

Water Bath Canning Preservation

Water bath canning is a good beginner's method for preserving and can be used for canning high acid foods including most fruits, pickles, jams, jellies, chutneys, and fruit butters.

Basic Canning Equipment:

- Canning Jars
- Two Piece Lids (band and self-sealing cap)
- Large Covered Water Bath Canner or Large Stock Pot
- Jar Lifter
- Wide Mouth Funnel
- Non-metal Spatula

Water Bath Canning Process:

Fist Step: Prepare your Equipment and Tools for Canning

- Clean Jars and Lids
 - o Wash jars and bands in hot soapy water and rinse well (sterilize if your recipe calls for a processing time of less than 10 minutes) . Place on a baking sheet and keep warm in the oven until ready to fill. (I like to clean my jars and rims in the dishwasher where they can be kept warm for filling).
 - o Rinse new caps (the flat piece of your two-piece lids). Place in a pot of hot water until ready to fill jars.
- Fill your canner with hot water - the amount depends on the size of the jars you are using, but you will need enough to cover the jars by 1 to 2 inches. Place on the stove and keep at a very low simmer.

Second Step: Prepare the Food

- Always start with ingredients that are at the peak of freshness. Fruit and vegetables should be washed, peeled and prepared according to your recipes.

Third Step: Fill the Jars

- Pack prepared food into hot jars.
 - o Leave a headspace (usually 1/2" below the top of the jar rim or the amount stated in the recipe you followed).
 - o Carefully run a non-metallic spatula down through the ingredients to release any trapped air bubbles.
 - o Wipe the jar rims with a clean, damp cloth to remove all traces of food.
 - o Place a cap on each jar, making sure it's centered with the rubber edge seated directly over the rim.
 - o Screw the lid band onto the jar just enough to securely hold the cap in place. Do not over tighten!

Fourth Step: Process the Food

- Using a jar lifter, carefully place the jars in the canner
 - o Place on the rack in the canner or in the bottom of a stockpot (be sure there is room between the jars).
 - o Add more water if necessary to cover the jars by 1 to 2 inches.
- Cover canner with lid and bring the water to a full rolling boil. Continue to boil for the time stated in your recipe. Begin timing after the water begins to boil.

- Keep a teapot or small pot of hot water on the stove. If necessary, bring to a boil and add to the canner maintain a water level of 1 to 2 inches above your jars.
- ❑ Once processing time is complete, turn off the heat.
 - Using a jar lifter, carefully remove jars from water and place on a dishtowel or absorbent mat on the kitchen counter or a table.
(Note: It is important to keep the hot jars off cold surfaces to avoid cracking or breakage of the jars)
 - Allow jars to cool completely for several hours or overnight. You may hear popping sounds as the jars cool and the caps seal.
- ❑ Once the jars have cooled, check to ensure they have sealed properly. The caps should be slightly concave in the middle and not pop up or down when you lightly press or tap them. Any unsealed jars can be placed in the refrigerator, to be used in a few days.
- ❑ Label and date the jars. Store in a dark, cool, dry area.

Enjoy!

- ❑ For best quality, home-canned foods should be used within a year.

Important Safety Tip:

Always use tested recipes when using the water bath method for canning to ensure the acidity level is appropriate for food safety!

ONLY use jars specifically designed for home canning, which are tempered for heat processing and designed specifically for two-piece self-sealing canning lids. Do NOT reuse jars from store-bought sauces, condiments, etc. for heat processed canning!

Jars should be sterilized for all jams, jellies and pickled products processed less than 10 minutes!

Canning jars and bands in good condition can be reused, but discard caps, since they cannot be used a second time.