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AGRICULTURAL EXTENSION SERVICE - UNIVERSITY OF MINNESOTA •

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(612) 373-0710

Canning Tips: Fruits, Tomatoes

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If you are canning fruits and tomatoes you need a large kettle with a cover that is deep enough for an inch or two of water over the jars, plus a few inches more for water to boil briskly.

Tomatoes and fruits are called "acid type foods." The organisms that cause acid type foods to spoil are killed in boiling water temperatures.

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Other Vegetables

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If you're going to can vegetables other than tomatoes and meat, fish and poultry, you must have a pressure canner.

These low acid foods can cause deadly botulism food poisoning if they are not heated to 240 degrees at 10 pounds pressure in a pressure canner.

The only way you can be sure these foods reach 240 degrees, which is hotter than boiling water, is in a pressure canner. Be sure to check a time table for processing time for each food canned in a pressure canner.

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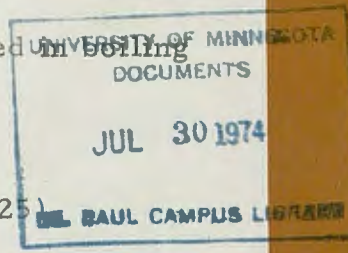
Canning Jars, Lids

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For canning, you'll need a supply of standard canning jars to take care of all you hope to can. These are treated to withstand high temperatures. Do not use empty mayonnaise, peanut butter and other packers' jars, because they may break during the processing and you may be injured.

You'll also need a supply of new jar lids if you are using two-piece sealing lids. Never reuse jar lids. If you are using zinc type lids, you need new jar rings.

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