

Can-a-Palooza!

Preserving Produce, Making Memories

Family Features

Gardens, farmers markets and grocery store aisles are brimming with fresh seasonal produce. What better way to enjoy those fantastic flavors all year long than by gathering friends and family to share nature's bounty by canning together?

"Canning together is easy, and it's fun to make memories and great food," says Mrs. Wages spokeswoman Laura Strickland. Strickland recommends your group plan ahead to divvy up the canning supplies and that everyone bring different fruits or vegetables to share so you all can take home a variety of canned goodies.

Equipment You Need

- Glass canning jars
- Rings and lids
- A non-reactive pot
- Hot water bath canner with a rack
- Jar lifter
- Canning funnel

Medium Salsa

YIELDS 5 PINTS

- 6 pounds fresh tomatoes (about 18 medium)
- 1/2 cup Mrs. Wages Distilled White Vinegar (5% acidity)
- 1 pouch (5 ounces) Mrs. Wages Medium Salsa Mix

Wash fresh tomatoes. Scald 3 minutes in boiling water. Dip into cold water. Cut out cores, remove skins and chop coarsely.

Combine tomatoes, vinegar and salsa mix in a large pot and bring to a boil. Stir occasionally. Reduce heat and simmer 10 minutes. Stir occasionally. Salsa is ready.

Freeze it: Pour into freezer containers and let cool. Store in freezer up to one year.

Can it: Pour hot salsa into clean, sterilized pint canning jars, leaving 1/2 inch headspace. Cap each jar when filled.

Process 40 minutes* in boiling water bath. Test jars for airtight seals according to manufacturer's directions. Store up to one year. If jars do not completely seal, refrigerate and consume within one week.



Kosher Dill Pickles

YIELDS 7 QUARTS

- 9 to 11 pounds pickling cucumbers (about 50, 3 to 4 inches)
- 1 pouch (6.5 ounces) Mrs. Wages Kosher Dill Pickles Mix
- 3 1/3 cups Mrs. Wages Distilled White Vinegar (5% acidity)
- 7 1/3 cups water

Wash cucumbers and remove blossoms; drain. Leave whole, cut into spears or slice.

Combine Kosher Dill Mix, vinegar and water into a large non-reactive pot. Do not use aluminum. Bring mixture just to boil over medium heat, stirring constantly until mixture dissolves.

Pack cucumbers into clean, sterilized jars, leaving 1/2 inch headspace. Evenly divide hot pickling liquid among the packed jars, leaving 1/2 inch headspace. Remove air bubbles and cap each jar as it is filled. If more liquid is needed for proper headspace, add a mix of 1 part vinegar and 2 parts water.

Process pints 5 minutes*, quarts 10 minutes*, in a boiling water bath canner. Test jars for airtight seals according to manufacturer's directions. If jars do not completely seal, refrigerate and consume within two weeks.

Product is ready to eat after 24 hours. Before serving, chill to enhance flavor and crispness.



CANNING 101 TIPS

- Use the freshest produce you can find. The fresher the ingredients, the better the taste of the final product.
- Pickling salt is a finely milled salt, with no anti-caking additives, that dissolves cleanly and quickly. Pectin is a very fine, water-soluble fiber that helps create a stable gelled preserve. With Mrs. Wages products, you don't need specialty spices or ingredients. Mrs. Wages uses high-quality, 100 percent natural ingredients in their spice mixes.
- Fill jars quickly, so they won't cool on the table or counter. Use a wide-mouth funnel and avoid spilling liquid on the rim of the jar, where it may interfere with a good seal.
- Wash and rinse jars thoroughly. Set jars in clean, hot water until used. If using dishwasher, keep jars in dishwasher until ready to use.
- For reasons of food safety, do not alter recipes.

For more canning tips, a canning guide, recipes and templates to make your own print-at-home labels, visit www.mrs wages.com.



Pasta Sauce

YIELDS 5 PINTS

- 6 pounds fresh tomatoes (about 18 medium)
- 1/4 cup granulated sugar
- 1 pouch (5 ounces) Mrs. Wages Pasta Sauce Mix

Wash fresh tomatoes. Scald 3 minutes in boiling water. Dip into cold water. Cut out cores, remove skins and puree to smooth consistency in blender or food processor.

Combine puree, sugar and pasta sauce mix in a large pot and bring to a boil. Stir occasionally. Reduce heat and simmer 25 minutes. Stir occasionally. Pasta sauce is ready.

Serve it: Ready to use, or pour into containers and refrigerate up to one week.

Freeze it: Pour into freezer containers and let cool. Store in freezer up to one year.

Can it: Pour hot sauce into clean, sterilized pint canning jars, leaving 1/2 inch headspace. Cap each jar when filled.

Process 40 minutes* in boiling water bath. Test jars for airtight seals according to manufacturer's directions. Store up to one year. If jars do not completely seal, refrigerate and consume within one week.

Raspberry-Jalapeño Jam

YIELDS 7 HALF PINTS

- 2 to 3 jalapeño peppers, stemmed and deveined
- 5 cups or 5 half-pint containers raspberries
- 6 cups granulated sugar
- 2 tablespoons fresh lemon juice
- 1 box (1.75 ounces) Mrs. Wages Home Jell Fruit Pectin

Clean and sterilize jars, lids and rings. Keep warm.

Mince peppers. For hotter jam, do not devein.

Combine peppers, raspberries, sugar and lemon juice in a large stainless steel saucepan. Mash with a potato masher over medium high heat. Stir often; bring to a boil. Boil hard for 1 minute.

Reduce heat to a simmer, and stir in pectin. Continue to simmer about 10 minutes, stirring frequently. Quickly skim off any foam.

Quickly pour jam into prepared jars, leaving 1/4 inch headspace. Remove air bubbles and cap jars. Process immediately in a boiling water bath for 15 minutes.*

*NOTE: PROCESSING TIME FOR ALL RECIPES IS LISTED FOR ALTITUDES LESS THAN 1000 FEET. AT ALTITUDES OF 1000 FEET OR MORE, INCREASE PROCESSING TIME 1 MINUTE FOR EACH 1000 FEET OF ALTITUDE.



Economy

From Page 1A

helped fuel a stock rally that started a year ago and made wealthy households even wealthier. MasterCard Advisors SpendingPulse says its index of luxury sales at restaurants, food boutiques, department stores and clothiers, surged 12 percent last month.

But the Dow's plunge could now threaten upscale retailers. The economy, Niemira notes, is "more dependent on spending at the high end so (a drop in luxury sales) could have a bigger effect."

But James Rushing, a vice president in the retail practice at the consultancy A.T. Kearney, expects high-end shoppers to keep spending. True, they slashed spending during the financial crisis a couple of years ago. But he says they've grown used to bad economic news and are unfazed by the stock market's short-term gyrations.

"The question is, how long of a funk do you have to have before those higher-end consumers' scale back spending?" says Doug Hart, a partner in the retail practice of BDO USA.

The stock market still has plenty to worry about.

Cracks in the European financial system widened further Thursday as investors worried that Italy and Spain would be unable to pay their debts. Regulators have put banks there through a series of stress tests. The tests are designed to show whether the banks could withstand defaults by their weaker neighbors.

Fears of default by smaller, heavily indebted countries such as Greece and Portugal have been re-

placed by concerns about large Italian and Spanish banks. Some investors also worry that the banks are carrying too much of their home nations' debt and that the banks aren't reporting the true value of those bonds.

Investors fear that the European Union's bailout fund, set up last year to assist indebted countries like Greece, might not be big enough to aid all of the countries facing such problems.

Traders are losing faith in the creditworthiness of debt issued by a growing number of countries and in the banks that hold it. That's causing banks to charge each other more money for overnight borrowing. It's also making short-term credit harder to get, traders say.

One sign of jitters: The yield on the one-month Treasury bill fell into negative territory on Thursday. That meant that lenders would, in effect, pay the U.S. government to hold their cash. Market participants said the falling Treasury yields show that investors still regard U.S. debt as the safest place for their money.

There are other ways that Europe's problems could be felt across

the Atlantic. European banks that can't get credit might stop lending to U.S. banks and hoard their money. U.S. banks' borrowing costs would rise.

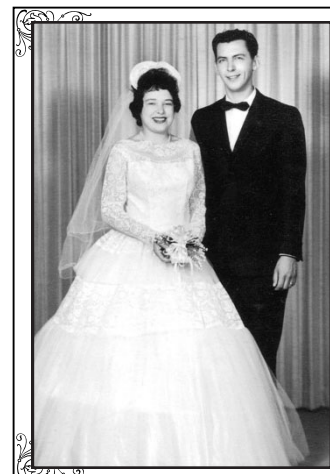
A default by a major European bank would likely have similar effects, potentially sparking a credit crisis like the one caused when Lehman Brothers collapsed in September 2008.

"It's one of those unknowns that's big enough and scary enough to drag down the (U.S.) markets," said Kurt Karl, chief U.S. economist at Swiss Re.

Europe is also an important market for U.S. goods. Companies in the Standard & Poor's 500 stock index earn about 20 percent of their profits in Europe, according to Bank of America.

Investors have turned their attention this week to a string of data that shows the economy is much weaker than they thought, said Tom Porcelli, an economist at RBC Capital Markets.

"The recovery is going to be long and drawn out and is going to be more painful than many people appreciated," he said.



Mr. & Mrs. Willman

Ron and Lois Willman of Yankton, SD will celebrate their 50th wedding anniversary on August 12, 2011.

Their family requests a card shower. Cards may be sent to 703 Pine St., Yankton, SD 57078.

Lois Jerke and Ron Willman were married Aug. 12, 1961, in Avon, SD.

They have two children: Jerry (Denise) Willman, Yankton, and Rhonda (Mark) Hento, Menno, SD. They have five grandchildren.

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