Jams and Jellies – Safe Changes

- Add 1 teaspoon or less of herb or flavoring
- Substitute peaches for nectarines, apples for pears and vice versa
- Use unsweetened frozen and thawed fruit in place of fresh
- Use 6 tablespoons regular bulk pectin for 1 box
- Use honey with limits




Photo: Colorado State University Extension

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Jams and Jellies – Cautions

- Must be processed in boiling water canner or steam canner
- Use type of pectin stated in recipe
 - Liquid and dry pectin not interchangeable
- Don't double recipes!
- Only use pint jars when stated in recipe




Photo: Colorado State University Extension

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Meat – Safe Changes

- Add one of the following
 - Dried seasoning, onion, or garlic
 - 1 teaspoon per pint
 - 2 teaspoons per quart
 - Fresh seasoning, onion, or garlic
 - 1 tablespoon per pint
 - 2 tablespoons per quart



Photo: Kansas State University Extension

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Meat – Safety Cautions

- Do not add
 - Meat to other canning recipes unless the recipe allows it
 - Thickeners such as flour, cornstarch, rice, pasta, barley
 - Extra fat
- Meat **MUST** be pressure canned




Photo: Kansas State University Extension

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Pickles and Relishes – Safe Changes

- Reduce sugar or salt in quick-process pickles
- Substitute apple cider vinegar for distilled white vinegar
 - **MUST use 5% acidity!**
- Add a clove of garlic or small dried red pepper to each jar
- Substitute zucchini or summer squash for cucumber in relish recipes
- Add calcium chloride for crispness



Recipes for Special Diets
Univ. of Georgia
NCHFP

TIP!

Photo: Kansas State University Extension

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Pickles and Relishes – Safety Cautions

- Do not change salt amounts in any fermented vegetable recipe
 - Rinse prior to serving to reduce sodium 30% to 40%
- Do not use other types of vinegar unless stated in tested recipe
- Do not change vinegar or water amounts
- English or grocery store cucumbers can be used, the quality is inferior



Refrigerate favorite, untested, pickle recipes not safe for canning up to 2 weeks.

TIP!

Photo: Kansas State University Extension

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Salsa – Safe Changes

- Substitute sweet peppers for hot peppers, measure for measure
- Red, yellow, white onions are interchangeable
- Reduce or eliminate sugar or salt
- Reduce amount of onion, celery or peppers
- Sub tomatillos for tomatoes
- Use any variety or color of tomatoes
- Replace vinegar with bottled lemon or lime juice in same amount
 - **Not vice versa!**






Photo: Kansas State University Extension

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Salsa – Safety Cautions

- Do not
 - Thicken salsa before canning
 - Add corn or black beans to any recipe, or substitute these for peppers or onions
 - Reduce any type or amount of acid
 - Increase amounts of herbs, garlic or spices
 - Reduce amount of tomatoes
- **No salsa recipes using jars larger than pints!!**

Tomato/Tomato Paste Salsa
NCHFP

Photo: Kansas State University Extension

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Tomatoes – Safe Changes

- Add a small amount of sugar to offset perceived flavor of added acid
- Can reduce or eliminate salt or sugar

Acidification Options for Tomatoes (Choose One)			
	Bottled Lemon Juice	Citric Acid	Vinegar (5% acidity)
Pints	1 tablespoon	1/4 teaspoon	2 tablespoons
Quarts	2 tablespoons	1/2 teaspoon	4 tablespoons




Photo: Colorado State University Extension

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Tomatoes – Safety Cautions

- Do not add other ingredients unless stated in recipe
- Do not add flour, cornstarch or other thickener to create a condensed soup
 - Add these when ready to use the safely canned tomatoes
- **Do not skip acidification step!**




Photo: Colorado State University Extension

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Vegetables – Safe Changes

- Create vegetable mixture
 - Each vegetable must have tested recipe
 - Process for vegetable with longest processing time
 - Reduces overall quality of other vegetables
- Add up to 1 clove garlic per jar
- Reduce or leave out salt



Mixed Vegetables of all of these, use process time for
Corn - 55 minutes!

Photo: Kansas State University Extension

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Vegetables – Safety Cautions

- Do not add thickeners such as flour, cornstarch, rice, pasta, or other starchy ingredients
 - Add these when ready to serve the vegetable
- Do not can any vegetable that does not have research testing
- Do not can mashed pumpkin or winter squash!



Photo: Kansas State University Extension

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Other Tips

- Use jar size indicated in recipe or smaller
 - Use 4 oz jars as Half-pint jars
 - Use 12 oz jars as Pint jars
 - Use 24 oz jars as Quart jars
- Do not use colored jars designated for crafting
 - Ball® colored jars are safe for canning




Photo: Kansas State University Extension

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