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## Category: Boiling Water Bath Canning

Subcategory: Boiling Water Bath Canning

### **Tip: Water Bath Canning**

Fill the kettle with the appropriate amount of hot water and begin heating it on the range. The water bath requires 1 to 2 inches of water above the tops of jars. This can be difficult to determine before the filled jars are in place but after a batch or two you will learn how much water you have to add. It is always a good idea to have an extra small pot of water heating just in case.

Subcategory: Fruits And Vegetables

### **Tip: Canning Tomatoes**

Canning tomatoes has been done traditionally using the water bath method, however more people are finding that canning tomatoes in a pressure canner will result in higher quality and a more nutritious product.

### **Tip: Raw Pack**

Raw Pack (Cold Pack) Pack raw fruit into jars and cover with boiling hot sugar syrup, juice or water. It is necessary to leave a head space between the lid and the top of food or liquid. If the jars are filled too full the contents may overflow during processing. The amount of head space is usually between 1/8 and 1/2 inch.

## Category: Herbs

Subcategory: Herbal Vinegar

### **Tip: Pickled Garlic**

Raw garlic contains an enzyme that if not inactivated by heat reacts with sulphur and copper, to form copper sulphate. The amount of copper needed for this reaction is very small and is frequently found in normal water supplies, and in some utensils. Blue garlic is still safe to eat, although if other signs of spoilage are present, discard.

## Category: Preserving Foods

Subcategory: Dry Foods

**Tip: Drying Meats**

Meats should be extremely dry unless they are to be refrigerated or frozen for long-term storage. Meat is sufficiently dried when it is dark in color, fibrous, and forms sharp points when broken.

**Tip: Signs Of Dry Vegetables**

Here are some signs to look for when checking your vegetables for dryness. Leathery vegetables will be pliable and spring back if folded, and the edges will be sharp. Corn and peas shatter when hit with a hammer. Fruits are adequately dried when they are tough and pliable when cut.

Subcategory: Equipment

**Tip: Lids And Rings**

Most canning jars sold today use a two-piece self-sealing lid which consists of a flat metal disc with a rubber-type sealing compound around one side near the outer edge, and a separate screw-type metal band. The flat lid may only be used once but the screw band can be used over as long as it is cleaned well and does not begin to rust.

Subcategory: How To

**Tip: Hot Pack**

Heat fruit in syrup, in water or over steam before packing. Fruits with high juice content and tomatoes can be preheated without adding liquid and then packed in the juice that cooks out.

Subcategory: Measurements

**Tip: Canning Apples**

1 pound apples = 2 C sliced. 3 pounds sliced apples will make one 9 inch pie. A bushel of apples will yield about 16-19 quarts of canned apples.

**Tip: Rhubarb**

10 1/2 pounds of rhubarb will fill 7 quart jars for processing.

Subcategory: Problems

**Tip: Open Kettle Canning**

Open kettle canning does not maintain a temperature high enough to destroy food poisoning organisms, therefore it is considered in today's times as being unsafe.

**Tip: Salt Substitute**

Salt substitutes should not be used to make fermented pickles or sauerkraut.

## Category: Quick & Easy

Subcategory: Canning

**Tip: Head Space**

Head space is needed for the bubbling of liquids and fruit expansion.

**Tip: Sterilizing Jars**

Jars should always be sterilized, especially if you are going to process them for less than ten minutes in a food processor or a boiling water bath canner.

**Tip: Sugar Substitutes**

Saccharin-based sweeteners, and others are safe to use but the quality of pickle products made with both these sweeteners is poor. Some artificial sweeteners quickly lose their sweetness when heated while saccharin-based sweeteners become bitter.

Subcategory: Freezing

**Tip: Preserve Berries Without Making Jam**

Fresh, seasonal berries are easy to freeze. Don't wash them (the less damp the better), but do discard stems, debris and blemished fruit. Freeze them in one layer on a tray, and when they are hard, pour them into plastic bags or freezer containers. When ready to use them, rinse berries under cold water, which washes them as well as helps to defrost them. Though they won't be as good as fresh berries, they add color and nutrients to a fruit salad or smoothie. And them (defrosted) to pancake or muffin batter. Warmed with a little maple syrup, frozen berries make a good waffle topping.

Subcategory: How To

**Tip: Cookies**

Store different types of cookies separately, or they will all end up tasting alike.

**Tip: Ripening Avocado/Banana**

Enclosing an avocado or banana in a brown bag containing an apple hastens ripening.

**Tip: Tomato Sauce**

For a thin tomato sauce, you will need about 35 pounds of tomatoes for a canner load of 7 quarts.

**Tip: Treating Contact Burns from Hot Peppers**

I have used Lavender essential oil to stop the burn from the oil of hot peppers. Also of value in treating such burns is ice water, poultices made of ground oatmeal mixed with water, and the juice of the aloe plant.

**Tip: Used, Bent Canning Jar Rings**

Use your old, bent rings as cookie and biscuit cutters.

**Tip: Using Leftover Brine**

Use leftover pickle brine to flavor another batch of pickles. Leftover Pickled Beet brine, makes delicious Pickled Eggs; just hardboil, peel, plop in the jar, and leave for at least a week, refrigerated, before eating. Peaches, fresh or canned can be added to Sweet Pickle syrup. And sliced green tomatoes are wonderful when "marinated" in dill pickle brine.

**Tip: Water In Pickling**

When water is called for in brined pickle recipes, be sure to use soft water, because the minerals present in hard water can also cloud the brine. Distilled water can be used in place of soft water.

Subcategory: Storing

**Tip: Turning Juices Into Jelly**

Sometimes I can or freeze juice just to have on hand in the winter, so I can make fresh jellies.

## Category: Storage

Subcategory: Food Safety

### **Tip: Mold Free Cheese**

Placing sugar cubes in cheese containers helps keep cheese mold-free.

Subcategory: Storage

### **Tip: Celery**

Wrapping celery in aluminum foil when putting it in the refrigerator helps keep the freshness for weeks.

### **Tip: Onions**

Storing whole onions should not be done in plastic bags. Lack of air reduces the storage life.

### **Tip: Storing Canned Goods**

Always store your home-canned goods in a cool, dark place. Do not stack jars on top of each other.

### **Tip: Storing Garlic**

Garlic should not be stored in the refrigerator, or with vegetables. It should be stored in an open space, but not in direct light.

### **Tip: tomatoes**

For best flavor, store tomatoes at room temperature, not in the refrigerator.

## Category: Storing Foods

Subcategory: Canning

### **Tip: Economics Of Preserving**

Putting up your own food can be both healthy and economical, with just a little planning. Of course, economy aside, sometimes you just choose to preserve because it tastes so good.

Subcategory: Dry Foods

**Tip: Chocolate**

Store chocolate in a cool, dry place in its original wrapping or wrapped in foil. Avoid storing chocolate in the refrigerator. Milk and white chocolates will keep this way for about a year. The darker varieties will keep for several years.

Subcategory: Drying

**Tip: Pasteurization**

Pasteurization is a process that can involve freezing or dry heating. Pasteurization is used to kill any eggs laid on the food while it is outside.

Subcategory: Freezing

**Tip: Date Labels**

It's a good idea to put masking tape labels on your frozen foods, unless you like playing "dinner roulette" and are willing to take a chance on what might be behind the wrapping. Labels are also necessary for dating the food you freeze. While freezers will keep food for long periods, they won't keep forever.

## Category: Thawing

Subcategory: Meats

**Tip: Thaw In Refrigerator**

The safest method of thawing food is slowly, in your refrigerator. For this method allow about 8 hours per pound of meat and about 4 hours per pound of poultry, and about 6 hours per pound of fruit or vegetables.

## Category: Vegetables & Fruits

Subcategory: Canning

**Tip: Getting A Good Seal**

Always run a heat-proof rubber spatula around the inside of your filled jar before sealing, to release any air bubbles.

Subcategory: Food Safety

**Tip: Frozen produce**

Frozen vegetables and fruits can actually be more nutritious than fresh, because they're packaged immediately after harvesting and the nutrients stay at their peak. Look for plain, 100% fruits and vegetables. Avoid anything mixed with cheese, topped with sauce, or anything with added sugar.

## Category: Vinegars

Subcategory: Canning

**Tip: White Vinegar**

White distilled vinegar is often used for onions, eggs and beans where a clear color is desired.

Subcategory: Pickles

**Tip: Cider Vinegar**

Use apple cider vinegar in pickled fruit recipes, due to its milder flavor. It may darken lighter fruits just a bit.

**Tip: Vinegar For Pickling**

Use either white or cider vinegar, as long as it is of 5% acidity.