

Canning Your Vegetable Crop

A huge vegetable harvest is better than a sparse yield, but overabundance does pose its own problem. Namely, what do you do with all of those extra vegetables? Here's a delicious solution: set up a home canning operation.*

- Step 1: Purchase a steam-pressure canner that is large enough to handle the amount of canning you intend to do. Also, get pint- or quart-sized glass jars, designed for canning. Read the directions carefully before starting.
- Step 2: Thoroughly wash and rinse the glass jars, lids, rubber rings and metal bands that secure the lids.
- Step 3: Select fresh, unbruised vegetables and wash them several times. Pack them into jars and pour in boiling water. Fasten the lids securely, making sure there are no air gaps around the seals.
- Step 4: Use a jar lifter to place the jars on the pressure canner's rack. Fill with water until it is 3 inches above the tops of the jars. Steam for 10 minutes, then shut off the steam. Wait for the pressure to hit 10 pounds.
- Step 5: Stop the heat, allow the steam to escape and wait for the pressure to hit zero. Use a jar lifter to put the jars on a cooling rack. Let the jar cool for a day.

**Proper canning techniques are important for preventing illness. Before canning, select a recipe specific to the fruit or vegetable you are using. This project planner should be used only as a guide.*

For more details go to gardenplace.com



What you'll need:

- Steam-pressure canner
- Ball Blue canning book
- Glass jars
- Metal or glass lids with a rubber seal
- Vegetables or fruit
- Jar lifter
- Cooling rack