

cessing instructions for a few foods. My canning bible is the Ball Blue Book Guide to Preserving. I purchased this book shortly after the canning lessons from my mother-in-law and it contains everything you need to know about canning, including instructions and recipes for several foods. Used and abused, several pages dog-eared, written on or stuck together, my book is the first place I go to when I get ready for canning season. Canning information is available everywhere on the internet; a couple of my favorite sources are the SDSU Extension site at <http://igrow.org/> and the United States Department of Agriculture (USDA) site at http://nchfp.uga.edu/publications/publications_usda.html.

Recipes

Following are a couple recipes to get you started. These recipes are taken from <http://igrow.org/>. It's time to get started, so get off your can and get on with the canning!

Peaches

Quantity & Quality Information

- * Quantity: 2 1/2 pounds per quart
- * Quality: Ripe, mature fruit best for eating or cooking should be used. Fresh peaches should be stored in the refrigerator (2-4 weeks) for best quality.

Canning Peaches - Procedure: Peaches should be dipped in boiling water until skins are loose (30-60 seconds). Quickly move peaches to cold water and remove skins. Slice the fruit in half and remove the pit. Placing the peeled peach in ascorbic acid will prevent darkening.

* Syrup for canning peaches should be no heavier than medium syrup at 30% sugar to water (see chart below). Water, apple juice or white grape juice may also be used.

| Syrup% | 9 Pints | | 7 Quarts | |
|---------------------|-------------|-------------|-------------|-------------|
| | Sugar (cup) | Water (cup) | Sugar (cup) | Water (cup) |
| 30% (Medium) | 2 ¼ | 5 ¼ | 3 ¾ | 8 ¼ |

* **Hot Pack:** Using a large saucepan put in peaches with desired liquid and bring to a boil. Fill jars leaving 1/2 inch headspace, wipe

lids, and process.

* **Raw Pack:** Fill jars with raw fruit add hot syrup or juice leaving 1/2 in headspace, wipe lids, and process.

Altitudes will change boiling times during the procedure.

Boiling Water Bath Canner

| Boiling Water Bath Center | | | | | |
|---------------------------|--------|------------|---------------|---------------|----------------|
| | | Altitude | | | |
| Pack Style | | 0-1000 Ft. | 1001-3000 Ft. | 3001-6000 Ft. | Above 6000 Ft. |
| Hot | Pints | 20 min. | 25 | 30 | 35 |
| | Quarts | 25 | 30 | 35 | 40 |
| Raw | Pints | 25 | 30 | 35 | 40 |
| | Quarts | 30 | 35 | 40 | 45 |

Dill Pickles

No matter what dill pickle recipe you use, it is recommended that you use fresh picked small pickling cucumbers. Try for no bigger than your thumb. Anything too much bigger gets made into relish or bread and butter pickles. It is also recommended canning these in pints. Quarts must be processed longer and may get mushy.

Ingredients

- * 8 lbs of 3-4 inch pickling cucumbers
- * 2 gals water
- * 1 1/4 cups canning or pickling salt
- * 1 1/2 qts vinegar (5 percent)
- * 1/4 cup sugar
- * 2 quarts water
- * 2 T whole mixed pickling spice
- * whole mustard seed (2 tsp to 1 tsp per pint jar)
- * fresh dill (1 1/2 heads per pint jar) or 4 1/2 T dill seed (1 1/2 tsp per pint jar)

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