

IT'S

Fun



All foods spoil because of the action of tiny organisms known as **MOLDS, YEAST and BACTERIA**. They are present on the food, in water, air and soil. In all canning, their action must be stopped by the proper application of heat and the food sealed in airtight jars to keep other organisms from reaching it.

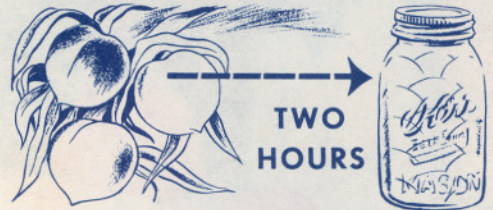
Subjecting yeast and molds to the temperature of boiling water for a few minutes will usually stop their growth. The action of **ENZYMES**, which are found in all fruits, vegetables and meats is also stopped by a short boiling period. **ENZYMES** can bring about such changes in food as **DISCOLORATION, SOFTENED TEXTURE, LOSS OF FLAVOR and DESTRUCTION OF VITAMIN C.**

BACTERIA is more difficult to destroy. The **AMOUNT and KIND OF BACTERIA** on foods may also vary. Some are more heat resistant than others. The acid in fruits and tomatoes is not favorable to the development of bacteria; therefore, acid foods are easiest to can. Cooking food done enough for table use is not always sufficient to stop the growth of spoilage organisms. For this reason, it is **VERY IMPORTANT** to **PROCESS FOOD THE FULL PERIOD OF TIME SUGGESTED IN RELIABLE TIME TABLES** and make sure the temperature being applied is correct. If this is not done, later spoilage may result.

IF NOT DESTROYED BY HEAT, yeast and many types of BACTERIA CAN GROW IN A SEALED JAR. When food in the sealed jar begins to spoil, the seal will usually release. This is not the fault of the jar or cap, but due to failure to destroy or render inactive the spoilage organisms in the food.



One of the first rules for successful canning is the selection of foods that are in **GOOD** condition. Stale, overmature and bruised foods can produce spoilage in the canned product. Fruits and tomatoes should be firm but well ripened. Vegetables should be young and tender. All foods should be as freshly gathered



as possible. The change which takes place in most vegetables from time of gathering to time of canning not only changes their flavor but impairs keeping quality. Fruits and tomatoes retain a better flavor and are higher in nutritive value if tree-ripened and freshly gathered.

WASH ALL FOODS THOROUGHLY before preparing them. Handle in a clean manner and make sure all canning equipment, such as kettles, pans and jars are clean. Sort such foods as tomatoes, berries, cherries and plums, discarding all sour or badly bruised ones. Large fruits such as peaches, apples and pears should be washed before peeling and all trace of bruised or decayed spots removed. Cut well around these defective parts. Many times the fruit around them is soured and this soured portion may cause the entire jar to spoil.



The jar and cap play an important part and it is poor economy to use a container or cap that may not seal. Choose only standard, reliable jars, made and intended for home canning. These have the manufacturer's name blown in the glass. And **BE SURE** the jar cap chosen properly fits the jar on which it is used. The screw band too must be the one intended for that type of lid.

PLANNING TO CAN



Before beginning to can, READ CANNING INSTRUCTIONS and recipes carefully and be sure you are correct in the method chosen for that particular food. Above all BE SURE THE PROCESSING TIME IS CORRECT. No matter how carefully food may have been selected and prepared, if not processed long enough, it will spoil.

If the food is to be processed in the jars, the work of handling the food the day of canning may be speeded up by testing and preparing the jars the day before. Examine jars to make sure they are in good condition and will seal. Wash them well in hot soapy water, rinse and scald. Then invert on a clean folded cloth. Let remain inverted until ready to use.



HOW KERR MASON CAPS SEAL

KERR Mason Caps, "Self-Sealing" brand, seal by the cooling of the contents, which creates a vacuum within the jar. When the food in the jar is hot, the air is expanded and as it cools, it contracts, forming a vacuum, the lid being held in place by atmospheric pressure. The NATURAL GRAY sealing composition flowed into the lid, forms air-tight contact between the metal and glass, retaining the vacuum.

OPENING KERR JARS

To OPEN KERR Mason and Wide Mouth Mason Jars sealed with KERR Caps, unscrew the band, if you have not previously removed it, puncture the lid with a can opener or other sharp pointed instrument. Pry up on the tiny edge of lid which turns down over neck of jar.

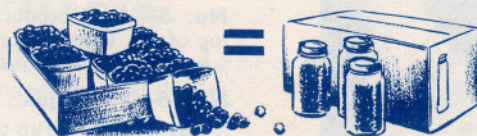
If screw band sticks to jar, place top of jar in boiling water for a few minutes or tap band lightly with knife handle and the band can be easily unscrewed.

TO OPEN "ECONOMY" JARS, puncture cap with can opener or other sharp pointed instrument and either lift cap off or insert point under edge of cap and lift up.

EXAMINING CANNED FOODS BEFORE USING

1. When a jar of canned vegetables or meat is opened, DO NOT TASTE THE COLD FOOD.
2. Jars should show no signs of leakage, fermentation or spurting of liquid when opened.
3. The odor of a jar of canned food, upon opening, should be characteristic of the product. If it does not smell right, if the food is exceptionally soft or cloudy in appearance, discard it at once.

AS A SAFEGUARD against using canned foods that may be affected with spoilage that is not readily detected, all low-acid foods (all meats and all vegetables except tomatoes) must be heated at boiling temperature 10 to 15 minutes in an open vessel before tasting or using. Many times odors that cannot be detected in the cold product, will be evident in the boiling food. This boiling will destroy toxins and make the food safe to eat. If, after boiling, food does not smell or look right, discard it without tasting.



APPROXIMATE YIELDS

LEGAL weight of a bushel of fruits or vegetables varies in different states. These are average weights:

Food	Fresh	Canned
Apples	1 bu. (48 lb.)	16 to 20 qt.
Berries, except strawberries	24-qt. crate	12 to 18 qt.
Cherries, as picked	1 bu. (56 lb.)	22 to 32 qt.
Peaches	1 bu. (48 lb.)	18 to 24 qt.
Pears	1 bu. (50 lb.)	20 to 25 qt.
Plums	1 bu. (56 lb.)	24 to 30 qt.
Strawberries	24-qt. crate	12 to 16 qt.
Tomatoes	1 bu. (53 lb.)	15 to 20 qt.
Asparagus	1 bu. (45 lb.)	11 qt.
Beans, lima, in pods	1 bu. (32 lb.)	6 to 8 qt.
Beans, snap	1 bu. (30 lb.)	15 to 20 qt.
Beets, without tops	1 bu. (52 lb.)	17 to 20 qt.
Carrots, without tops	1 bu. (50 lb.)	16 to 20 qt.
Corn, sweet, in husks	1 bu. (35 lb.)	8 to 9 qt.
Okra	1 bu. (26 lb.)	17 qt.
Peas, green, in pods	1 bu. (30 lb.)	12 to 15 qt.
Pumpkin	50 lb.	15 qt.
Spinach	1 bu. (18 lb.)	6 to 9 qt.
Squash, summer	1 bu. (40 lb.)	16 to 20 qt.
Sweet Potatoes	1 bu. (55 lb.)	18 to 22 qt.

(Above table reprinted from U. S. Dept. of Agriculture Bulletin AIS-64)