

Preserving the Harvest

It's not just about canning!

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Using the equipment at hand

While pickling and canning require special equipment, you can easily use your stove top and over – even your microwave – to preserve your harvest.

- Tomatoes and Other Fruits
 - Baking
 - Freezing
- Herbs
 - Dried
 - Combined & frozen
- Nuts and Berries
 - Dehydrated
 - Freezing

The “pop” of a
canning jar lid is a
joyful noise . . .

it's a
farmgirl
thing.



Canning: Experiment with Safety in Mind

- Basic canning methods and equipment are particularly good for high acid foods and produce preserved with sugar.
- When canning soups or meat the pressure canning method is recommended.

What is Pressure Canning? a process requiring a pressure canner (a specialized pressure cooker for canning non acidic foods like soups and stews).

Basic Rules for Pressure Canning

- Use the appropriate jars
- Use new (never before used) lids for lid & ring tops
- Remove those air bubbles (especially with jam)
- Leave that ¼ to ½ inch at the top of the jar
- Watch how tightly you screw on the tops
- Follow your recipes proportions

The Dark Side of Canning

- **Botulism:** a rare but severe foodborne illness, produces a potent neurotoxin
- Identifying Botulism in Canned Food: bulging or damaged cans, foul odor or off-putting appearance, unusual taste or texture
- Avoiding c botulinum: proper canning techniques, sterilization of equipment
- Sign of Botulism poisoning: difficulty swallowing, breathing, speaking; blurred vision, muscle weakness; paralysis
- Treatment: seek immediate medical attention
- Botox and Botulism: Botox is derived from botulinum toxin, used for cosmetic and medical purposes, safe when administered by qualified professionals