



Water Bath Canning

Methods, Safety, and Resources

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What is Water Bath Canning?

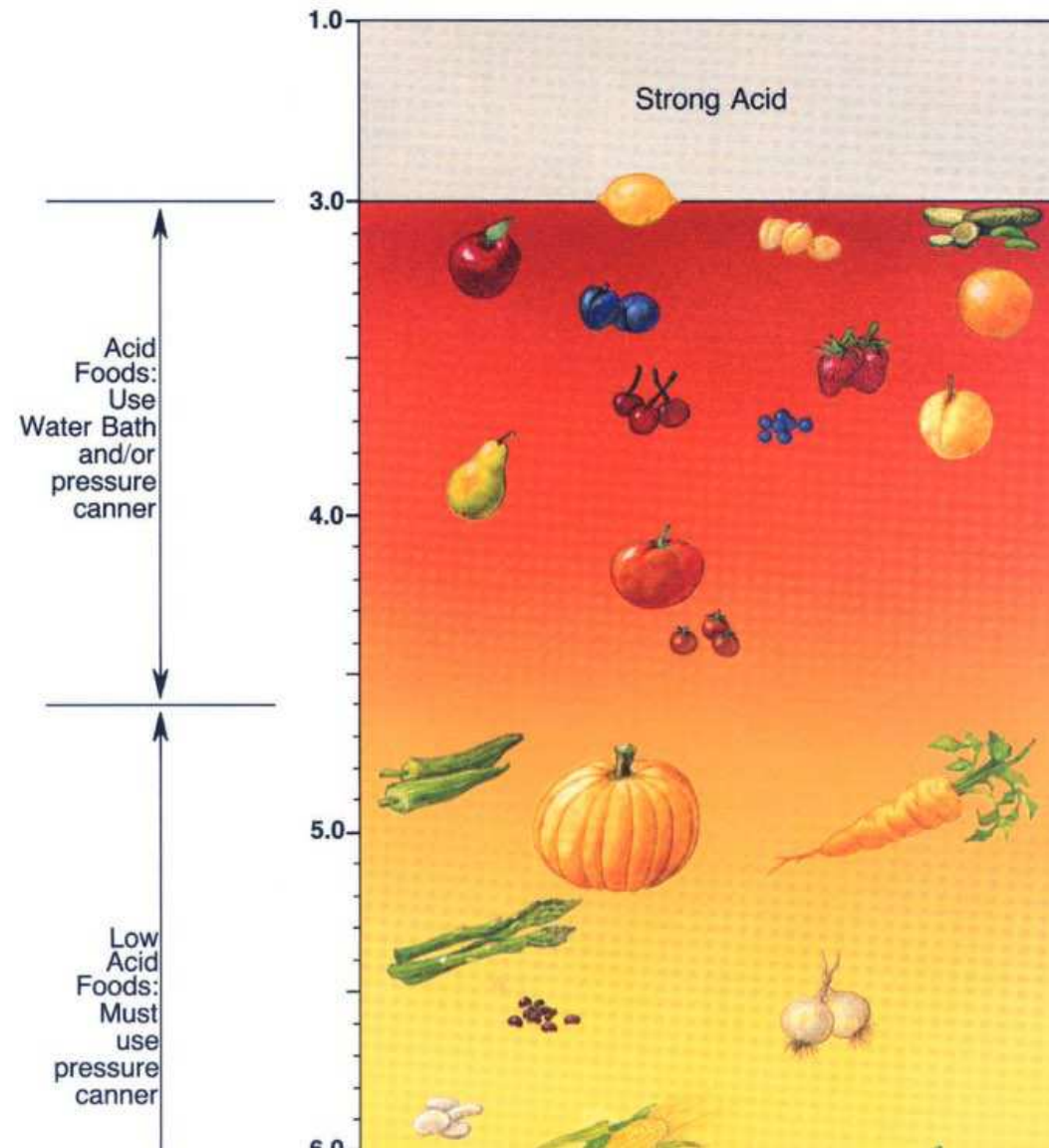


Canning- Water Bath

- 212 degrees for x amount of time (depending on recipe)
- High acid foods only- fruit, tomatoes, vinegar pickles, relishes, jellies, jams, preserves, etc.
- Steam canners are also safe and easy to use



Canning- Food Acidity



Canning Procedure Overview

Step 1- Assemble equipment



Canning Procedure Overview

Step 2- Process food as recipe instructs (peel, chop cook, puree, etc)



Canning Procedure Overview

Step 3- Prepare canning equipment (sterilize if necessary)



Canning Procedure Overview

Step 4- Fill jars to appropriate level



Canning Procedure Overview

Step 5- Place lids on jars and tighten to “finger tight”



Canning Procedure Overview

Step 6- Process jars in boiling water for given time in recipe
(note- altitude affects processing times)



Canning Procedure Overview

Step 7- Remove jars and let cool at room temperature



Canning Safety Notes

- Follow the recipe! (Make sure it's approved by USDA)
- Sickness or death from botulism is a real possibility if ingredients or process times are not followed closely
- Make sure jars have sealed once they are cool
- Food within jars that is not totally submerged in liquid is ok IF the recipe was followed
- Jars that do not seal can be reprocessed within 24hrs or refrigerated and eaten within a day or two

Canning

A Note on Botulism

- Canning Enemy #1- Clostridium botulinum- bacteria that may cause botulism
- C. botulinum cannot be smelled, seen, or tasted
- Low acid foods must be canned at higher than boiling point temperatures to kill bacterial spores that ARE NOT killed at 212 degrees
- Never eat any home canned food that you aren't sure about

Q- What is an “Approved” Recipe?

A- Recipe that has been scientifically tested by a university or government lab to both evaluate the pH of a canned product and ensure proper heat penetration from the water bath or pressure canning process into the contents of a jar.

Resources- Books

- **So Easy to Preserve**- University of Georgia Cooperative Extension
- **Ball Guide to Preserving**- Ball “Blue Book”

Resources- Internet (a.k.a, the Wild West)

- [The National Center for Home Food Preservation](#)
- [USDA Complete Guide to Home Canning](#)
- [UNH Extension Food Preservation](#)
- [Penn State Extension Food Preservation Food Safety](#)
- [UNH Extension- What to Look for When Determining the Safety of Home Canning Recipes](#)

Resources- UNH Extension

Staff specialists and Master Gardeners help connect you with the resources and expertise of the University of New Hampshire.

- Form
- Call: [1-877-EXT-GROW \(398-4769\)](tel:1-877-EXT-GROW)
- Email: answers@unh.edu
- Walk in: [329 Mast Rd, Ste 115, Goffstown, N.H.](#)
- Social Media: [Facebook](#), and [Instagram](#)
- Sign up for the Newsletter: [Granite State Gardening](#)
- Podcast: [Granite State Gardening](#)

Canning- Water Bath Equipment List

- ☐ USDA-approved recipe
- ☐ *Fresh* ingredients
- ☐ Large canning pot with rack or atmospheric steam canner
- ☐ Clean cloths
- ☐ Quality jars (approved for canning)
- ☐ Lids and rings
- ☐ Funnel
- ☐ Jar lifter
- ☐ Oven mitts
- ☐ Headspace measuring tool/bubble remover



