

Humboldt and Del Norte Counties

Partnerships and
Educational Materials





Humboldt and Del Norte Counties



Food Geeks!



It's OK to
Play with your Food

DHHS Employees

- Preserved Lemons and Making Red Wine Vinegar
- Fermenting Sauerkraut
- Making Yogurt
- No-Knead Sourdough Bread
- Herbs in the Kitchen



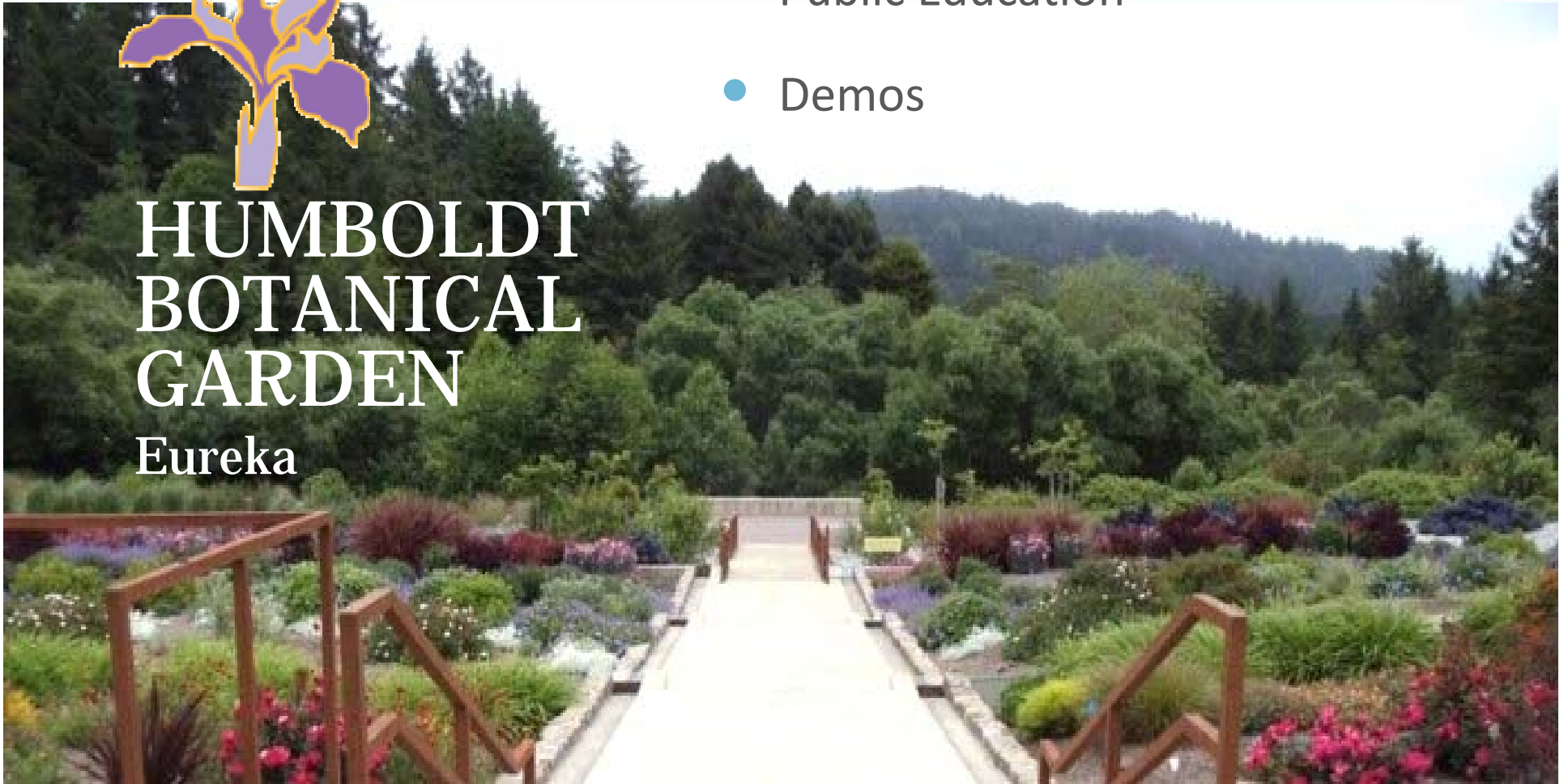
Humboldt and Del Norte Counties



HUMBOLDT BOTANICAL GARDEN

Eureka

- Public Education
- Demos





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- Kimchi & Infused Salt
- Salted Preserved Lemons





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- CIA Chef April Goess Demo
- Food Safety





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- Arcata Farmer's Market





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Educational Handout

Top 10 Canning Mistakes



Master Food Preserver Top 10 Canning Mistakes

Make sure your canned food is safe and delicious. Follow these tips.

Resist Using Mom's Favorite Recipes



Stick to current, professionally tested recipes and instructions from the **National Center for Home Preservation** or a **State Cooperative Extension Service**. Don't can anything unless the recipe is in an approved guide that was published in the past 10 years.

Don't Tweak Canning Recipes



Tweaking canning recipes may change how fast the food heats during processing, possibly leaving areas where *Clostridium botulinum* spores may lurk. Exceptions: you can add small amounts of seasonings and adjust salt in anything but fermented products. Never reduce the amount of vinegar or lemon juice in a canning recipe.

Don't Double Jam or Jelly Recipes



Products that need to jell can be temperamental. Doubling a recipe can cause the batch not to set up. (Exception: *Pomona Pectin* recipes). Make two batches for best results.

Wipe the Rims Clean



No matter how careful you may be, a bit of food may get on the top edge of the jar. Even an itty-bitty speck can prevent the lid from making a good seal. Wipe each rim with a clean, moistened towel just before placing the lid on.

Remove Air Bubbles



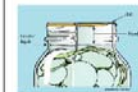
Excess air trapped under or in the food can cause poor seals. Release it before placing lids on. Get the right canning tools. You may even use a chopstick for this.

Don't Use Iodized Table Salt



Most table salt has a de-caking ingredient and added iodine which can cause discoloration and limp final products. This is especially true for pickles. Use kosher or pickling salt.

Don't Over- or Under-Fill Jars



Too much or too little headspace (the space between the food and rim of the jar) can cause lids not to seal properly. Follow the recipe for the correct headspace of the product.

Don't Use a Water Bath Canner for Low Acid Foods



C. botulinum spores are very, very heat resistant. Hours in a boiling water canner will not kill them unless a food is very acidic (pickles) or has loads of added sugar (jam, jelly). Food containing botulism looks and smells fine. Use only current approved recipes and follow the instructions exactly.

Don't Allow Canning Pressure to Fluctuate



Fluctuating pressure during pressure canning processing can flow liquid out of your jars. This makes a mess, wastes food and causes the jars to not seal properly. If the pressure falls below the recommended number, you must bring it back up to the correct pressure and restart the timing from the beginning.

Avoid Storing Canned Foods in Hot, Sunny Places



Yes, canned food is really pretty, but it will fade and soften if exposed to light or heat for extended periods of time. They may be still safe to eat, but won't taste as good. Heat may also cause expansion of the food and break the seal. Keep your canned goods in a cool place without direct sunlight or fluctuating temperatures. Under a bed is good place.



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Master Food Preserver

Quick Start for Boiling Water Canning

STEP 1 process information	<ul style="list-style-type: none"> Locate up-to-date canning instructions for the product you're preparing.
STEP 2 add water to canner	<ul style="list-style-type: none"> Place canner rack in the bottom. Fill with clean warm water so the level is 1-2" above filled jars.
STEP 3 preheat canner and jars	<ul style="list-style-type: none"> Preheat water to 140°F (raw-packed) and 180°F (hot-packed). Add jars to water.
STEP 4 add jars	<ul style="list-style-type: none"> Prepare food and fill jars to recipe instructions. Fit with lids and bands and load one-at-a-time with a jar lifter without tilting.
STEP 5 check water level	<ul style="list-style-type: none"> If needed, add additional boiling water so the level is 1-2" above jar tops. Place the cover on the canner. For process times more than 30 minutes, the water level should be at least 2" above jar tops.
STEP 6 heat canner	<ul style="list-style-type: none"> Heat on the highest setting until water boils vigorously.
STEP 7 boil	<ul style="list-style-type: none"> At a vigorous boil, set a timer for total minutes required for processing the food.
STEP 8 cover canner	<ul style="list-style-type: none"> Keep the canner covered and maintain a boil. Heat may be lowered if a gentle, but complete boil is maintained for the entire process time.
STEP 9 watch water level	<ul style="list-style-type: none"> If needed, add more boiling water to keep the water level above the jars. Pour the water around the jars, not directly onto them.
STEP 10 maintain boil for process time	<ul style="list-style-type: none"> If water stops boiling, increase heat to return to vigorous boil. Restart the timing process from the beginning.
STEP 11 turn off heat	<ul style="list-style-type: none"> When processing is complete, turn off the heat and remove the canner lid. Wait 5 minutes before removing the jars.
STEP 12 remove jars	<ul style="list-style-type: none"> Use a jar lifter to remove the jars one-at-a-time and don't tilt the jars. Place jars onto a towel or cake cooling rack, leaving at least 1" space between. Don't place jars on a cold surface nor in a cold draft.
STEP 13 cool jars	<ul style="list-style-type: none"> Leave cooling jars undisturbed for 12-24 hours. Don't tighten the bands or push down on the lids until jar is completely cooled.
STEP 14 inspect seal	<ul style="list-style-type: none"> Remove ring bands. Put any unsealed jars in the refrigerator and use first.
STEP 15 wash	<ul style="list-style-type: none"> Wash jars and lids to remove all residues.
STEP 16 label	<ul style="list-style-type: none"> Label jars and store in a cool, dry place out of direct light.



Master Food Preserver

Quick Start for Pressure Canning

STEP 1 process information	<ul style="list-style-type: none"> Locate up-to-date pressure and processing instructions for the product you're preparing. Note any elevation adjustments.
STEP 2 add water to canner	<ul style="list-style-type: none"> Place canner rack in the bottom. Begin with 2-3" of hot water in the canner. Start with more water for long processing times according to recipe instructions.
STEP 3 add jars	<ul style="list-style-type: none"> Prepare food and fill jars to recipe instructions. Fit with lids and bands and load one-at-a-time with a jar lifter without tilting.
STEP 4 fasten lid	<ul style="list-style-type: none"> Fasten canner lid securely. Leave weight off vent port or open petcock. Heat at highest setting until steam flows freely from the open petcock or vent port.
STEP 5 vent canner	<ul style="list-style-type: none"> Let steam flow and exhaust continuously for 10 minutes. Once venting is done, place weight on vent port or close the petcock. For weighted gauge, use the appropriate weight according to recipe.
STEP 6 pressurize	<ul style="list-style-type: none"> Begin pressurizing for 3-5 minutes. Start timing the process when dial gauge reaches the recommended pressure. Or when the weighted gauge begins to rock as manufacturer describes.
STEP 7 maintain pressure for process time	<ul style="list-style-type: none"> Regulate heat and maintain a steady pressure at (or slightly above) the correct gauge pressure during the entire processing time. Follow manufacturer's directions for maintaining a weighted gauge pressure. If pressure drops at any time, increase heat until target pressure is reached. Restart the timing process from the beginning.
STEP 8 cool and depressurize	<ul style="list-style-type: none"> When processing is complete, turn off the heat and remove canner from heat source. Allow canner to depressurize without any assistance. Do not force-cool. Wait for the vent lock to settle.
STEP 9 remove weight or open petcock	<ul style="list-style-type: none"> Once depressurized, remove the weight from the vent port or open the petcock. Wait 10 minutes, then unfasten the lid and remove it carefully. Lift the lid away from you to prevent steam from burning your face.
STEP 10 remove jars	<ul style="list-style-type: none"> Use a jar lifter to remove the jars one-at-a-time and don't tilt the jars. Place jars onto a towel or cake cooling rack, leaving at least 1" space between. Don't place jars on a cold surface nor in a cold draft.
STEP 11 cool jars	<ul style="list-style-type: none"> Leave cooling jars undisturbed for 24 hours. Don't tighten the bands or push down on the lids until jar is completely cooled.
STEP 12 inspect seal	<ul style="list-style-type: none"> Remove ring bands. Put any unsealed jars in the refrigerator and use first.
STEP 13 wash	<ul style="list-style-type: none"> Wash jars and lids to remove all residues.
STEP 14 label	<ul style="list-style-type: none"> Label jars and store in a cool, dry place out of direct light.



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Albacore Tuna Canning the Catch



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