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AGRICULTURAL EXTENSION SERVICE - UNIVERSITY OF MINNESOTA •

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Safe Canning

(0:30)

UNIVERSITY OF MINNESOTA  
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Safe and successful home canning of fruits and vegetables requires the use of recommended equipment, proper methods and tested recipes. Interest in canning and freezing has increased greatly due to high food costs and a growing enthusiasm for gardening. 4-H club members from 9 to 19 are learning by doing in the food preservation program. They study and apply the basic scientific principles necessary for safe food handling and processing.

Projects stress the use of seasonal produce, including home grown fruits and vegetables and wild Minnesota fruits. For more information, contact your county extension office.

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More Canning

(0:45)

Food scientists at the University of Minnesota do NOT recommend following canning procedures given in Consumer Reports.

Extension Nutritionist Isabel Wolf says University research is attempting to develop process times for low acid foods at fifteen pounds pressure. Even though considerable data has been collected with various low acid foods, the process times will not be determined for a year. So the scientists do not recommend the Consumer Reports procedures.

The Minnesota scientists have developed a new method for processing acid foods in a pressure canner. In this method, the product is brought to fifteen pounds pressure and then the canner is turned off. The temperature in the product during this process does not exceed 212 degrees Fahrenheit.

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consumer radio briefs

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