# ₽ FOOD AND DRINK

# THE ESSENTIALS-ONLY GUIDE TO CANNING PRESERVES

# ONCE YOUR FRESH FRUITS OR VEGGIES HAVE BEEN PROCESSED, CANNING IS THE NEXT STEP TO MAKE THEM ACCESSIBLE YEAR-ROUND

# FOODLAND ONTARIO

Though fermenting, a food process almost as old as food itself, has come into fashion in recent years, canning and preserving is a straightforward and enjoyable way to enjoy local seasonal fruits and vegetables year-round from either your home garden or from a local farmer's fields.

As an added bonus, preserving the fruits or vegetables at home allows for a level of control over the end product that's just not possible commercially. While the process, and the risk, might seem daunting at first, the steps are

straightforward and have been followed for hundreds of years.

Home-preserved goods also make great, unique, gifts.

The following is the essentials-only guide to canning, using the water bath method, starting at the point where you've prepared your produce for preservation.

This method can be used for canning fruits, but to can vegetables safely,



John Stewart photo

• 500 mL, 1L, and 1.5L —

• Note: Only use jars de-

• Use new, never used,

usually used for pickles,

relishes, fruits, vegetables,

signed for home canning

self-sealing lids to ensure a

and sauces

This year's canning proceeds include caraway pickled beets and peach chutney.

they must be processed using a pressure-canner.

# WHAT YOU NEED

## JARS AND LIDS

 $\bullet$  125 mL, 250 mL, and 500 mL — usually used for jams and jellies

# good seal

Otherwise.

**CANNING TOOLS** 

• Jar lifter

• Lid lifter

• Ladle

Tongs

PREPPING

canning.

C.

Canning funnel

• Canner (a large pot)

Inspect jars for nicks,

Wash jars and lids with

scratches, and uneven

rims that might prevent a

hot, soapy water and rinse

with hot water. While dish-

washers can wash or sani-

tize jars, they're not reli-

able enough to sterilize for

boiling temperatures of 100

water film on jars, place a

crumpled piece of alumi-

num foil in canner water.

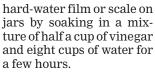
Sterilization requires

TIP: To prevent hard

remove

proper seal or break.

Electronic timer



### STERILIZING

As most preserves are processed for 10 minutes or more, sterilization is no longer necessary.

You may still choose to sterilize jars before filling for extra insurance against spoilage.

To sterilize: place jars upright on rack in boiling water canner.

Cover with hot water and bring to a boil over high heat. Boil for 15 minutes and leave in water until ready to use.

### **FILLING AND PACKING**

Fill only the number of jars you can process in one canner-load at a time.

A canning funnel is handy for filling jars and prevents rims from getting sticky. After filling one jar,

See - page 17

# <section-header>

# Stay Inside. Stay Informed.



As the COVID-19 pandemic continues to unfold, we will be making some changes to our website and newsletter. In regards to Canada's federal government advising against all unnecessary travel, we will not be promoting any flights, travel deals and travel packages until further notice.

But, just because our travel deals have been put on hold, our team is dedicated to providing YOU, our amazing subscribers, with inspiring and informative blog content during this time! If you haven't done so yet, please sign up for our weekly newsletter so we can keep you up to date!

Please Visit Travelalerts.ca for fresh travel content, exclusive tips and more!



