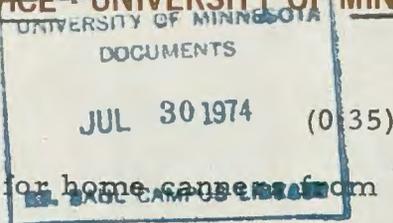


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AGRICULTURAL EXTENSION SERVICE - UNIVERSITY OF MINNESOTA •

July 19, 1974

Home Canning



(612) 373-0710

consumer radio briefs

Here's a word of warning for home canners from University of Minnesota extension food and nutrition specialist Isabel Wolf:

Boiling for 10 minutes (20 minutes for corn and spinach) before tasting or serving is essential to avoid any risk of botulism. This applies to meat and all low-acid vegetables, which excludes only tomatoes and sauerkraut.

Even vegetables that are processed in a pressure canner can be dangerous. A 240-degree temperature is recommended.

The botulism-producing toxin is one of the most lethal poisons known to man. One-millionth of a gram could kill a million people, and an amount the size of a nickel could kill everyone in the United States.

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Selecting Fruit, Vegetables

(0:30)

Don't expect canning or freezing to improve the taste or texture of your fruits and vegetables. Your finished product will never be any better than what you start with.

If you've checked your garden and know that there will be a vegetable ready to can the next day, pick your vegetables early in the morning when they are at the peak of quality. Pick only as many as you can handle within two or three hours. You can always go back for more.

Pick only firm, not too ripe vegetables. Do not pick decayed or damaged food. The chance for spoilage or off taste is much greater with decayed, green, or over-ripe food.

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