

Canning and Preserving Journal



“No one who cooks, cooks alone. Even at her most solitary, a cook in the kitchen is surrounded by generations of cooks past, the advice and menus of cooks present, the wisdom of cookbook writers.”

Laurie Colwin

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Recipes



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Label Your Food Gifts

A complete label should accompany all of your preserved food gifts so that the recipients know the gifts are safe! Every food gift should include the following information:

- Product Name
- Date when preserved
- Recipe Source
- Ingredients
- Processing Technique and Time
- Preparer's Name

Altitude

Since water boils at a lower temperature at altitudes over 1000 feet, processing time at higher altitudes must be adjusted. Boiling water bath processing times, and pressure canners pressure, must be increased to safely preserve foods at home.

Some recipes will include high altitude processing information. If your recipe does not include this information, and you live at an altitude of 1000 feet or higher, contact your local County Extension Office for proper processing times.

Example

Blue-Ribbon Corn Relish

September 22, 2013

Recipe: Better Homes and Gardens Canning Publication, 2011

Ingredients: Fresh corn kernels, celery, bell peppers, onion, cider vinegar, sugar, dry mustard, salt, celery seeds, turmeric, corn-starch.

Processing Technique and Time: Boiling water bath canner for 15 minutes

by
Renee Pottle

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