Water Bath Canning

Step-by-Step Tutorial

Seed to Pantry
Grow * Preserve * Savor

Water Bath Canning Basics

- Water Bath Canning is appropriate for high acid foods only.
- High acid + boiling water + processing time = destruction of harmful bacteria and molds.
- Most berries and fruits, most pickles, jams, jellies and other soft spreads are considered high acid foods.

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Step 1

- Heat water to boiling in a tea kettle or saucepan.

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Step 2

- Fill canner half full of warm water, or enough water to cover jars by at least one inch of boiling water.
- Heat water to 140 – 180 degrees.

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Step 3

- Add ¼ cup of white vinegar to canner.
- The vinegar keeps jars bright and shiny.
- Vinegar also slows canner rack rusting.

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Step 4

- Use clean canning jars, lids, and rings that have been washed in the dishwasher.
- This step can be used if your recipe processing time is at least 10 minutes.

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Step 4 (alternate)

- Alternatively, use jars sterilized for 10 minutes in boiling water.
- Jars MUST be sterilized if your recipe processing time is less than 10 minutes, (e.g. jellies).

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Step 4 (alternate)

- If using sterilized jars, lids and rings must also be sterilized in boiling water. Follow manufacturers directions.

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Step 5

- Fill jars leaving amount of head room called for in recipe.

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Step 6

- Wipe jar lids with a clean damp cloth or paper towel.

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Step 7

- Place lids on filled jars.

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Step 8

- Hand tighten rings on jars.
- Don’t over – tighten!

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Step 9

- Load filled jars into the canner rack.
- Conversely, if your canner rack is already in the canner, load jars into the rack using a jar lifter.

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Step 10

- Place canner rack and jars in canner.
- Make sure water is 1 – 2 inches over top of jars. If not, add the boiling water started in Step 1.

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Step 11

- Bring water to a boil.
- Cover, turn down heat slightly (it must remain boiling) and process for length of time your recipe recommends.

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Step 12

- When processing time is complete; turn off burner, carefully remove cover, and remove jars using a jar lifter.
- DO NOT tip jars to displace water on lids. The water will evaporate.

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Step 13

- Place hot jars on a towel to cool.
- Let sit for 12 to 24 hours.

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Step 14

- When cool, remove rings, label jars and store in a cool, dark place.
- Jars that did not seal must be stored in the refrigerator.

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Water Bath Canning

- Congratulations! You are now a Water Bath Canning Pro. Remember, repetition will make this process easier each time.

- Enjoy your cupboard of safe, delicious, home canned goods.

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