

Community Canning Program

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For additional information and recipes refer to

- <http://www.pickyourown.org/allaboutcanning.htm#Canning>
- <http://www.omafra.gov.on.ca/english/food/inspection/botulism-2011.htm>
- <http://www.bernardin.ca/pages/recipes/3.php%20>
- <http://www.bernardin.ca/>

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Train the Trainer Session One: Basic Beginnings - Getting Started

By the end of this training session, master canners will have

- Reviewed the basic steps in home canning
- Reviewed the relevance of food safety and kitchen safety in canning preparation and process
- Practiced the basic steps of home canning in preparing recipes: Crushed Tomatoes (*Bernardin*), Salsa Bruschetta Style (*Small Batch Preserving*),
- Examined trainer materials and participants packages
- Planned training sessions for future participants

Note: In practicing the basic steps of home canning, Train the Trainers will prepare small jars of the Salsa Bruschetta recipe to be later distributed to participants at their first session. Each trainer will also take home a jar of canned tomatoes for future use.

TRAINING OUTLINE

9:00 - 9:15 am	Welcome /introductions
9: 15 - 9: 45 am	Introduction to Home Canning
9:45 - 10:00 am	Recipe In Review
10:00 - 11:30 am	Recipe Prepared and Heat Processed (Interactive Demonstration Model) Crushed Tomatoes (<i>Bernardin</i>)
11:30 - 12:00 noon	Debriefing the process
12:00 noon - 12:30	Lunch
12:30 - 1:30 pm	Community Kitchen (Full Participant Model) Recipe Review Salsa Bruschetta Style (<i>Small Batch Preserving</i>)
1:30 - 2:30 pm	Planning for Community Canning Sessions
2:30 - 3:00 pm	Next Steps

Train the Trainer Session Two: Pursuing Possibilities - Expanding the Canning Process

By the end of this training session, master canners will have

- Reviewed the basic steps in home canning
- Practiced the basic steps of home canning in preparing recipes: Cooked Strawberry Jam - *Certo*
- Expanded knowledge and possibilities for home canning
- Planned training sessions for future participants

TRAINING OUTLINE

9:00 - 9:15 am	Cheers and Fears - Questions/Concerns
9: 15 - 9: 45 am	Home Canning In Review
9:45 - 10:00 am	Recipe Review <ul style="list-style-type: none">• Cooked Strawberry Jam using Certo Light Pectin
10:00 - 11:30 am	Recipe Prepared and Heat Processed (10 minutes) <ul style="list-style-type: none">• Interactive Participant method
11:30 - 12:00 noon	Debriefing the process
12:00 noon - 12:30	Lunch
12:30 - 2:30 pm	Planning for Community Canning Sessions <ul style="list-style-type: none">• Trainer updates• Pre and post evaluations• Preparing for the first session (What still to do? What still needed?)
2:30 - 3:00 pm	Wrap-Up and Going Forward

Train the Trainer Session Three

By the end of this training session, master canners will have

- Reviewed and practiced the basic steps in home canning
- Review raw pack, cold pack and hot pack methods for canning
- Reviewed and practiced preparing light and medium syrups for canning fruit
- Expanded knowledge and possibilities for home canning
- Planned training sessions for future participants

TRAINING OUTLINE

9:00 - 9:45 am	Cheers and Fears - Trainer Updates from Canning Sessions
9:45 - 10:00 am	Recipe Review <ul style="list-style-type: none">• Canned peaches/pears/plums - recipe TBD
10:00 - 11:30 am	Recipe Prepared and Heat Processed (10 minutes) <ul style="list-style-type: none">• Interactive Participant method
11:30 - 12:00 noon	Debriefing the process
12:00 noon - 12:30	Lunch
12:30 - 1:30 pm	Planning for Community Canning Sessions
1:30 - 2:00 pm	Wrap-Up and Going Forward

Talking Points

- Heat processing is a critical part of food safety.
 - Clean mason-type jars must be heated and kept hot before filling.
 - Heat processing time begins from the time water boils in the jar filled canner. This destroys microorganisms, inactivates enzymes and allows air to be removed from the jars.
-

Why is Heat Processing Important?

While other alternatives have been offered, the safest way of preserving foods is through "heat processing". Heating the filled jars is the only way to change the atmospheric pressure, thus creating a vacuum seal that will keep your treasured contents safe.



The heat processing method, according to up-to-date tested home canning guidelines includes:

- 1.Placing prepared food in mason jars that can be sealed airtight with a two-piece metal SNAP LID® closures.
- 2.Using the correct type of canner to heat the filled jars to a designated temperature for the food being processed.
- 3.Maintaining this temperature for the time specified in up-to-date, tested recipes to destroy spoilage microorganisms, inactive enzymes and properly vent air from jars.
- 4.Cooling jars properly to allow lids to form a strong vacuum seal.

When home canning at elevations higher than 1,000 ft (305 m) above sea level, adjustments must be made for the higher altitudes. For example, when using a boiling water canner at altitudes higher than 1,000 ft (305 m), processing times must be extended:



Boiling Water Canner- Altitude Adjustments

FEET	METERS	Increase Processing Time
1,001-3,00	306-915	5 Minutes

Talking Points

- The right tools, high quality ingredients and reliable, well-tested recipes are the basic requirements.
 - In addition to the basic equipment listed a clean supply of dish towels and dish cloths are essential.
 - Every precaution to prevent contamination of any kind is essential.
 - Note: For the Community Canning Program only high acid foods will be prepared using the boiling water canning technique (hot water bath). Low acid foods require a pressure canner.
-

3,001-6,000 916-1,830 10 Minutes

6,001-8,000 1,831-2,440 15 Minutes

8,000-
10,000 2,441-3,050 20 Minutes

Copied with permission from [www.bernardin.ca/pages/
why_is_heat_processing_important_/36.php](http://www.bernardin.ca/pages/why_is_heat_processing_important_/36.php)

Before you Get Started

Preparation and information are the keys to successful home canning. Make sure you have the right tools, the best ingredients, and the best step-by-step guide for the recipe you're canning, and you're set!

Equipment

Many of the tools for home canning are found in any well-stocked kitchen. Of course, certain utensils are designed specifically for home canning. Here is a complete list of the kitchen essentials and helpful aids you will need to easily prepare and put up recipes. These tools are available where home canning supplies are sold:

1. Mason Jars
2. Two-piece SNAP LIDS®
3. Large deep pot to prepare recipe
4. Boiling Water Canner - a large deep pot fitted with rack
5. Accurate measuring spoons and cups

Other useful items:

1. Long handled spoons and spatulas
2. Ladle or handled cup to transfer recipe to jars
3. Canning Toolkit - Non-metallic funnel, tongs, wand
4. Jelly Bags (for jelly)
5. Wide mouth funnel
6. Jar lifter
7. Magnetic Wand to lift metal SNAP LID®
8. Weight scale
9. Hand protection - oven gloves and rubber gloves

High Acid or Low Acid

Talking Points

1. Wash jars and lids.
2. Fill boiling water canner with water and jars.
3. Bring to boil. Then reduce heat to keep jars hot until ready to use.
4. Place lids in small pot of water. Bring to a boil. Reduce heat to keep hot until ready to use.
5. Fill jar using a funnel.
6. Leave the required headspace.
7. Remove air bubbles using a non-metallic tool such as a rubber spatula.
8. Centre lid on jar. Apply metal band until fingertip tight.
9. Place jars in hot water canner. Water must cover by 1 inch (2.5 cm).
10. Bring to boil. Cover.
11. Time required processing time from when boiling starts.
12. When time is done, turn off heat. Remove lid.
13. After 5 minutes remove with jar lifter to a towel.

Foods require different processing based on acid levels. **High Acid** Foods include fruits, fruit juices, jams, jellies and other fruit spreads, tomatoes with added acid, pickles, relishes, chutneys, sauces, vinegars and condiments. **Low Acid** foods include vegetables, soups, stews, meats, poultry, seafood and tomato or vegetable mixtures or sauces. Select the proper "Step-by-Step" method to ensure safe and delicious results.

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Step by Step

Home canning is very rewarding and can be a lot of fun if you take a few minutes to prepare.

1. Determine the recipe to ensure you have all ingredients and foods, and select the proper "step by step" instructions.
2. Review the recipe to ensure you have all the ingredients and tools. For best results, do not substitute.
3. Fill home canner with fresh water and heat, it will take longer than you think to come to a boil.
4. Visually inspect mason jars for nicks, cracks, uneven rims or sharp edges that may prevent sealing or cause breakage. Wash jars (even if new) and place on a rack in a boiling water canner. Cover jars with water and heat water to simmer (180°F/82°C). Keep jars hot until ready to use.
5. Set screw caps aside, place SNAP LID® closures in small pot of hot (but not boiling water).
6. Set up your "filling station" and have your non-metallic funnel, your ladle, paper towels, tongs and screw bands at the ready. Also, if making spreads, a spoon and bowl for skimming during cooking time is handy.
7. Set up your "resting station". Set clean tea towels in a place near the stove where your processed jars can rest, undisturbed, for 24 hours.
8. Pre-measure dry ingredients. Some recipes are time sensitive, so having ingredients ready is essential.

9. Prepare fresh ingredients as per direction.

10. Heat process ALL home canned foods (freezer spreads excepted), follow Step By Step directions and you'll have success!

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www.bernardin.ca/pages/step_by_step_your_guide_to_home_canning/32.php

Wash jars and lids. Place jars on rack in boiling water canner. Cover jars with water and heat to a simmer (180° F/82°C).

Set screw bands aside. Heat snap lids® in hot water, NOT boiling (180° F/82°C). Keep jars and lids hot until ready to use.

Prepare recipe. Ladle hot food into a hot jar leaving recommended headspace 1/4 inch/0.5 cm (jams and jellies) or 1/2 inch/1 cm (fruit, pickles, tomatoes, chutney and relish).

Using nonmetallic utensil, remove air bubbles. Readjust headspace, if needed. Wipe jar rim with a clean damp cloth to remove any stickiness.

Centre lid on jar. Put on screw band and tighten until resistance is met - fingertip tight. Do NOT over tighten.

Place jars in canner. When all jars are filled, add more hot water in canner as needed so all jars are covered by at least 1 inch (2.5 cm) of water.

Cover canner. Bring water to a full rolling boil. Boil filled jars for time from recipe beginning when water boils.

When process time is finished, turn heat off. Carefully remove canner lid. When water is still (about 5 minutes), remove jars without tilting using a jar lifter. Cool jars upright, undisturbed for 24 hours. Do NOT retighten screw bands.

After cooling 24 hours, check jar seals. Sealed lids should curve downward and will not move when pressed. Remove screw bands; wipe and dry bands and jars. Label and store jars in a cool, dark place.

Canning Steps Ordering Activity



Selected Safety Reminders

NOTE: The following safety precautions must be emphasized at every session.

Home canning requires special equipment like glass jars, metal lids, metal rings, boiling water canners and pressure canners. There are many steps involved in home canning. It is important to follow current, tested practices for home canning.

Cleaning

Cleaning your hands, kitchen surfaces and utensils, fruit and vegetables will help eliminate bacteria and reduce the risk of food related illness.

- Wash your hands with soap and warm water for at least 20 seconds. Dry with paper towels.
- Wash your fresh fruits and vegetables gently under cool, running, drinkable water before preparing and eating them.
- Use one cutting board for produce. (Plastic is best as it can be easily sanitized.)
- Use paper towels to wipe kitchen surfaces, or change dishcloths daily to avoid the risk of cross-contamination and the spread of bacteria and avoid using sponges, as they are harder to keep bacteria-free.
- Sanitize countertops, cutting boards and utensils before and after preparing food. Use a kitchen sanitizer (following the directions on the container) or a bleach solution (5 ml household bleach to 750 ml of water), and rinse with water.
- Clean during all stages of the canning process to avoid cross-contamination.

Cooking

Cooking food at high temperatures usually kills bacteria contained in your food. Home canning or bottling requires special attention because the botulism bacteria can grow when there is no oxygen. Follow the safety tips below to protect your family.

- Use a boiling water canner or a pressure canner according to the acidity of the food.
- Add an acid (following the recipe), such as lemon juice or vinegar, to some foods to help lower the pH and increase the acidity of the food.
- Never change the processing time or pressure level. Substitutions can affect the time the canned or bottled food requires in the boiling water canner or pressure canner and can allow the botulism bacteria to remain in the finished canned or bottled product.
- Check from time to time that cooking or heating temperatures are maintained.

Safe equipment and recipes

- Only use proper jars for home canning or bottling.
- Only use new self-sealing lids and make sure the sealing compound is not damaged.
- Do not reuse old lids, even if they appear to be in good condition.
- Use only current, tested home canning recipes.
- Never substitute the jar size or the amounts of ingredients that are recommended in the recipe.
- Fill the jar leaving the recommended space at the top.

Storing

- Label and date all home canned foods before you store them.
- Store them in a cool, dry place.
- Once the container has been opened, refrigerate leftovers.
- Use all canned or bottled foods within one year for best quality.

Copied with permission from Home Canning Safety (Government of Canada) found at healthycanadians.gc.ca/eating-nutrition/safety-salubrite/food-canning-conserve-aliment-eng.php

In Addition

- Wear clean apron at all times
- Wear close-toed shoes with rubber soles
- Securely tie back hair, consider hair nets
- No jewelry or dangling sleeves
- If anyone has an open cut, plastic gloves must be worn
- A first-aid kit **MUST** be on hand at all times
- No smoking
- No cell phones, ipods, etc.
- Place recipes in plastic sleeves and tape on a cupboard for easy referral

What are “experiential food activities”?

I hear and I know
I see and I remember
I do and I understand
Confucius (551 BC - 479 BC)



Experiential food activities are rooted in experiential learning theory, a cyclical process that develops knowledge, skills and attitudes based on active participation, reflection and feedback (UNESCO,2010).

This process has four phases:

- engaging in an *experience* and observing its effects,
- *processing* the experience by examining what was done, thought and felt,
- *generalizing* by understanding the general principle, and finally,
- *applying* the principle to new situations (UNESCO, 2010).

Food labs and community kitchens are good examples where students experience the making of recipes, observe results, reflect and apply their learning in other contexts.

A **demonstration** model requires participants to observe the master canner as he/she shows the process or recipe. In this model all ingredients should be prepared ahead of time and measured UNLESS there is some technique that needs to be shown specifically e.g. blanching tomatoes.

An **interactive-demonstration** model requires the master canner to direct the demonstration so that all participants are involved and actively take part in the preparation and completion of the selected recipe.

A **full-participant** model requires each participant or a small group of participants to have a kitchen station. Supplies and equipment may be placed at each station OR a central location may hold all the supplies and equipment. Participants then need to get required items from the central location. Participants follow the recipe as outlined, work at their own pace and divide up the tasks, as needed. The master canner facilitates the process by constantly mingling, checking on progress, clarifying instructions, offering suggestions and help, as needed.

UNESCO . (2010). Experiential learning. *Teaching and Learning for a Sustainable Future*. Retrieved from www.unesco.org/education/tlsf/mods/theme_d/mod20.html?panel=1#top.

Community Canning Session One

Approximately 4 hours, depending on recipe(s) prepared and participant skill level

By the end of session one participants will have

- Completed participant pre-program survey
- Learned expected food and kitchen safety practices for canning in home kitchens
- Become familiar with recommended tools and equipment for safe canning practices
- Become familiar with recommended procedures for canning high acid foods using hot water bath canning
- Prepared at least one product for take-home
- Planned for next session

Before the session

- Make list of needed ingredients, jars, lids, and screw bands, including quantities (trainer)
- Purchase and store ingredients, jars, lids, and screw bands (host)
- Plan, purchase and store ingredients and prep participant meal (host)
- Ensure required equipment available in kitchen (trainer / host)
- Review session outline and timing and plan for ingredient pre-prep as needed (trainer)
- Remind participants about session date and time (host)
- Provide master copy of any required participant handouts (trainer)
- Make sufficient copies of any required participant handouts (host)

1. Welcome (15 min)

- Introductions
 - Discuss what trainers, participants and hosts are looking forward to
- Review expected practices
 - Aprons, closed toes shoes, hair up, no jewelry or long sleeves
 - Washrooms, lunch or tea breaks
 - No smoking, cell phones, ipods etc.

2. Pre Evaluation (15 min)

- Distribute copy of participant pre-program survey to each participant with individual participant ID (list of participants and corresponding ID to be prepared in advance and kept locked)
- Review information on survey cover letter
- Have participants complete survey individually, with reading assistance as needed

3. Program Overview (5 min)

- Give a quick overview of the program. Explain that while many foods may be canned we are going to focus on tomatoes in the first session. Future workshops may focus on strawberry jam, peaches, pears and other tomato recipes. These are high acid foods and may be safely canned using a hot water canner (as opposed to low acid foods that need a pressure canner).

4. What Do You Know.... (15 min)

- Ask participants about their experiences with home canning.
 - *Have you canned before? If so, what?*
 - Have participants describe steps used. You may not wish to directly identify participants' inappropriate practices in the group setting, but explain that canning practices change over time and during the canning sessions the most up-to-date, accepted and safe practices will be demonstrated and used.

5. Food and Kitchen Safety (10 min)

- Explain that food and kitchen safety is very important for working with food.
- Invite participants to give some of the food and kitchen safety tips they know.
- Explain that cleanliness is the most important factor when canning. Everything must be clean - the person, the foods being canned, all surfaces and equipment.
- Any injuries/incidents must be reported immediately to one of the trainers.
- Note the placement of the fire extinguisher and first aid kit.
- Explain that more specific information will be discussed during the demonstration.

6. Introduction to Canning (5-10 min)

- Briefly review the basic tools and equipment used in home canning. Use actual props.
- Briefly use the tools, equipment and poster to review the basic canning steps.
- Explain that more detail will be given during today's recipe preparation.

7. Break (5-10 min)

8. Getting Started (2 hours)

- Food availability will determine first recipe choice. See recipe suggestions.
- Consider *an interactive demonstration* for the first recipe. Participants can work together and at the same time key points can be covered. The trainers should lead the recipe preparation and have participants participate in steps.
- Key Points
 - Recipe selection from a reliable and safe source
 - Selection and preparation of ingredients
 - Washing and sterilizing jars
 - Preparation of the canner
 - Preparation of the "snap" lids and "screw" bands
 - The filling of jars

- Leaving head space
- Remove air bubbles
- Applying “snap” lids and “screw” bands
- Processing times and procedures
- Checking for vacuum seal, removing “screw” bands, wiping and drying and replacing
- Sitting time to cool - and plans for later product pick up

9. Group Meal (during processing time)

- Sample pre-prepared bruschetta and discuss serving suggestions
 - Ensure cracker or bread pre-purchased for sampling
- Consider other discussion about vegetables and fruit and future canning sessions

10. Further Practice

- If time permits, consider making a second recipe.

11. Wrap Up and Planning for Next Session (15-30 min)

- Ensure a thorough clean-up and plan for composting plant materials.
- Reflect on today’s session, ask participants
 - What did you like about today’s session?
 - What would you like more practice with (related to the canning process)?
 - Is there anything you would like changed or added for the next session?
- Distribute pre-canned Salsa Bruschetta Style for families to enjoy
- Discuss next session’s recipe

Train the Trainer’s Checklist



At the end of the first community session have we...

- Completed the participant pre-program survey
- Learned expected food and kitchen safety practices for canning
- Instilled appropriate personal hygiene practices for canning sessions
- Reviewed acceptable clothing and footwear necessities for canning sessions
- Become familiar with recommended tools and equipment for safe canning
- Discussed the use of reliable and safe recipes
- Stated clearly that quantities in recipes must be adhered to for safe processing
- Discussed the selection of ingredients for canning (high acid foods)
- Discussed the pre-preparation of ingredients and jars for canning
- Become familiar with the basic steps for hot water bath canning
- Prepared a canned product using an interactive demonstration model
- Discussed future possibilities for canning recognizing that in promoting healthier choices we will be choosing lower sodium and lower sugar recipes where possible

- Made plans for the next session including the selection of the possible recipe
- Made plans for 24 hour storage and participant pick up of finished product
- Distributed sample product for participants to take home and discussed ideas for use
- Talked in general about food and making healthy vegetable and fruit choices

Community Canning Session Two

Approximately 4 hours, depending on recipe(s) prepared and participant skill level

By the end of session two participants will have

- Reviewed expected food and kitchen safety practices for canning in home kitchens
- Reviewed recommended tools and equipment for safe canning practices
- Reviewed hot water bath canning procedures
- Reviewed the selection of fruit and/or vegetables suitable for canning
- Prepared at least one product for take-home
- Planned for next session

Before the session

- Make list of needed ingredients, jars, lids, and screw bands, including quantities (trainer)
- Purchase and store ingredients, jars, lids, and screw bands (host)
- Plan, purchase and store ingredients and prep participant meal (host)
- Ensure required equipment available in kitchen (trainer / host)
- Review session outline and timing and plan for ingredient pre-prep as needed (trainer)
- Remind participants about session date and time (host)
- Provide master copy of any required participant handouts (trainer)
- Make sufficient copies of any required participant handouts (host)

1. Welcome Back (5-10 min)

- Questions and thoughts from last session.

2. Food and Kitchen Safety Reminders (10 min)

- Have two (2) separate chart papers. One should be labelled kitchen safety. One should be labelled food safety.
- Record participants ideas on the chart papers.
- Review responses. Add any other practices that need to be emphasized.

3. Canning Procedure In Review (10 min)

- Invite participants to state what they remember about the tools and equipment used in basic canning. Use actual props.
- Invite participants to outline the basic canning steps.
 - Option: Prepare envelopes with the canning steps on slips of paper. Have partners arrange the steps in order.

4. Recipe Preparation (Time will vary depending on recipe chosen and participant skill level)

- Explain that the process of canning will be expanded upon each session.
- Choose an interactive demonstration model or full participant model depending on participant skill level and confidence.
- Review the selected recipe carefully noting and showing any new techniques (e.g. pectin, hard boil, etc.)
- Key Points
 - Recipe selection from a reliable and safe source
 - Selection and preparation of ingredients
 - Washing and sterilizing jars
 - Preparation of the canner
 - Preparation of the “snap” lids and “screw” bands
 - The filling of jars
 - Leaving head space
 - Remove air bubbles
 - Applying “snap” lids and “screw” bands
 - Processing times and procedures
 - Checking for vacuum seal, removing “screw” bands, wiping and drying and replacing
 - Sitting time to cool - and plans for later product pick up

5. Group Meal (during processing time)

- Discuss serving suggestions for recipe
- Consider discussion about vegetables and fruit and future canning sessions.

6. Further Practice

- If time permits, consider making a second recipe.

7. Wrap Up and Planning for Next Session (15-30 min)

- Ensure a thorough clean-up and plan for composting plant materials.
- Reflect on today’s session, ask participants
 - What did you like about today’s session?
 - What would you like more practice with (related to the canning process)?
 - Is there anything you would like changed or added for the next session?
- Discuss next session’s recipe

Train the Trainer’s Checklist

At the end of the second community session have we...

- Reviewed expected food and kitchen safety practices for canning
- Reviewed appropriate personal hygiene practices for canning sessions



- Reviewed acceptable clothing and footwear necessities for canning sessions
- Become familiar with recommended tools and equipment for safe canning
- Discussed the use of reliable and safe recipes
- Stated clearly that quantities in recipes must be adhered to for safe processing
- Practiced the recommended procedures for hot water bath canning
- Discussed the selection of seasonal ingredients for canning (high acid foods)
- Discussed the pre-preparation of ingredients and jars for canning
- Become more comfortable with the basic steps for hot water bath canning
- Prepared a canned product using an interactive demonstration or full participant model
- Discussed future possibilities for canning recognizing that in promoting healthier choices we will be choosing lower sodium and lower sugar recipes where possible
- Made plans for the next session including the selection of the possible recipe(s) and pre-preparation of ingredients and jars for canning to allow time for multiple recipe preparation
- Made plans for 24 hour storage and participant pick up of finished product
- Talked in general about food and making healthy vegetable and fruit choices

Community Canning Sessions Three to Five

Approximately 4 hours, depending on recipe(s) prepared and participant skill level

By the end of the community canning sessions participants will have

- Built confidence and independence to safely
 - Follow safe food and kitchen practices for canning in home kitchens
 - Use canning tools and equipment
 - Follow hot water bath canning procedures
 - Select vegetables and/or fruit suitable for canning
 - Plan and prepare meals using canning recipes prepared
- Start developing confidence and skill to teach canning process to others
- Start discussion of teaching canning process to other community members and group canning sessions to utilize canning equipment and host organization kitchen
- Complete participant post-program survey (at end of final session)

Session Outlines

- Future sessions should be modelled from the second session.
- Specific content should be reviewed, emphasized, demonstrated and/or practiced based on participants' growth in understanding and confidence with food and kitchen safety and the basic canning process.
- Transition as appropriate from interactive participant model to full participant model and then to participants leading/teaching some of the process.
- Each session should involve the canning of at least one new food (depending on the quantities desired). Discuss the assortment of local vegetables and fruit we have available and how these might be used. Use tested recipes from reliable sources. Do not try to decrease the stated amounts of sugars and salt.
- Jams, jellies and relishes are major parts of canning. While the variety is desirable, to properly prepare and can these foods involves high amounts of sugar and salt. Limit these foods.
- Discuss the advantages and disadvantages of canning and freezing foods.
- Discussions should include local availability
 - Strawberries and raspberries - June, July, August, September
 - Beets - July - October
 - Peaches, pears, plums - August, September
 - Tomatoes - August, September

Other Possible Recipe Ideas

- Herb Seasoned Tomatoes (*Bernardin*)
- Canned Peaches and/or Pears (*Bernardin*)

Crushed Tomatoes

Source: www.bernardin.ca/pages/recipe_page/51.php?pid=187



Home canned, garden fresh tomatoes have long been a staple of winter meals.

Ingredients

Tomatoes, prepared
Salt

Lemon juice or citric acid

Steps

1. Place required number of clean 500 ml or 1 L mason jars on a rack in a boiling water canner; cover jars with water and heat to a simmer (180°F/82°C).
2. Set screw bands aside. Heat SNAP LID® sealing discs in hot water, not boiling (180°F/82°C). Keep jars and sealing discs hot until ready to use.
3. Blanch, peel, core and quarter tomatoes removing bruised or discoloured portions.
4. Place 2 cups (500 ml) of tomato quarters in a large stainless steel saucepan. Bring to a boil while crushing and stirring to extract juice.
5. Boil gently, stirring constantly; add remaining tomato quarters, 2 cups (500 ml) at a time. DO NOT crush tomatoes, as they will soften with heating and stirring.
6. When all tomatoes are added, boil gently 5 minutes.
7. Place 1 tbsp (15 ml) lemon juice or 1/4 tsp citric acid and 1/2 tsp (2 ml) salt, if using, in hot 500 ml jar or 2 tbsp (30 ml) lemon juice or 1/2 tsp (2 ml) citric acid and 1 tsp (5 ml) salt, if using, in hot 1 L jar.
8. Ladle tomatoes into a hot jar to within 1/2 inch (1 cm) of top rim (headspace).
9. Using nonmetallic utensil, remove air bubbles and adjust headspace, if required, by adding more tomatoes.
10. Wipe jar rim removing any food residue.
11. Centre hot sealing disc on clean jar rim.
12. Screw band down until resistance is met, then increase to fingertip tight.
13. Return filled jar to rack in canner.
14. Repeat for remaining tomatoes.
15. When canner is filled, ensure that all jars are covered by at least one inch (2.5 cm) of water.
16. Cover canner and bring water to full rolling boil before starting to count processing time. At altitudes up to 1000 ft (305 m), process -boil filled jars - 35 minutes* for 500 ml; 45 minutes* for 1 L.
17. When processing time is complete, remove canner lid, wait 5 minutes, then remove jars without tilting and place them upright on a protected work surface.
18. Cool upright, undisturbed 24 hours; DO NOT RETIGHTEN screw bands.
19. After cooling check jar seals. Sealed discs curve downward and do not move when pressed.
20. Remove screw bands; wipe and dry bands and jars.
21. Store screw bands separately or replace loosely on jars, as desired.

22. Label and store jars in a cool, dark place. For best quality, use home canned foods within one year.



Talking Points for Crushed Tomatoes

- The quality of the tomatoes is important!
- Locally grown, field ripened tomatoes are best for canning.
- Choose uniformly coloured, firm but not hard tomatoes. They should be heavy for their size.
- There should not be any bruises or cuts.
- Seconds are often good choices for canning as there will be a reduced cost.
- Do not can tomatoes from frost-killed vines.
- Because tomatoes vary widely in their pH values, an acid is required. Bottled lemon juice is best as it has a standard acidic level.
- To help reduce separation of pulp and juice, place one layer of tomatoes in the saucepan. When mixture begins to boil, add additional tomatoes crushing them slightly about 2 cups at a time.
- Fill the canning jars while they are still hot. This helps to remove air and creates a tighter seal. Fill the jars with a wide mouth funnel to avoid spilling.
- After filling the jars and leaving the headspace, adjust for air bubbles and wipe jars with a clean damp cloth before adding snap-lid. Headspace is the empty space between the food and the lid. This space helps to create a tight seal and allows room for the food to expand when it is being heated in the boiling water canner.

Steps to blanch tomatoes

- Half - fill a stainless steel pot with water and bring to a boil.
- Lightly cut tomatoes on the bottom with an “x” at the base.
- Doing a few at a time, dip tomatoes into the boiling water for about 1 minute or just until the skins loosen and begin to curl.
- Remove immediately from the hot water and put in bowl of ice water for another minute. The skins should slip off easily.

Tomato yield

- Round/globe/field tomatoes
 - 1 lb (454 g) = 2 large or 3 medium or 4 small tomatoes
 - 1 bushel = 53 lb (24 kg)
- Paste/plum tomatoes
 - 1 lb (454 g) = 4 large or 5 medium or 6 - 7 small
 - 1 bushel = 53 lb (24 kg)
- Prepared tomatoes
 - 1 lb = 2 cups (500 mL) chopped or 2 ½ cups (625 mL) sliced or 1 ½ cups (375 mL) crushed or pureed

Salsa Bruschetta - Style

Source: Topp, E. & Howard, M. (2001). *Small-Batch Preserving*. Canada: Firefly Books Ltd.

Makes 3 cups (750 ml)

Ingredients

3 cups (750 mL) chopped peeled Italian plum tomatoes (1 ½ lb/750 g)
2 large cloves garlic, minced
2 shallots, minced
1 cup (250 mL) chopped fresh basil
1 tbsp (15 mL) red wine vinegar
1 tsp (5 mL) lemon juice
½ tsp (2 mL) pickling salt
¼ tsp (1 mL) coarsely ground black pepper
2 green onions, minced
3 tbsp (45 mL) tomato paste

Steps

1. Combine tomatoes, garlic, shallots, basil, vinegar, lemon juice, salt and pepper in a medium stainless steel or enamel saucepan.
2. Bring to a boil over high heat.
3. Reduce heat and boil gently for 5 minutes, stirring frequently.
4. Stir in green onion and tomato paste and return to a boil.
5. Use jar lifter to remove hot jars from canner.
6. Ladle salsa into jars to within ½ inch (1 cm) of rim (head space).
7. Process 35 minutes for half-pint (250 mL) jars and 40 minutes for pint (500 mL) jars.

Serving Suggestions

Bruschetta

These popular appetizers are quick to make with this salsa. Toast sliced bread and add garlic powder, minced garlic or rub with the cut surface of a garlic clove. Brush lightly with oil (e.g., olive oil) and spoon on salsa. If desired, sprinkle with cheese (e.g., parmesan). Cook under a broiler for several minutes to warm.



Talking Points for Salsa Bruschetta - Style

- Plum tomatoes have less juice and make thicker sauces.
- Globe or field tomatoes can be used but may make a juicier salsa.
- Peel using the blanching process used for the crushed tomatoes recipe.
- Check seal when jars have cooled completely. Sealed lids need to curve downward. Remove screw bands, wipe and dry bands and jars. Replace bands turning until secure - these do not need to be tight as you do not want to loosen the seal.

Strawberry Jam

Source: Certo

Makes 6 cups

Ingredients

6 cups crushed strawberries (3 quarts fresh whole berries)
½ tsp butter
4 ½ cups granulated sugar (divided into ¼ cup and 4 ¼ cups)
1 box (49 g) Certo Light Pectin Crystals

Steps

1. Add crushed strawberries to a large saucepan.
2. Add butter.
3. Mix ¼ cup sugar with the CERTO Light Pectin Crystals, stir well and add to saucepan.
4. Bring to a boil over high heat.
5. Add the rest of the sugar.
6. Return to a hard boil for 1 minute.
7. Remove from heat .
8. Stir and skim for 5 minutes to prevent floating fruit.
9. Ladle into warm, sterilized jars leaving a ¼ inch headspace.
10. Use a nonmetallic utensil to remove air bubbles.
11. Wipe jar rim with a clean cloth to remove any stickiness.
12. Apply snap lid, then screw band securely and firmly. Do not over tighten.
13. Process in hot water bath for 10 minutes.
14. Remove jars without tilting. Cool upright and undisturbed for 24 hours.
15. Remove screw bands.
16. Wipe and dry bands and jars.
17. Store in a cool dark place for up to 1 year.



Talking Points for Strawberry Jam Using Certo Light Pectin

- Sterilize jars as shown on page 6, *Bernardin, Guide to Home Preserving 2013*.
- Note that snap lids should not be boiled but just kept in HOT water until ready to use.
- Pectin thickens or allows the fruit/sugar mixture to set; there are various kinds of pectin and pros and cons for liquid versus dry.
- Check Best Before Date on pectin.
- Follow the directions included in the pectin box or package EXACTLY.
- When making jams, ALWAYS measure ALL ingredients FIRST.
- Do not double recipes or try to cut back on the sugar, the mixtures will not set properly .
- Use correct measuring equipment - glass measuring cup for crushed fruit, dry measure for sugar.
- 1 quart of berries should make a generous 2 cups of crushed fruit.
- Best to crush berries in single layers using a potato masher; do not use a food processor.
- ½ tsp (2 mL) butter may be added to fruit before cooking to reduce foam.