

Home Canning and Preserving

for Beginners

More

Easy Recipes for Canning Fruits
and Vegetables

Louise Davidson

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and Preserving Recipes for
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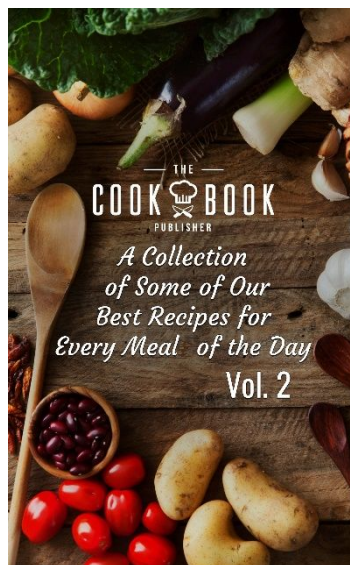
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INTRODUCTION

It's hard to imagine that anyone does any food preserving at home these days with all the various modern conveniences of processed and manufactured alternatives available. Manufacturing companies have taken over the job of making sure our foods last longer than they are naturally meant to last. This means, they use unnatural means to preserve our food items. These days, manufacturers have been coming up with cheaper ways to preserve foods, and these preservatives have, over the years, proven to be harmful to human health.

This is why canning and preserving foods at home has re-emerged as a trend. Many people still like pickling fruits and veggies that aren't in season to keep them all year or just to stock up on food because it's cheaper than store bought. It's safe, natural, and can easily be done at home and stored in your pantry for months or even years.

You may be looking for good recipes to try, or maybe just looking for information about how to start canning and preserving foods in your own home. This book will help you with both these queries and more!

So, what will you get from this book?

- A short history of food preservation
- Benefits of canning and preserving foods at home.
- Methods, techniques, safety measures, and tools for canning and preserving foods.

- What methods are the best to preserve food, pressure cooker or bath method.
- Pitfalls and tips to avoid any spoilage of foods.
- Altitude charts
- Lots of recipes you can try.

So let's get started!

If you already read my first book in this series, the introduction and the first part of the book detailing canning and preserving methods are the same; if you prefer, you can click [here](#) to go straight to the recipes

Louise

WHY CAN AND PRESERVE FOOD AT HOME

Food has been preserved long before World War I, when modern preserving methods and fridges weren't available. Cavemen, some 10,000 years ago, were used to freezing and drying animal meat so that they didn't have to venture out into harsh weather in search of food. This was a really simple way of preserving food to eat later. They were used to just laying the meat on ice and leaving it to freeze for a small amount of time before they needed it. Similarly, men in warmer climates were used to drying foods in order to preserve them until they needed to eat them or when there were any food shortages.

The earliest form of fermentation is recorded in the year 10,000 B.C. The process of fermenting, drying, and freezing foods remains the most popular of methods to preserve food even now. During Roman times, the most popular methods of preserving was pickling. Food was preserved using vinegars or acids to oxidize bacteria present in food and turn it into acetic acid. This made sure that no illnesses occurred when the pickled food was consumed. Sugar and honey were also used in canning foods around these times.

As advancements in technology continued, curing meat with salt became the popular method to keep the meat fresh in the early 1800's. The use of canning was also in practice, but it wasn't as widespread then because the technology used then was a far cry from now, and the cans used then were heavy, corked, and sealed with lead, which is known to be hazardous to

human health. Not to mention that canned food was considered an expensive novelty for some people.

On the upside, the canning history didn't remain stagnant for long. In the late 1860's, a tin smith named John L. Mason invented glass jars with threaded necks and metal lids. This miracle Mason jar, allowed people all over America and Europe to engage in home canning and pickling, safely. They canned and preserved fruits, pickles, and even sauces. At the time, low acidic vegetables and meats were not in practice because it was considered too dangerous. In 1900's, before the advent of pressure canning, people used the "open kettle method" in which they poured boiling hot contents like jam or brine into jars to the point of overflowing. This was thought to kill bacteria inside the jar and the top where the lid went on. The lid would be kept in boiling water, ready to be popped on after the jar was full. This method made sure that no bacteria remained or got in between the lid and top of the jar. Even with the effectiveness of this method, it still wasn't considered safe enough for low acidic foods or meats. Unlike the highly acidic foods or sweet preserves, these foods were capable of generating bacteria if not thoroughly heated through. By World War II, canning and pickling were both relatively widespread, and markets supplied all supplies, techniques, and equipment necessary for canning. As technology grew, family canning and pickling seemed to not be worth anyone's time anymore.

Nowadays, people can and preserve for various reasons. Even with all the industrial preserving methods at their all-time best, most of us like the idea of canning and preserving our own foods in the comfort of our homes.

- Industrial methods of preservation have grown unhealthier for our bodies in the long term and can cause many diseases with prolonged use.
- Many people have made a hobby out of canning and preserving and like to gift friends with their wonderful combinations as a rustic gift.
- It's much safer to can and preserve using new methods like pressure canning and water bath methods.
- Equipment and tools are easily available to preserve your own jams, sauces, dry spices, and other foods.
- Now you can preserve the vegetables and fruits that you love that aren't available all year around.
- This is an eco-friendly way of recycling. Mason jars are reusable, and by canning your own food you can help reduce industrial waste.
- You can preserve personal harvest using these methods and save the food for later or for gifting others.
- The quality and taste of your own pickled and canned foods is unparalleled and can't be compared to store bought canned items.

THE TWO METHODS FOR HOME CANNING

So, what does canning really mean?

For those of you who are venturing into this territory for the first time, this is a safe method of preserving food, if done right. This process involves heating food to a certain temperature, capable of killing microorganisms that spoil food, and placing the foods in jars or similar containers to store them. In this heat-driven process, the air is taken out of the jar slowly, and as it cools, a vacuum forms. The vacuum seal simply prevents any microorganisms from entering.

There are two safe methods of doing this: the water bath and the pressure canning.

The water bath method

This method involves heating food jars by keeping them in boiling water, at a temperature of (212°F at sea level) for a certain period of time.



This method is safer for jams, jellies, tomatoes, pickles, and fruits. Foods like tomatoes and figs have a PH level closer to 4.6 and will need added citric acid or even lemon juice while using the water bath method to stabilize PH levels because foods that have a higher PH level than 4.6 can be safely canned with the pressure canning method.

Equipment

For the water bath method, a large cooking pot is used. This has a tight fitting lid on the top, and a wire or wooden rack that keeps your jars from touching each other and possibly cracking and breaking. If you don't have a rack, you can even use some clean dish towels to wrap around your jars to keep them from bumping into each other and getting damaged.



If you can't find a large cooking pot, any large, metal container that can hold your jars along with 1-2 inches of water covering them, should be good enough. For proper heating of your jars, it's necessary that the diameter of your canner or pot be no more than four inches wider than your stove's burner.

Tips

- If you're using an electric range, your canner must have a flat bottom, otherwise your jars won't get proper heating.
- Do not use wash kettles that fit over two burners. This will not heat the jars in the middle.

- If you're using a solid grate with outdoor fire pits, then you need to ensure that water boils to the right temperature.

The pressure canning method

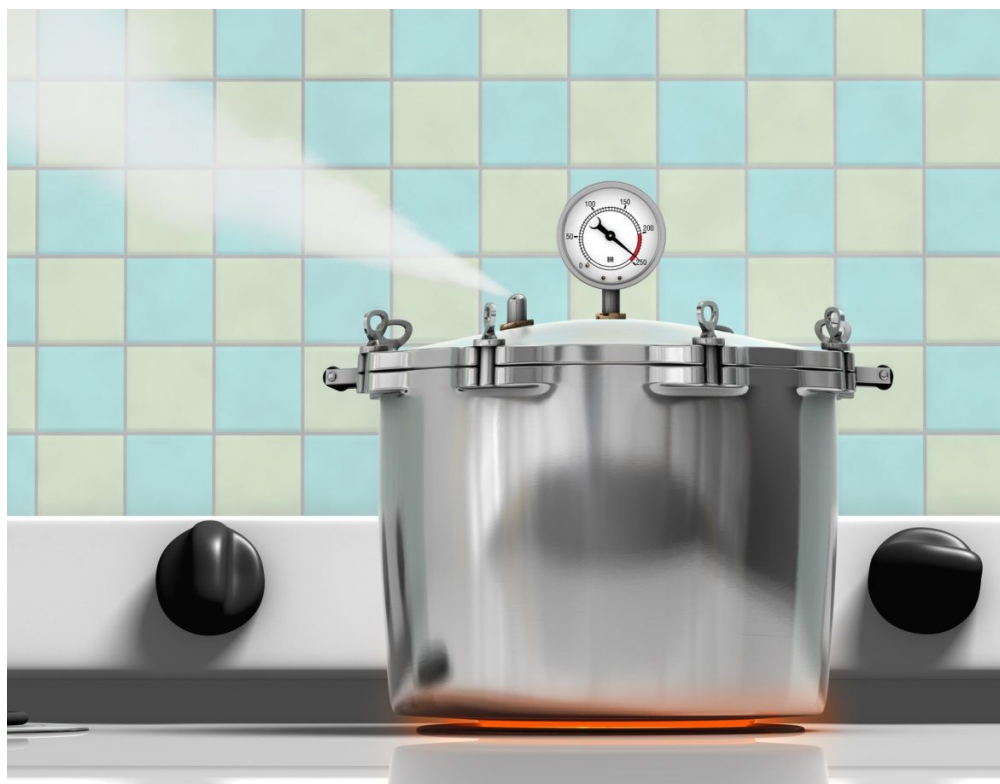
This method of canning is used for low-acidic foods such as most vegetables (beside tomatoes and pickled vegetables), poultry, fish and sea food, and dairy products. This method involves placing food jars in two to three inches of boiling water in a steam pressure cooker specifically designed for canning. The temperature in a pressure cooker canner reaches 240°F at sea level at a 10 pounds of pressure. The high temperature, above the boiling point of water, which is 212°F, is required to eliminate any chance of bacteria growth in your food. The specific temperature can only be reached through using the pressure cooking method. A major concern for food safety is to prevent and destroy heat-resistant bacteria growth, in particular, the *Clostridium botulinum* which can produce deadly toxins, which can grow really well in low acidic foods like meats and veggies.



Low acidic foods have a PH level of more than 4.6. Depending on the food and altitude, you're meant to cook the food jars for a specific period of time at the temperature of 240°F or above.

Equipment

For pressure canning, a specially made pot with a heavy lid should be used. The lid should be closed steam-tight. A weighted pressure gauge and a safety fuse are present on the lid to help the pressure build up. The pressure pot will also contain a rack for your jars, and it may or may not contain a gasket.



Pressure cookers for canning usually have a gauge to set per pound of pressure. There are two main types. First, there is the weighted gauge which has three levels of pounds of pressure of 5, 10 and 15 pounds (or 10, 15, 20). The dial gauge measures 0 to 20/25 pounds of pressure.

All pressure pounds must be adjusted according to the altitude of the area where you are canning your food. Please consult the chart at the end of this book to adjust to your particular altitude or just click [here](#).

Tips

- Read the instructions carefully before using it! Safety first.

Canning jars

Using commercial jars like mayonnaise jars or baby food jars is not recommended. Mason jars and Ball jars are specifically designed for home canning and preserving. The jars are the right sizes and are heavy enough to withstand heat and pressure. You can get half-pint, pint, quart, or even half-gallon sized jars. Quart and pint sized Ball jars are most commonly used though. If they are used properly and kept in good condition, they can be indefinitely reused.



The jar lids come with two-piece, self-sealing lid. This consists of a flat metal disc and a rubber sealing compound at one side around the outer edge and a screw type metal band as well for sealing. The metal band can be reused again and again if it doesn't rust, but the flat lid can be used only once.



Tips

- Don't use Atlas jars for preserving and canning.
- Don't use jars that have hairline cracks in hopes you can still salvage the jar.

Other canning utensils:

A jar funnel

This will help to pack and pour liquid or other small foods into jars without worry of spillage.



Flat, narrow, rubber spatula

You can use this to remove any trapped air bubbles before sealing your lids.



A lid wand

This is a magnetized wand that can be used to retrieve the treated lids from boiling water.



Jar lifter

This can be used to remove hot jars from boiling pots.



Clean cloths

You need these to take care of any spillage, wiping the jars and any general cleanup afterwards.

A clock timer

To make sure you're processing time is accurate.

Other utensils like knives, cutting boards, slicers, and peelers, are also used in the canning process to prepare foods for preserving.

Choosing the best quality produce for canning

Choosing good quality produce ensures that your preserved food lasts longer and tastes excellent every time you eat. These are some tips to

choose the best quality produce for best results.

- Fruits and vegetables should be firm and ripe. They should be free of brown spots and mold.
- Greens and leaves should not be discolored or wilted. Use the freshly harvested ones.
- In terms of beans or peas, use dry, mature seeds, and sort out all discolored seeds. Remove any insect-damaged seeds as well.
- With vegetables like carrots or potatoes, they are often just too fibrous. Use smaller carrots and potatoes instead.
- Use brightly colored veggies. They are fresh and give you good results.
- Don't use overripe fruit because their taste and quality as preserves will not improve.

Tips to avoid spoilage, and pitfalls to avoid

When you are completely new to the canning and pickling process, you may make some mistakes that will give you bad canning results. Not to worry! These tips will help you avoid those pitfalls.

- Start with something easy: If you're new to canning, then you need to choose foods which are easy to can to avoid complications in the

beginning. Once you've gotten the hang of it, you can progress to more complex ventures with canning and pickling. Try canning tomatoes, or making jam for an easy beginning exercise.

- Choose your food carefully: Make sure your food is free of discoloration and mold, and that produce is freshly harvested and ripe. This will make the canning results spectacular, and the food will last longer.
- Be sure of what canning method to use: Remember that not all foods use the same canning method. You decide which method to use depending on their acidic and pH levels.
- Read the recipe carefully: Get your hands on some current canning recipes. Read them carefully to be sure of the ingredients and that the amounts are correct and up-to-date. Canning recipes and techniques have altered over time, and the more current recipes give you better results.
- Prepare the food properly: If the recipes call for peeling, or cutting the foods, you should follow the recipe exactly and do just that. Remove any stems, pits, and any other parts that are inedible so as to not alter the taste.
- Wash your hands: Make sure that you wash your hands before you prepare the food for canning so that you can avoid any bacteria entering the food.

- **Sterilize your jars:** Before using the jars, make sure they are properly sterilized after the last usage. You can sterilize your jars by putting them in the dishwasher. Just run them through an entire cycle.
- **Leave headspace at the top:** When you place food in the jars, pack them tightly, and make sure you leave some space at the top. This can be anywhere from 3mm to 25mm depending on the type of food and what the recipe calls for.
- **Add preservatives at the beginning:** Before pouring the food into the jar, pour in the preservative, whichever one you may be using, like sugar, citric acid, or honey. You do this so that it mixes in when you pour in the food.
- **Air bubbles:** Remove any air bubbles at the top by using a flat spatula or a knife and leveling the food, making sure there are no spaces.
- **Residues and drips:** Wipe down any residues or drips, especially before you seal the jars.
- **Check the seal on jars:** Check the seals after several hours have passed to make sure the jar contents have pulled down the lids tightly. If you're able to press down the center of a lid, it means the jars haven't been sealed properly.
- **General tips:** When you've opened a jar, refrigerate it, and finish the contents quickly. Also, make labels for your jars, noting the

contents and the year. If you've kept many jars, it may be difficult to tell them apart and know what is what.

- Don't use butter or fat while canning unless specifically stated in a recipe, as they don't store that well and may result in food spoilage.
- Don't add thickeners like starches, flours, or even add barley, pasta, or rice to canned foods. After processing, such food can still be unsafe to store. Thickeners absorb liquid and slow down the way food is heated.
- To prevent fruit from darkening, use commercially processed ascorbic acid and sprinkle over fresh, ripe, prepared fruits before canning them. You can even put cut-up fruit in lemon juice. Just drain them before canning.
- Always go for small jars, unless specified otherwise. Larger than recommended jars can result in unsafe food.

FRUITS

For all the recipes, it is important that once you have removed carefully the canning jars from the water bath or the pressure canner, that you let the jars rest at room temperature on a kitchen towel for 12 to 24 hours before storing. They should have cooled down completely before putting away. Check the seal to make sure they are well secured, if not, keep the canned food in the refrigerator and use within 3-4 days. Store your jars in dark cool place up to 12 months.

Please remember that you need to adjust the cooking time according to the altitude where you are canning and preserving your food. All recipes have instructions for 1000 feet and less of altitude. Click [here](#) for the chart.

Blueberries

Makes 6 pints

You Will Need:

48 cups of blueberries

4 cups of sugar

1 pint of water

Directions

In a large pot, heat the water, blueberries, and sugar, and boil for 15 minutes.

Pour the blueberries into sterilized jars, leaving a $\frac{1}{4}$ inch head space. Clean the jar rims and place the lids on the jars. Process the blueberries for 10 minutes in a boiling water bath.

Cherries

Makes 6 pints

You Will Need:

24 cups of cherries, pitted or whole

6 cups of sugar

½ pint of water

Directions

Put the sugar and water in a large pot and cook until the sugar is dissolved. After it starts to boil, skim the foam off of the surface. Add the cherries to the sugar mixture and let them simmer for 10 minutes.

Pour the cherries into sterilized jars, leaving a ¼ inch head space. Clean the jar rims and place the lids on the jars. Process the cherries for 10 minutes in a boiling water bath.

Peaches

Makes 6 pints

You Will Need:

32 cups sliced peaches

4 cups sugar

12 cups water

Directions

Put the sugar and the water in a large pot and cook until the sugar is dissolved. After it starts to boil, skim the foam off of the surface. Pare the peaches, cut them in halves, and remove the seed. Add the peaches to the sugar mixture and let simmer for 10 minutes.

Pour the peaches into sterilized jars, leaving a $\frac{1}{4}$ inch head space. Clean the jar rims and place the lids on the jars. Process the peaches for 10 minutes in a boiling water bath.

Pears

Makes 6 pints

You Will Need:

32 cups sliced pears

4 cups sugar

12 cups water

Directions

Put the sugar and water in a large pot and cook until the sugar is dissolved. Bring it to a boil, and skim the foam off the surface. Wash and drain the pears and add to the sugar mixture. Let simmer for 10 minutes.

Pour the pears into sterilized jars, leaving a $\frac{1}{4}$ inch head space. Clean the jar rims and place the lids on the jars. Process for 10 minutes in a boiling water bath.

Crab Apples

Makes 6 pints

You Will Need:

24 cups of sliced crab apples

6 cups of sugar

8 cups of water

Directions

Put the sugar and water in a large pot and cook until the sugar is dissolved. After it starts to boil, skim the foam off the surface. Wash and drain the crab apples and add to the sugar mixture. Let the mixture cook for 20 minutes.

Pour the crab apples into sterilized jars, leaving a $\frac{1}{4}$ inch head space. Clean the rims and place the lids on the jars. Process for 10 minutes in a boiling water bath.

Plums

Makes 6 pints

You Will Need:

32 cups of plums

8 cups of sugar

1 pint of water

1 cinnamon stick

Directions

Put the sugar, cinnamon stick, and water in a large pot, bring to a boil, reduce heat to medium, and cook until the sugar is dissolved. Wash, peel and pit if desired, and drain the plums and add them to the sugar mixture. Let the plums cook for 5 minutes. Remove the cinnamon stick.

Pour the plums into sterilized jars, leaving a ½ inch head space. Clean the rims and place the lids on the jars. Process for 10 minutes in a boiling water bath.

Cinnamon Banana Butter

Makes 8 half-pints

You Will Need:

4 cups mashed bananas

1/3 cup fresh lemon juice

1 package fruit pectin

4 ½ cups sugar

3 teaspoons vanilla

½ teaspoon ground cinnamon

Directions

In a saucepan, mix the bananas, lemon juice and pectin until the pectin has dissolved. Bring this to a boil, stirring constantly. Stir in the sugar. Heat to a full rolling boil, stirring constantly; remove the pan from the heat and mix in the vanilla and the cinnamon.

Immediately ladle the jam into sterilized jars, leaving a ½ inch of headspace. Wipe rims of jars and attach the lids. Process in a boiling water bath for 10 minutes.

Apple Butter

Makes 5 half-pints

You Will Need:

½ bushel apples, peeled, cored, and sliced

2 cups sugar

1 ½ cups water

Directions

Place the apples in a large, heavy-bottomed pan. Add the water and cook on medium heat (with a lid) for 2 hours, or until the apples are soft and start to fall apart.

Add the sugar and stir. Continue to cook for another 30 minutes.

While the mixture is still hot, pour into hot, sterilized jars. Process in a boiling water bath for 10 minutes.

Apple Pie Filling

Makes 7 quarts

You Will Need:

7 quarts fresh apples, blanched and sliced

6 quarts granulated sugar

5 ½ cups fruit pectin

1 ½ cups cinnamon

1 tablespoon cold water

2 ½ cups apple juice

5 cups bottled lemon juice

¾ teaspoon nutmeg, optional

Directions

In a large pot, cook the apples in 6 cups of boiling water for 5 minutes and then drain.

In another pot, combine the sugar, fruit pectin, and cinnamon with the water and apple juice. Bring to a boil and add the nutmeg. When the mixture begins to thicken, add the lemon juice and cook for 1 minute.

Add the drained apples and pour the mixture into sterile jars, leaving a 1 inch head space. Remove any air bubbles and wipe the rims clean. Adjust the lids and process in a water bath for 25 minutes. Let the jars sit in the water for another ten minutes.

Blueberry Pie Filling

Makes 7 quarts

You Will Need:

6 quarts fresh blueberries

6 cups granulated sugar

2 1/2 cups Clear Jel

7 cups cold water

½ cup bottled lemon juice

Directions

Wash and drain the blueberries. In a large pot, bring the blueberries and enough water to completely cover them to a boil. Let the pot boil for 5 minutes and then drain.

In a large pot, combine the sugar, water, lemon juice, and fruit pectin and bring to a boil. Stir in the blueberries and remove from the heat. Pour the mixture into sterile jars, leaving a ½ inch head space. Wipe the rims clean and adjust the lids.

Process the jars in a water bath for 25 minutes. Let the jars sit in the water for an additional ten minutes.

Green Tomato Pie Filling

Makes 7 quarts

You Will Need:

4 quarts green tomatoes, chopped
3 quarts tart apples, peeled and chopped
1 pound dark seedless raisins
1 pound white raisins
¼ cup minced orange peel
2 cups water
2 ½ cups brown sugar
2 ½ cups white sugar
½ cup vinegar
1 cup bottled lemon juice
2 tablespoons ground cinnamon
1 teaspoon ground nutmeg
1 teaspoon ground cloves

Directions

In a large pot, combine all of the ingredients together. Cook on low heat, stirring, for 30 minutes.

Pour the mixture into sterile jars leaving a ½ inch head space. Wipe the jar rims clean and adjust the lids. Process in a water bath for 25 minutes.

VEGETABLES

For all the recipes, it is important that once you have removed carefully the canning jars from the water bath or the pressure canner, that you let the jars rest at room temperature on a kitchen towel for 12 to 24 hours before storing. They should have cooled down completely before putting away. Check the seal to make sure they are well secured, if not, keep the canned food in the refrigerator and use within 3-4 days. Store your jars in dark cool place up to 12 months.

Please remember that you need to adjust the cooking time according to the altitude where you are canning and preserving your food. All recipes have instructions for 1000 feet and less of altitude. Click [here](#) for the chart.

Asparagus - Spears

Makes 9 pints

You Will Need:

16 pounds asparagus spears

10 tablespoons salt

Boiling water

Directions

In a large pot, cover the asparagus with the boiling water and add the salt. Boil for 3 minutes. Fill sterilized jars loosely with the asparagus and liquid, leaving a 1 inch headspace.

Adjust the jar lids and process the jars for 30 minutes in a pressure canner at 10 pounds of pressure for a pressure canner with a weighted gauge or 11 pounds if the pressure canner has a dial gauge.

Lima Beans - Shelled

Makes 9 pints

You Will Need:

18 pounds lima beans, shelled

10 tablespoons salt

Boiling water

Directions

In a large pot, cover the beans with the boiling water and add the salt. Boil the beans for 10 minutes. Fill sterilized jars loosely with beans and liquid, leaving a 1 inch headspace.

Adjust the jar lids and process the jars for 40 minutes in a pressure canner at 10 pounds of pressure for a pressure canner with a weighted gauge or 11 pounds if the pressure canner has a dial gauge.

Corn - Whole Kernel

Makes 9 pints

You Will Need:

20 pounds corn, cut from cob

9 teaspoons salt

10 cups water

Directions

In a large pan, add the water, salt, and corn and bring to a boil. Let it boil for 5 minutes.

Fill sterilized jars with the corn and the liquid, leaving a 1 inch of head space. Adjust the jar lids and process the jars in a pressure canner for 55 minutes at 10 pounds of pressure for a pressure canner with a weighted gauge or 11 pounds if the pressure canner has a dial gauge.

White Potatoes - Cubed or Whole

Makes 9 pints

You Will Need:

13 pounds potatoes

4 tablespoons salt

Boiling water

Directions

Wash and peel the potatoes and place them in ascorbic acid solution, made up of 1 gallon of water with 1 cup of lemon juice to prevent them from darkening. If you do not want whole potatoes, cut into ½ inch cubes. Drain and cook 2 minutes in boiling salt water, and drain again.

For whole potatoes, boil in salt water for 10 minutes and drain. Fill sterilized jars with the potatoes. Cover the potatoes with fresh boiling water, leaving a 1 inch headspace.

Process in a pressure canner for 35 minutes at 10 pounds of pressure for a pressure canner with a weighted gauge or 11 pounds if the pressure canner has a dial gauge.

Stewed Tomatoes

Makes 6 pints

You Will Need:

4 quarts washed, cored and chopped tomatoes

½ cup chopped onions

½ cup chopped green peppers

4 teaspoons celery salt

4 teaspoons sugar

½ teaspoon salt

Directions

Place all of the ingredients in a large saucepan and bring to a boil. Let this mixture simmer 10 minutes, stirring occasionally.

Pack sterilized jars with the hot tomato mixture, leaving a ½ inch head space. Remove any air bubbles, clean the rims and adjust lids.

Process the jars for 15 minutes in a pressure canner at 10 pounds of pressure for a pressure canner with a weighted gauge or 11 pounds if the pressure canner has a dial gauge.

Tomatoes - Whole

Makes 7 quarts

You Will Need:

21 pounds whole tomatoes, skinned

4 tablespoons salt

$\frac{3}{4}$ cup lemon juice, optional

Boiling water

Directions

Place the tomatoes and the salt in a saucepan and cover with the water. Bring to a boil and cook for 5 minutes.

Pack sterilized jars with the tomatoes and the hot liquid, leaving a $\frac{1}{2}$ inch head space. Remove any air bubbles, clean the rim and adjust lids.

If omitting the lemon juice, process the jars for 45 minutes in a pressure canner at 10 pounds of pressure for a pressure canner with a weighted gauge or 11 pounds if the pressure canner has a dial gauge.

If using lemon juice, process the jars for 10 minutes in a boiling water bath..

Spiced Beets

Makes 2 half-pints

You Will Need:

¼ teaspoon salt

¾ teaspoon allspice

¾ teaspoon cloves

¼ stick cinnamon

¼ piece mace

1 ½ teaspoons celery seed

2 cups cider vinegar, 5% acidity

1 cup sugar

2 pints beets

Directions

Tie the salt and the spices in a thin cloth bag. Boil the vinegar, sugar, and spices for 15 minutes. Sterilize a quart jar for 15 minutes. Remove the jar from the water and pour in the vinegar mixture. Adjust the lid and set aside for 2 weeks.

Remove the spice bag. Cook fresh beets until tender but firm, and let cool. Peel the beets. Heat the vinegar and add ½ cup of the beet liquid. Add the beets and simmer for 15 minutes.

Pack into sterile jars, being sure the vinegar covers the beets. Remove air bubbles and adjust the lids. Process for 10 minutes in a boiling water bath.

Spicy Green Beans

Makes 2 half-pints

You Will Need:

¼ teaspoon salt
¾ teaspoon allspice
¾ teaspoon cloves
¼ stick cinnamon
¼ piece mace
1 ½ teaspoons celery seed
2 cups cider vinegar, 5% acidity
1 cup sugar
2 pints green beans

Directions

Tie the salt and the spices in thin cloth bag. Boil the vinegar, sugar, and spices for 15 minutes. Sterilize a quart jar for 15 minutes. Remove the jar from the water and pour in the vinegar mixture. Adjust the lid and set aside for 2 weeks.

Remove the spice bag. Cook fresh beans until tender but firm, and let cool. Heat the vinegar and add ½ cup of the bean liquid. Add the beans and simmer for 15 minutes.

Pack into sterile jars, being sure the vinegar covers the beans. Remove any air bubbles and adjust the jar lids. Process the jars for 10 minutes in a boiling water bath.

Spicy Carrots

Makes 2 half-pints

You Will Need:

¼ teaspoon salt

¾ teaspoon allspice

¾ teaspoon cloves

¼ stick cinnamon

¼ piece mace

1 ½ teaspoons celery seed

2 cups cider vinegar, 5% acidity

1 cup sugar

2 pints carrots

Directions

Tie the salt and the spices in thin cloth bag. Boil the vinegar, sugar, and spices for 15 minutes. Sterilize a quart jar for about 15 minutes in boiling water. Remove the jar from the water and pour in the vinegar mixture. Adjust the lid and set aside for 2 weeks.

Remove the spice bag. Cook fresh carrots until tender but firm, and let cool. Heat the vinegar and add ½ cup of the carrot liquid. Add the carrots and simmer for 15 minutes.

Pack into sterile jars, being sure the vinegar covers the carrots. Remove air bubbles and adjust the lids. Process 10 minutes in a boiling water bath.

Eggplant Appetizer

Makes 2 pints

You Will Need:

2 tablespoons olive oil
2 cloves garlic, minced
1 large eggplant, sliced and cut in small cubes
½ cup chopped green pepper
½ cup chopped onion
¼ cup diced parsley
1 tablespoon sugar
½ teaspoon crushed oregano
¼ teaspoon crushed basil
1 teaspoon kosher salt
Pinch of black pepper
1 cup canned tomato paste
¼ cup water
1 cup red wine vinegar
1 can mushroom stems and pieces

Directions

Heat the oil and the garlic in a large skillet. Add the eggplant, green pepper, onion, and parsley and toss together to mix. Cover and cook on low for 10 minutes.

In a medium skillet, stir together the sugar, oregano, basil, salt, and pepper. Add the tomato paste, water, and vinegar. Add the eggplant mixture to the skillet and stir in the remaining ingredients. Cover and let it cook gently until the eggplant is tender.

Pour this into sterile jars, remove the air bubbles and fill to a ½ inch headspace. Wipe the jar rims clean and adjust the lids. Process the jars in a water bath for 20 minutes.

SALSA

For all the recipes, it is important that once you have removed carefully the canning jars from the water bath or the pressure canner, that you let the jars rest at room temperature on a kitchen towel for 12 to 24 hours before storing. They should have cooled down completely before putting away. Check the seal to make sure they are well secured, if not, keep the canned food in the refrigerator and use within 3-4 days. Store your jars in dark cool place up to 12 months.

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Black Bean and Corn Salsa

Makes 12 pints

You Will Need:

1 pound dried black beans
8 cups corn
2 cups tomatoes, chopped
2 onions
6 bell peppers, chopped, seeds removed
3 hot peppers, chopped, seeds removed
2 tablespoons red pepper flakes
1 cup cilantro, chopped
1 tablespoon ground cumin
¼ cup lime juice

Directions

Soak the beans overnight in warm water. The next day, drain and rinse them.

Add the beans to a large pot filled with enough water to cover. Boil for 30 minutes while stirring frequently and then drain.

Place the beans back in the pot along with the corn, tomatoes, onions, peppers, red pepper flakes, cilantro, cumin, and lime juice. Add enough water until the water is one inch above the mixture.

Let the vegetables come to a boil while stirring frequently. Boil for 10 minutes. Pour the hot vegetables and beans into sterile jars. Add enough of the liquid to cover the vegetables leaving a 1 inch head space. Wipe the rims clean and adjust the lids. Process in a for 75 minutes in a pressure canner at 10 pounds of pressure for a pressure canner with a weighted gauge or 11 pounds if the pressure canner has a dial gauge.

Spicy Cranberry Salsa

Makes 6 pints

You Will Need:

6 cups chopped red onion
4 diced large Serrano peppers
1 ½ cups water
1 ½ cups cider vinegar
1 tablespoons canning salt
1 1/3 cups sugar
6 tablespoons clover honey
12 cups rinsed, fresh whole cranberries

Directions

In a large pot, combine all the ingredients together except the cranberries and bring to a boil. Let this boil for 5 minutes, then add the cranberries and simmer for 20 minutes more.

Pour this mixture into sterile jars, leaving a ¼ inch head space. Wipe the rims clean and adjust the lids. Process in a hot water bath for 10 minutes.

Mango Salsa

Makes 6 half-pints

You Will Need:

6 cups unripe mango, diced
1 ½ cups red bell pepper, diced
½ cup yellow onion, diced
½ teaspoons red pepper flakes, crushed
2 teaspoons garlic, diced
2 teaspoons fresh ginger, diced
1 cup light brown sugar
1 ¼ cups cider vinegar
½ cup water

Directions

Combine all of the ingredients in a large pot and bring to a boil. Reduce the heat and let the mixture simmer for at least 5 minutes.

Pour into sterile jars, leaving a ½ inch head space. Wipe the rims clean and adjust the lids. Process in a hot water bath for 10 minutes.

Peach Salsa

Makes 6 half-pints

You Will Need:

6 cups unripe yellow peaches, diced
1 ½ cups red bell pepper, diced
½ cup yellow onion, diced
½ teaspoons red pepper flakes, crushed
2 teaspoons garlic, diced
2 teaspoons fresh ginger, diced
1 cup light brown sugar
1 ¼ cups cider vinegar
½ cup water

Directions

Combine all the ingredients in a large pot and bring to a boil. Reduce the heat and let the mixture simmer for at least 5 minutes.

Pour into sterile jars, leaving a ½ inch head space. Wipe the rims clean and adjust the lids. Process in a hot water bath for 10 minutes.

Peach Apple Salsa

Makes 7 pints

You Will Need:

6 cups chopped Roma tomatoes, peeled
10 cups hard, unripe peaches, chopped
2 cups green bell peppers, chopped
2 cups Granny Smith apples, chopped
2 ½ cups yellow onions, diced
4 tablespoons mixed pickling spice
3 ¾ cups brown sugar
2 teaspoons crushed red pepper flakes
1 tablespoons salt
2 ¼ cups cider vinegar

Directions

Place the pickling spices on a clean square of cheesecloth and tie together with a string.

Combine the tomatoes, onions, and peppers in a large pot and bring to a boil. Reduce the heat and let the pot simmer for at least 5 minutes. Add the peaches and the apples and cook for 5 minutes. Add the spice bag, salt, red pepper flakes, brown sugar, and vinegar and simmer for 30 minutes.

Remove the spice bag from the mixture. Pour into sterile jars, leaving a 1 inch head space. Wipe the rims clean and adjust the lids. Process in a hot water bath for 10 minutes.

CHUTNEY

For all the recipes, it is important that once you have removed carefully the canning jars from the water bath or the pressure canner, that you let the jars rest at room temperature on a kitchen towel for 12 to 24 hours before storing. They should have cooled down completely before putting away. Check the seal to make sure they are well secured, if not, keep the canned food in the refrigerator and use within 3-4 days. Store your jars in dark cool place up to 12 months.

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Plum Tomato Chutney

Makes 6 half-pints

You Will Need:

4 tomatoes, chopped
6 plums, seeded and chopped
2 green chilies, chopped
4 tablespoons fresh ginger, grated
1 teaspoon lemon zest
Juice of 1 lemon
2 bay leaves
Pinch of salt
½ cup plus 2 tablespoons brown sugar
2 teaspoons vinegar
Pinch black pepper
4 teaspoons vegetable oil

Directions

Heat the oil in a deep saucepan. Add the bay leaves, ginger and green chilies, and stir. Add the tomatoes, plums. Add the salt, zest, lemon juice and vinegar. Stir in the sugar and pepper, cover, and cook for 3 minutes.

Spoon the chutney into sterilized jars, leaving a ½ inch headspace. Wipe the edge of the jar rim clean and add the lid. Process these in a boiling water bath for 10 minutes.

Curried Apple Chutney

Makes 10 pints

You Will Need:

2 quarts apples, peeled, cored and chopped
2 pounds raisins
4 cups brown sugar
1 cup onion, chopped
1 cup sweet pepper, chopped
3 tablespoons mustard seed
2 tablespoons ground ginger
2 teaspoons allspice
2 teaspoons curry powder
2 teaspoons salt
2 hot red peppers, chopped
1 clove garlic, minced
4 cups vinegar

Directions

In a large saucepan, mix all of the ingredients together. Bring to a boil and simmer for 1 hour.

Spoon the chutney into sterilized jars, leaving a ½ inch headspace. Wipe the jars' edge rim clean and add the lid. Process jars in a water bath for 10 minutes.

Fruit Chutney

Makes 6 half-pints

You Will Need:

1 tablespoon canola oil
4 cups onion, chopped
1 tablespoon garlic, minced
8 cups prepared fresh fruits, peeled including pears, peaches, tomatoes and apples
1 cup mixed dried fruits, chopped
1 cup granulated sugar
1 cup white vinegar
1 cup water
1 teaspoon crushed red pepper
1 teaspoon salt

Directions

In a large pan, heat the oil and cook the onion about 6 minutes. Add the garlic and stir for 30 seconds. Stir in the fresh fruit, dried fruit, sugar, vinegar, water, red pepper flakes, and salt. Bring this to a boil, stirring often, then reduce heat and simmer for 30 minutes.

Spoon the chutney into sterilized jars to within ½ inch of the rim. Wipe the rims clean and place the lids on each jar. Process the jars in a water bath for 15 minutes.

Green Tomato Chutney

Makes 3 pints

You Will Need:

2 ½ pounds firm green tomatoes, chopped

1 ¼ cups brown sugar, packed

1 cup red onion, chopped

1 cup golden raisins

1 cup cider vinegar

2 tablespoons candied ginger, minced

1 tablespoon mustard seeds

1 teaspoon chili pepper flakes

1 teaspoon fennel seeds

1 teaspoon of salt

½ teaspoon ground allspice

⅛ teaspoon ground cloves

1 cinnamon stick

Pinch of ground nutmeg

Directions

Place all of the ingredients in a 4 quart pot. Bring to a boil and then reduce to a simmer. Cover the pot and cook for 45 minutes.

Spoon the chutney into sterilized jars, filling them to ¼ inch from the rim. Wipe the rims clean and place lids on the jars. Process for 15 minutes in a boiling water bath.

Rhubarb Chutney

Makes 6 pints

You Will Need:

8 cups sliced rhubarb
6 cups sliced onion
2 cups raisins
7 cups light brown sugar
4 cups apple cider vinegar
2 tablespoons salt
2 teaspoons cinnamon
2 teaspoons ginger
1 teaspoon ground cloves
1/8 teaspoon cayenne pepper

Directions

Combine all the ingredients together in a large pot. Bring to a boil and let it simmer gently until the liquid is slightly thickened.

Pour into sterile jars and wipe the rims. Adjust the lids and process in a hot water bath for 10 minutes.

PICKLES

For the best results, use only the best and freshest pickling cucumbers you can find.

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Bread And Butter Pickles

Makes 7 pints

You Will Need:

4 quarts cucumbers, sliced
1 ½ cups onions, sliced
2 large garlic cloves
1/3 quart ice, crushed
4 ½ cups sugar
1 ½ teaspoons turmeric
1 ½ teaspoons celery seed
2 tablespoons mustard seed
3 cups white vinegar

Directions

In a large bowl, mix the cucumber slices, onions, and garlic. Stir in the ice and the salt and let it stand for 3 hours. Drain thoroughly and then remove the garlic cloves.

Combine the sugar, spices, and vinegar in a large pot and bring this mixture to a boil. Add the drained cucumbers and onion slices and cook for 5 minutes.

Pack the hot pickles loosely into sterilized pint jars and pour the liquid over them, to ½ inch of the top and adjust the jar lids. Process these in a boiling water bath for 5 minutes.

Hamburger Dill Chips

Makes 8 pints

You Will Need:

4 pounds cucumbers

4 ½ cups water

1 quart vinegar

6 tablespoons pickling salt

16 heads fresh dill

4 teaspoons mustard seeds

16 peppercorns

Directions

Wash the cucumbers and slice ⅛ inch off each end. Cut the cucumbers into ¼ inch-thick long slices.

In a large pot, combine the water, vinegar and salt in large saucepan and bring to boil.

Pack the cucumbers into sterile jars. Add 2 dill heads, ½ teaspoon mustard seeds and 2 peppercorns to each jar. Pour the boiling liquid over the cucumbers, filling to within ¼ inch from the top and adjust the lids. Process these in a boiling water bath for 15 minutes.

Sweet Dills

Makes 8 pints

You Will Need:

4 pounds cucumbers, cut into ¼ inch slices

6 cups vinegar

6 cups white sugar

6 tablespoons salt

1 ½ teaspoons celery seeds

1 ½ teaspoons mustard seeds

2 large onions, thinly sliced

16 heads fresh dill

Directions

In a large pot, combine the vinegar, sugar, salt, celery, and mustard seeds and bring to a boil.

Place 2 slices of onion and 1 dill head in the bottom of each sterile jar.

Pack the cucumber slices into the jars. Place 1 slice of onion and 1 head of dill on top. Pour the boiling liquid over the cucumbers, filling to within ¼ inch from the top and adjust the lids.

Process these in a boiling water bath for 15 minutes.

Sweet Pickle Sticks

Makes 6 pints

You Will Need:

6 pints cucumbers

Boiling water

3 $\frac{3}{4}$ cups white vinegar

4 cups sugar

3 tablespoons salt

4 teaspoons celery seed

$\frac{3}{4}$ teaspoon mustard seed

4 teaspoons turmeric

Directions

Wash and cut the cucumbers into sticks. Pour boiling water over the sticks and let them stand 12 to 14 hours. Drain the cucumbers and pack into sterile jars.

In a large pot, combine the vinegar, sugar, salt, celery seed, mustard seed, and turmeric and bring to a boil. Let the pot boil for 5 minutes.

Pour the boiling mixture over the cucumbers in the jars, leaving a $\frac{1}{2}$ inch headspace. Clean the jar rims and place the lids on. Process the jars for 5 minutes in a boiling water bath.

Crunchy Dill Pickles

Makes 7 pints

You Will Need:

8 pounds of 3-4 inch pickling cucumbers
2 gallons water
1 ¼ cups pickling salt
1 ½ quarts white vinegar
¼ cup sugar
2 quarts water and more for soaking
2 tablespoons whole mixed pickling spice
2 teaspoons whole mustard seed per pint jar
1 ½ teaspoons dill seed per pint jar

Directions

In a large bowl or stock pot, add ¾ cup of the salt to the water and soak the cucumbers in this mixture for 12 hours, and then drain. The water should cover the cucumbers.

Combine the vinegar, ½ cup of the salt, sugar, and 2 quarts of water in a large pot. Tie the pickling spices in a cheesecloth and add it to the brine. Bring this mixture to a boil.

Fill sterilized jars with the drained cucumbers. Add 1 teaspoon of the mustard seed and 1 teaspoon of the dill seed to each jar.

Pour the hot liquid into the jars, leaving a ½ inch head space. Clean the jar rims and add the lids to the jars. Process these in a boiling water bath for 20 minutes.

Dill Pickle Spears

Makes 7 pints

You Will Need:

2 gallons water

½ cup pickling salt

8 pounds pickling cucumbers, quartered lengthwise

½ cup mustard seeds

24 fresh dill sprigs

6 garlic cloves, halved

1 ½ quarts white vinegar

4 cups water

¼ cup sugar

2 tablespoons pickling spice

Directions

Combine the water and the salt in a large pot, stirring to dissolve the salt. Add the cucumbers and let it stand at room temperature for 12 hours.

Place 2 teaspoons of the mustard seeds, 2 of the dill sprigs, and 1 of the garlic clove halves in each sterilized jar. Drain the cucumbers and divide them among the jars.

Mix together the vinegar, 4 cups of water, the sugar, and the pickling spice in a large saucepan. Bring the pot to a boil and cook for 10 minutes. Pour the hot vinegar mixture into the jars, filling to ½ inch from top. Clean the jar rims and add the lids to the jars. Process these in a boiling water bath for 20 minutes.

PICKLED VEGETABLES

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Pickled Cauliflower

Makes 5 pints

You Will Need:

3 quarts cauliflower florets
2 cups onion, slices
1 cup red pepper, cut in strips
¼ cup salt
2 quarts ice cubes
2 cups sugar
1 tablespoon celery seed
1 quart white vinegar, 5% acidity
1 tablespoon mustard seed
1 teaspoon turmeric
1 hot red pepper

Directions

Combine the cauliflower, sliced onion, red pepper strips, and salt. Cover with ice and let stand 3 to 4 hours and then drain well.

Combine the remaining ingredients in a large pot and bring to a boil. Add the vegetables and boil 10 minutes. Remove the red pepper from the mixture.

Pack the vegetables into sterile jars. Cover with the boiling liquid, leaving a ½ inch head space.

Cut the hot red pepper into five pieces and add one piece to each jar. Adjust the lids and process 5 minutes in boiling water bath.

Pickled Pearl Onion

Makes 7 pints

You Will Need:

4 quarts tiny onions

Boiling water

1 cup salt

2 cups sugar

2 tablespoons prepared horseradish

3 to 4 tablespoons mustard seed

2 quarts white vinegar, 5% acidity

7 small bay leaves

7 small hot red peppers

Directions

Cover the onions with boiling water and let stand for 2 minutes. Drain and dip at once into cold water and peel. Sprinkle the onions with salt and add cold water to cover. Let stand at least 12 hours and drain.

Combine the sugar, mustard seed, horseradish, and vinegar in a pot and simmer 15 minutes.

Pack the onions into sterile jars, leaving a ½ inch head space. Add 1 bay leaf and 1 pepper to each jar. Pour the boiling vinegar mixture over the onions and adjust the lids. Process 10 minutes in boiling water bath.

Pickled Okra

Makes 6 pints

You Will Need:

3 pounds okra, whole
6 hot red or green peppers
6 garlic cloves
1 quart white vinegar
1 1/3 cups water
1 tablespoon mustard seed
½ cup salt

Directions

Rinse and pack the okra into sterile jars. Add a hot pepper and a garlic clove to each jar.

In a pot, combine the remaining ingredients and bring to a boil. Pour the boiling liquid over the okra, leaving a ½ inch head space.

Adjust the lids and process 10 minutes in boiling water bath

Bread And Butter Pickled Squash

Makes 8 pints

You Will Need:

1 gallon sliced squash
5 medium onions, diced
2 green bell peppers, diced
4 ½ cups sugar
½ cup salt
5 cups white vinegar, 5% acidity
1 teaspoon ground mustard
1 teaspoon celery seed
1 ½ teaspoons turmeric
20 whole cloves, in a spice bag

Directions

Cut the squash into ¼ inch slices and combine with the peppers and onions. Stir in ½ cup of the salt and let this sit for 3 hours and then drain.

In a pot, mix the vinegar with the sugar and spices and bring this to a boil. Remove the spice bag.

Pack the squash, peppers, and onions into sterile jars. Cover with the boiling vinegar solution and then adjust the lids. Process in boiling water bath for 10 minutes.

Pickled Dill Carrots

Makes 5 pints

You Will Need:

4 pounds of carrots, cut into even-sized sticks

5 teaspoons dill seeds

5 garlic cloves

6 cups water

2 ½ cups white vinegar

¼ cup pickling salt

Directions

In a large pot, combine the water, vinegar, and pickling salt, and bring to a boil. Keep this hot until needed.

In each sterile jar, place 1 teaspoon of the dill and 1 garlic clove. Fill tightly with the carrot sticks. Using a funnel, pour the brine over the carrots, leaving a ½ inch of head space.

Wipe the rims clean and adjust the lids. Process in a boiling water bath for 10 minutes.

Marinated Sweet Onion

Makes 4 pints

You Will Need:

2 pounds red onions, thinly sliced

2 cups apple cider vinegar

½ cup water

1 tablespoon salt

¾ cup sugar

1 teaspoon mustard seed

1 teaspoon peppercorns

1 teaspoon coriander seed

½ teaspoon celery

½ teaspoon caraway seed

2 whole cloves

1 bay leaf

Directions

In a large pot, combine the vinegar, water, salt, and sugar and bring to a boil. Divide the peppercorns, mustard, coriander, celery, and caraway seeds, the cloves, and bay leaves evenly between the sterile jars.

Pack the onion slices in the jars and pour the hot liquid over them. Wipe the rims clean and adjust the lids. Process in a boiling water bath for 10 minutes.

Pickled Asparagus

Makes 5 pints

You Will Need:

1 medium onion, thinly sliced
4 pounds fresh asparagus
1 pound of fresh fiddleheads, cleaned
8 cups white wine vinegar
3 cups water
5 tablespoons sugar
1 tablespoon mustard seeds
1 tablespoon coriander seeds
1 tablespoon dried chilies
1 tablespoon whole allspice
1 tablespoon peppercorns
3 teaspoons pickling salt

Directions

Place several slices of onion in the bottom of sterile jars. Trim the asparagus spears so they fit in the jars and pack them in with the cut end facing down.

Combine the remaining ingredients in a pan, and boil for 10 minutes. Pour into the jars, leaving a ½ inch head space, and adjust the lids. Process for 20 minutes in boiling water bath.

Pickled Dilled Green Beans

Makes 5 pints

You Will Need:

3 pounds fresh green beans
5 fresh red serrano chili peppers
3 cups white wine vinegar
1 tablespoon pickling salt
1 tablespoon sugar
3 tablespoons snipped fresh dill
½ teaspoon crushed red pepper flakes
6 cloves garlic, minced
5 small heads fresh dill (optional)

Directions

Place enough water to cover the beans in a large pot and bring to boil. Add the beans and the chili peppers and let boil, uncovered, for 5 minutes. Drain and pack the beans lengthwise into sterilized jars, leaving a ½ inch head space. Place one hot pepper into each jar and set aside.

In a large saucepan, combine 3 cups of water, vinegar, pickling salt, sugar, snipped dill, crushed red pepper, and garlic. Bring this to a boil and pour over the beans in the jars, leaving ½ inch head space.

Wipe the rims clean and adjust the lids. Process in a boiling water bath for 5 minutes.

Pickled Brussels Sprouts

Makes 5 pints

You Will Need:

2 pounds Brussels sprouts, trimmed and cut in half

5 cloves garlic, divided

1 ¼ teaspoons red pepper flakes

5 cups water

5 cups white vinegar

7 tablespoons pickling salt

Directions

Soak the Brussels sprouts in a large bowl filled with lightly salted water for about 15 minutes and then drain well. Distribute the Brussels sprouts evenly between the sterilized jars, filling to about ¾ inch from the top. Place 1 garlic clove and ¼ teaspoon of the red pepper flakes in each jar.

Bring the water, vinegar, and pickling salt to a boil in a large pot, and boil for 5 minutes. Pour this mixture into the jars, leaving a ¼ inch of head space. Wipe the jar rims and adjust the jar lids. Process the jars for 10 minutes in a boiling water bath.

RELISHES

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Sweet Pickle Relish

Makes 8 half-pints

You Will Need:

4 cups chopped cucumbers
2 cups chopped onions
1 cup green pepper
1 chopped sweet red pepper
¼ cup canning salt
3 ½ cups sugar
2 cups apple cider vinegar
1 tablespoon celery seed
1 tablespoon mustard seed

Directions

Mix together the cucumbers, onions, green and red peppers in a large bowl. Sprinkle with salt and cover with cold water. Leave sitting for 2 hours.

Drain the vegetables thoroughly. Combine the sugar, vinegar, celery seed and mustard seed in a large pot and bring to a boil. Add the drained vegetables and let the pot simmer for 10 minutes.

Pack the relish into sterilized jars, leaving a ¼ inch head space.

Process the jars for 10 minutes in boiling water bath canner.

Zucchini Relish

Makes 4 pints

You Will Need:

16 cups zucchini, shredded
2 cups onion, diced
5 tablespoons canning salt
2 ½ cups white vinegar
4 cups sugar
2 teaspoons celery seed
1 tablespoon dry mustard
1 tablespoon turmeric
1 tablespoon cornstarch
2 green peppers, diced

Directions

In large bowl, combine the zucchini, onion, and salt. Let this mixture sit in the refrigerator overnight, covered, and then drain.

In a large pot, mix the vinegar, sugar, celery seed, dry mustard, turmeric, cornstarch, and green peppers and bring to a boil. Add the zucchini mixture and simmer for 30 minutes.

Pour the mixture into sterile jars, clean the rims and adjust the lids. Process in a hot water bath for 10 minutes.

Hot Squash Relish

Makes 4 pints

You Will Need:

4 pounds squash, diced
2 cups green bell peppers, diced
1 large bunch celery, diced
1 cup onion, diced
4 cups white vinegar, 5% acidity
1 ½ cups sugar
2 tablespoon salt
2 teaspoons celery seed
4 hot peppers
2 tablespoons powdered mustard
1 teaspoon turmeric

Directions

Combine the peppers, celery, and onion with the vinegar, sugar, salt, celery seed, and hot peppers and boil 5 minutes. Add the squash, mustard, and turmeric and boil 5 minutes more.

Spoon this mixture into sterile jars, clean the rims and adjust the lids. Process 15 minutes in boiling water bath.

Pepper-Onion Relish

Makes 5 half-pints

You Will Need:

1 quart onions
1 pint sweet red peppers, diced
1 pint green peppers, diced
1 cup sugar
1 quart white vinegar, 5% acidity
4 teaspoons salt

Directions

Combine all of the ingredients together in a large pot and bring to a boil. Cook 45 minutes, stirring occasionally.

Pack the relish into sterile jars, leaving a ½ inch of head space and adjust the lids.

Process these in a boiling water bath for 5 minutes.

Hot Dog Relish

Makes 8 pints

You Will Need:

3 carrots, chopped
3 sweet red peppers, cored and seeded
2 quarts cucumbers, chopped
2 quarts green tomatoes, peeled
2 quarts onions, pared
½ cup salt
2 ½ tablespoons mixed pickling spices
1 ½ cups apple cider vinegar
3 cups sugar
⅓ teaspoon cayenne pepper

Directions

In a large bowl, combine the carrots, peppers, cucumbers, tomatoes, and onions. Sprinkle with salt and let stand overnight in the refrigerator, and then drain.

Place the vegetables in a large pot. Tie the spices in a clean square of cheesecloth and add to the vegetables. Simmer for 30 minutes, stirring frequently to prevent sticking. Remove the spice bag. Add the sugar, vinegar, and cayenne pepper and simmer 10 minutes.

Pour the relish into sterile jars, clean the rims, and adjust the lids. Process in a pressure canner for 40 minutes at 10 pounds of pressure for a pressure canner with a weighted gauge or 11 pounds if the pressure canner has a dial gauge.

Tomato Relish

Makes 5 pints

You Will Need:

10 pounds of tomatoes, peeled
3 onions
2 teaspoons mustard seeds
2 teaspoons celery seeds
4 ½ cups white vinegar
2 sweet peppers
2 ½ cups brown sugar
3 tablespoons salt
2 teaspoons ground ginger
2 teaspoons ground cinnamon
1 teaspoon ground cloves
1 teaspoon ground nutmeg

Directions

Put the tomatoes in a large pot. Add the mustard and celery seeds to a cheese cloth and tie the corners. Add this to the pot with the tomatoes. Add all the other ingredients, and cook for 1 hour. Remove the spice bag.

Spoon the relish into sterile jars, leaving a ½ inch of head space, and adjust the lids. Process in a boiling water bath for 20 minutes.

Corn Relish

Makes 10 half-pints

You Will Need:

8 cups fresh corn
2 cups water
3 cups celery, chopped
1 ½ cups sweet red pepper, chopped
1 ½ cups green pepper, chopped
1 cup chopped onion
2 ½ cups white vinegar
1 ¾ cups sugar
4 teaspoons dry mustard
2 teaspoons pickling salt
2 teaspoons celery seeds
1 teaspoon ground turmeric

Directions

In a large pot, combine the corn and water and bring to a boil. Reduce the heat and let the corn simmer, covered, for at least 5 minutes and then drain.

In the same pot, mix together the cooked corn, the celery, red and green pepper, and onion. Stir in the vinegar, sugar, mustard, pickling salt, celery seeds, and turmeric and bring to a boil. Reduce the heat and let it continue to simmer, uncovered, for at least 25 minutes, stirring occasionally.

Pour the relish into sterile jars, leaving a ½ inch headspace. Wipe the jar rims and adjust the lids. Process in a boiling water bath for 15 minutes.

Cumin-Poblano Corn Relish

Makes 10 half-pints

You Will Need:

8 cups fresh corn
2 cups water
3 cups celery, chopped
1 ½ cups poblano peppers, chopped
1 ½ cups green sweet pepper, chopped
1 cup chopped onion
2 cups white vinegar
½ cup lime juice
1 ¾ cups sugar
4 teaspoons dry mustard
2 teaspoons pickling salt
1 tablespoon ground cumin

Directions

In a large pot, combine the corn and water and bring the pot to a boil. Reduce the heat and let the corn simmer, covered, for at least 5 minutes and then drain.

In the same pot, add chopped celery, sweet peppers, and onion. Stir in the vinegar, lime juice, sugar, mustard, pickling salt, and cumin, and bring to a boil. Reduce the heat and let it continue to simmer, uncovered, for at least 25 minutes, stirring occasionally.

Pour the relish into sterile jars, leaving a ½ inch headspace. Wipe the jar rims and adjust the lids. Process in a boiling water bath for 15 minutes.

Corn Olive Relish

Makes 10 half-pints

You Will Need:

8 cups fresh corn
2 cups water
3 cups celery, chopped
1 cup pitted green olives, chopped
1 cup pitted black olives, chopped
1 ½ cups red sweet pepper, chopped
1 ½ cups green sweet pepper, chopped
1 cup onion, chopped
2 ½ cups white vinegar
1 ¾ cups sugar
4 teaspoons dry mustard
2 teaspoons pickling salt
2 teaspoons celery seeds
1 teaspoon ground turmeric

Directions

In a large pot, combine the corn and water, and bring the pot to a boil. Reduce the heat and let the corn simmer, covered, for at least 5 minutes and then drain.

In the same pot, mix together the cooked corn, celery, green olives, black olives, red pepper, green pepper, and onion. Stir in vinegar, sugar, mustard, pickling salt, celery seeds, and turmeric, and bring to a boil. Reduce the heat and let it continue to simmer, uncovered, for at least 25 minutes, stirring occasionally.

Pour the relish into sterile jars, leaving a ½ inch headspace. Wipe the jar rims and adjust the lids. Process in a boiling water bath for 15 minutes.

SAUCES

For all the recipes, it is important that once you have removed carefully the canning jars from the water bath or the pressure canner, that you let the jars rest at room temperature on a kitchen towel for 12 to 24 hours before storing. They should have cooled down completely before putting away. Check the seal to make sure they are well secured, if not, keep the canned food in the refrigerator and use within 3-4 days. Store your jars in dark cool place up to 12 months.

Please remember that you need to adjust the cooking time according to the altitude where you are canning and preserving your food. All recipes have instructions for 1000 feet and less of altitude. Click [here](#) for the chart.

Cranberry Ketchup

Makes 8 half-pints

You Will Need:

11 cups cranberries (fresh or frozen)
2 cups onions, chopped
5 cloves garlic, diced
1 ½ cups water
3 cups lightly packed brown sugar
1 cup vinegar
2 teaspoons dry mustard
1 teaspoon ground cloves
1 teaspoon salt
1 teaspoon freshly ground black pepper
½ teaspoon ground allspice
½ teaspoon cayenne pepper

Directions

Combine the cranberries, onions, garlic and water in a large pot. Bring this mixture to a boil, stirring constantly. Reduce the heat and let simmer for 10 minutes, until the cranberries pop and become soft.

Place the mixture in a blender and pulse until smooth, then pour it back into the saucepan. Add the brown sugar, vinegar, mustard, cloves, salt, black pepper, allspice and cayenne. Bring to boil, stirring frequently for 30 minutes.

Pour the mixture into sterile jars, leaving a ½ inch head space. Wipe the jar rims clean and adjust the lids. Process in a boiling water bath for 15 minutes.

Taco Sauce

Makes 6 half-pints

You Will Need:

5 cups water

3 cups tomato paste

1 cup apple cider vinegar

½ cup corn syrup

2 tablespoons chili powder

1 tablespoon salt

1 teaspoon cayenne pepper

½ teaspoon hot pepper sauce

Directions

Combine the water, tomato paste, vinegar, corn syrup, chili powder, salt, cayenne pepper, and hot pepper sauce in a large pan. Bring the pan to a boil, stirring frequently. Reduce the heat and let this simmer for 30 minutes.

Pour the sauce into sterile jars, leaving a ½ inch head space. Wipe the jar rims and adjust the lids. Process in a boiling water bath for 30 minutes.

Mild Chili Sauce

Makes 2 pints

You Will Need:

12 red peeled tomatoes
6 medium onions, chopped
6 green peppers, chopped
3 red sweet peppers, chopped
1 teaspoon whole allspice
1 stick cinnamon
1 teaspoon whole cloves
1 cup sugar
1 tablespoon salt
1 pint apple cider vinegar
½ cup water

Directions

Tie the cinnamon, cloves, and allspice into a square of doubled cheesecloth, making a spice bag. Put it in a large pot with the tomatoes, onions, peppers, and water. Simmer for 30 minutes. Remove the spice bag and add the salt, vinegar, and sugar, and boil rapidly for 5 minutes.

Pour the sauce into sterile jars, leaving a ½ inch head space. Wipe the jar rims and adjust the lids. Process in a boiling water bath for 15 minutes.

Tomato Ketchup

Makes 2 pints

You Will Need:

2 ½ quarts ripe tomatoes
3-inch piece stick cinnamon
2 teaspoons mustard seed
1 teaspoon whole cloves
1 large garlic clove, chopped
3 teaspoons celery seed
¾ cup onion, diced
1 cup apple cider vinegar
1 ¼ teaspoons salt
½ cup sugar
1/8 teaspoon cayenne pepper
1 teaspoon paprika

Directions

In a large pot, simmer the tomatoes for 20 minutes and press through a fine sieve to remove seeds. Bring the pulp to a boil and continue boiling until it is reduced by about half.

Place the cinnamon stick, mustard seed, celery seed, onion, garlic, and the whole cloves on a thin, clean white cloth and tie to make a spice bag. Add the spice bag to the boiling pulp and let it simmer for 30 minutes. Remove the spice bag.

Add the vinegar, sugar, salt, paprika, and cayenne pepper to the tomato mixture. Boil rapidly, stirring constantly, for 5 minutes.

Pour into sterile jars, leaving a 1 inch head space. Adjust the lids and process in pressure canner for 10 minutes at 10 pounds of pressure for a pressure canner with a weighted gauge or 11 pounds if the pressure canner has a dial gauge.

Roasted Garlic Pasta Sauce

Makes 6 pints

You Will Need:

6 cloves garlic, roasted and chopped
3 tablespoons olive oil
4 roasted green sweet peppers, halved lengthwise and seeded
2 tablespoons kosher salt
3 tablespoons packed brown sugar
12 pounds ripe tomatoes, peeled
1 tablespoon balsamic vinegar
2 cups lightly packed fresh basil leaves, snipped
1 teaspoon freshly ground black pepper
6 tablespoons lemon juice
1 cup assorted fresh herbs, such as oregano, thyme, parsley, basil, snipped

Directions

In a large pot, mix the garlic, tomatoes, brown sugar, salt, vinegar, and pepper, and boil for 50 minutes. Add the peppers and boil for 10 minutes. Remove from the heat and stir in the basil and the assorted herbs.

Spoon 1 tablespoon of the lemon juice into each of the sterile jars. Pour the sauce into jars with the lemon juice, leaving a ½ inch head space. Wipe the jar rims clean and adjust the lids.

Process these in a boiling water bath for 35 minutes.

JAMS AND JELLIES

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Strawberry Jam

Makes 4 half-pints

You Will Need:

4 cups crushed strawberries

4 cups sugar

Directions

Place the crushed strawberries into a large pot. Add the sugar and let rest for 1 hour. Bring to a boil, stirring constantly, until the mixture thickens. Remove the pot from heat and skim.

Pour the mixture into sterile jars and adjust the lids. Process for 5 minutes in boiling water bath.

Blackberry Jam

Makes 4 half-pints

You Will Need:

4 cups crushed blackberries

4 cups sugar

Directions

Place the crushed blackberries into a large stock pot. Add the sugar and let rest for 1 hour. Bring to a boil over medium-high heat, stirring constantly, until the mixture thickens. Remove the pot from heat and skim.

Pour the mixture into sterile jars and adjust the lids. Process for 5 minutes in boiling water bath.

Peach Jam

Makes 8 half-pints

You Will Need:

4 ¼ cups crushed peaches

¼ cup lemon juice

7 cups sugar

½ bottle liquid pectin (1.5 oz.)

Directions

Place the crushed peaches in a large pot. Add the sugar and the lemon juice and bring to a boil, stirring constantly, for 1 minute. Remove the pot from heat and stir in the pectin.

Pour the mixture into sterile jars and adjust the lids. Process for 5 minutes in boiling water bath.

Strawberry Preserves

Makes 4 half-pints

You Will Need:

2 pounds fresh strawberries, hulled

5 cups white sugar

2 tablespoons vinegar

1 pinch salt

Directions

In a large stockpot, combine the strawberries, sugar, vinegar and salt. Bring this to a rolling boil, and cook stirring frequently for 15 minutes.

Pour the mixture into sterile jars, leaving a ½ inch headspace, and seal. Process the jars for 10 minutes in a boiling water bath.

Pear Preserves

Makes 5 half-pints

You Will Need:

1 ½ cups sugar
3 cups water
3 pounds medium pears, diced
1 ½ cups sugar
1 lemon thinly sliced

Directions

In a large pot, add the sugar and the water, and bring to a boil. Add the diced pears and let them boil for 15 minutes. Add the remaining sugar and lemon and cook for 25 minutes. Remove the pears from the heat and skim.

Pack the pears into sterile jars, leaving a ¼ inch head space. Pour the hot syrup over the pears and adjust the jar lids. Process these in a boiling water bath for 5 minutes.

Fig Preserves

Makes 5 pints

You Will Need:

6 quarts figs, peeled
8 cups sugar
3 thinly sliced lemons
3 quarts water

Directions

In a large pot, mix the sugar and the water and boil until the sugar is dissolved. Add the lemon slices and boil rapidly for 10 minutes. Add the figs and cook until clear. Remove from the heat and let them sit to plump up, about 30-40 minutes.

Pack the figs into sterile jars and pour the hot syrup over them. Adjust the jars' lids. Process these in a boiling water bath for 5 minutes.

Tutti Fruitti Jam

Makes 6 half-pints

You Will Need:

3 cups chopped pears
1 large orange, peeled and chopped
 $\frac{3}{4}$ cup drained crushed pineapple
 $\frac{1}{4}$ cup chopped maraschino cherries
 $\frac{1}{4}$ cup lemon juice
1 package powdered pectin
5 cups sugar

Directions

In a large pot, mix together the pears, orange, pineapple, cherries, and lemon juice. Stir in the pectin. Stirring the pot constantly, bring it to a full boil with bubbles over the entire surface.

Add the sugar, continue stirring, and boil hard for 1 minute. Remove from the heat and skim the foam off the top.

Pour into sterile jars, leaving a $\frac{1}{4}$ inch head space. Wipe the jar rims clean and adjust the lids. Process 5 minutes in boiling water bath.

Brandied Cranberry Orange Marmalade

Makes 6 half-pints

You Will Need:

3 medium oranges
1 ½ cups water
1/8 teaspoon baking soda
2 cups fresh cranberries
4-inch stick cinnamon
4 cups sugar
3 oz. liquid fruit pectin
2 tablespoons brandy

Directions

Cut the peel off the oranges lengthwise into quarter sections, cutting through the peel to the surface of the fruit. Pry back the quartered peels with a spoon and scrape off the bitter white portions inside the peel and discard.

In a medium saucepan, bring the peels, baking soda, and water to a boil. Reduce the heat and simmer, covered, for 20 minutes. Do not drain. Section the oranges, reserving the juices. Add the orange sections, juice, cranberries, and cinnamon to the peels in the saucepan and return to a boil. Cover and simmer for 10 minutes. Carefully remove the stick of cinnamon and discard.

In a large pot, combine the fruit mixture and the sugar. Bring to a full rolling boil, stirring constantly. Quickly stir in the pectin and continue to boil for 1 minute, stirring constantly. Remove from the heat and skim off the foam. Stir in the brandy.

Pour into sterile jars, leaving a ¼ inch headspace. Wipe the jar rims clean and adjust the lids. Process these in a boiling water bath for 5 minutes.

Dried Fig Jam

Makes 4 pints

You Will Need:

28 ounces dried figs

5 cups water

½ cup fresh lemon juice

3 cups sugar

Juice from 1 lemon

1 tablespoon rum

1 teaspoon cardamom seeds

Directions

Place the figs and water in a large pot and bring to a boil. Remove the pot from the heat and let sit for 1 hour to plump the figs. Remove the figs from the dark water with a slotted spoon and reserve the water. Chop the figs coarsely in a food processor.

Add the lemon juice and sugar to the fig water and bring to a boil. Reduce the heat and let simmer for at least 5 minutes. Tie up the seeds in a cheesecloth bundle and drop into the fig water.

Drop the chopped figs into the fig water and bring to a boil. Let simmer for 15 minutes and then remove from the heat. Remove the cheesecloth bag and stir in the rum and cardamom.

Spoon the mixture into sterile jars, leaving a ¼ inch head space. Wipe the jar rims clean and adjust the lids. Process for 15 minutes in a boiling water bath.

SOUPS, STEWS AND CHILIS

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Homemade Vegetable Soup

Makes 7 quarts

You Will Need:

8 cups tomatoes, peeled, cored and chopped
4 cups green lima beans
6 cups carrots, in ¾" slices
2 cups onions, chopped
6 cups potatoes, peeled and cubed
4 cups uncooked corn kernels
2 cups celery, in 1" slices
6 cups water
Salt, optional
Pepper, optional

Directions

Combine all the vegetables together in a large pot. Add the water and bring to a boil. Reduce the heat and simmer 5 minutes. Season with some salt and pepper

Pour the soup into sterile jars, leaving a 1 inch headspace. Wipe the jar rims clean and adjust the lids.

Process the filled jars in a pressure canner for 55 minutes at 10 pounds of pressure for a pressure canner with a weighted gauge or 11 pounds if the pressure canner has a dial gauge.

Hearty Chili

Makes 6 pints

You Will Need:

4 pounds boneless beef chuck, cut into ½ inch cubes

¼ cup vegetable oil

3 cups onion, diced

2 cloves garlic, minced

5 tablespoons chili powder

2 teaspoons cumin seed

2 teaspoons salt

1 teaspoons oregano

½ teaspoon pepper

½ teaspoon coriander

½ teaspoon crushed red pepper

6 cups diced canned tomatoes and their juices

Directions

In a pot, add the oil and lightly brown the meat. Add the onions and garlic and cook for 5 minutes. Add the remaining spices and cook for 5 minutes. Stir in the tomatoes and bring to a boil. Reduce the heat and let this simmer for 45 minutes, stirring occasionally.

Pour the chili into sterile jars, leaving a 1 inch head space. Wipe the jar rims clean and adjust the tops. Process the filled jars in a pressure canner for 90 minutes at 10 pounds of pressure for a pressure canner with a weighted gauge or 11 pounds if the pressure canner has a dial gauge.

Classic Chicken Soup

Makes 8 pints

You Will Need:

16 cups chicken stock
3 cups cooked chicken, diced
1 ½ cups celery, diced
1 ½ cups carrots, sliced
1 cup onion, diced
Salt
Pepper
3 chicken bouillon cubes

Directions

Combine the chicken stock, chicken, celery, carrots and onion in a large pot. Bring the mixture to a boil. Reduce the heat and simmer for 30 minutes. Add the bouillon cubes and cook until the bouillon cubes are dissolved. Season the mixture with the salt and pepper to taste.

Pour the soup into sterile jars, leaving a 1 inch head space. Wipe the jar rims clean and adjust the lids. Process the filled jars in a pressure canner for 90 minutes at 10 pounds of pressure for a pressure canner with a weighted gauge or 11 pounds if the pressure canner has a dial gauge.

Black Bean Soup

Makes 6 pints

You Will Need:

1 pound bag of dried black beans
2 onions, one halved and one finely diced
4 carrots, diced
4 cloves garlic, minced
1 poblano pepper, seeded and diced
2 ½ quarts of chicken stock
2 cups ham, diced
2 teaspoons ground cumin
3 teaspoons kosher salt
1 ½ teaspoons fresh ground black pepper
½ teaspoons cayenne pepper
2 teaspoons Mexican oregano

Directions

Place the beans in a large pot and cover with enough cold water to cover the beans by 3 inches. Add the onion that is cut in half and bring to a boil. Reduce the heat and let this simmer for 30 minutes.

In another pot, add the chicken stock, spices, and vegetables and let it simmer for at least 5 minutes. Strain the beans and discard the liquid and the onion. Strain vegetables out of the stock, reserving both.

In sterile jars, fill the jars ¾ full with the beans, the vegetables, the ham, and the stock, leaving a 1 inch head space. Wipe the rims clean and adjust the lids. Process in a pressure canner for 75 minutes at 10 pounds of pressure for a pressure canner with a weighted gauge or 11 pounds if the pressure canner has a dial gauge.

Beef Stew with Vegetables

Makes 6 pints

You Will Need:

5 pounds stewing beef, cut into 1 ½ inch cubes
1 tablespoons vegetable oil
12 cups potatoes, peeled and cubed
3 cups celery, chopped
8 cups carrots, peeled and sliced
3 cups onions, chopped
4 ½ teaspoons salt
1 teaspoon dried thyme
½ teaspoon freshly ground black pepper
Boiling water

Directions

In a large non-stick skillet, heat the oil and brown the beef. Place the browned beef in a large saucepan and add the potatoes, celery, onions, carrots, salt, thyme, pepper, and boiling water to cover the ingredients. Simmer, stirring frequently, for 15 minutes.

Pour the stew into sterile jars, leaving a 1 inch head space. Wipe the rims clean and adjust the lids. Process in a pressure canner for 75 minutes at 10 pounds of pressure for a pressure canner with a weighted gauge or 11 pounds if the pressure canner has a dial gauge.

Chili Con Carne

Makes 9 pints

You Will Need:

3 cups dried red kidney beans
5 ½ cups water
5 teaspoons salt, divided
3 pounds ground beef
1 ½ cups onions, chopped
1 cup red bell peppers, chopped
1 teaspoons black pepper
4 tablespoons chili powder
2 quarts crushed tomatoes

Directions

In a large pot, combine the beans with the water and salt. Bring the pot to a boil, reduce the heat, and cook for 30 minutes and then drain.

In a large skillet, lightly brown the ground beef, along with the onions and peppers and drain. Pour into a large pot and add some salt, pepper, chili powder, tomatoes, and beans. Let this mixture simmer for at least 5 minutes.

Pour the chili into sterile jars, leaving a 1 inch head space. Wipe the jar rims clean and adjust the lids. Process the jars in a pressure canner for 75 minutes at 10 pounds of pressure for a pressure canner with a weighted gauge or 11 pounds if the pressure canner has a dial gauge.

CONCLUSION

I would like to thank you for taking the time out to download and read this book. I hope that you found recipes that you liked, and that you will have a lot of fun trying out each and every one of them. Don't be afraid to change some of the ingredients around and make your own recipes. It may turn out to be better than any other!

Canning and preserving are somewhat of an exact science. Follow the recipes exactly, and you will be fine. The pointers and tips in this book were meant to help you become more of a pro with canning food. I hope you will soon be comfortable and capable with the basic process of canning. You'll even be creating concoctions of your own!

Canning and pickling is quite a fruitful hobby, and a great way to store food in your pantry. You are not only harboring an eco-friendly hobby, but avoiding processed food alternatives, which have been preserved with extra chemicals and unnatural means to begin with. Use the recipes in this book to make more healthy food for your family, and to get started on your canning journey.

Good luck!

Just a quick reminder to download your two FREE cookbooks. I hope you enjoy them. To get your free bonus cookbooks, **just click [here](#)**



REVIEW

Thank you so much for purchasing and reading More Home Canning and Preserving for Beginners.

I hope you enjoyed it. As a self-published author, I always like to know what the readers think. If you have time and would like to leave a review for my book, just click on the Amazon logo.

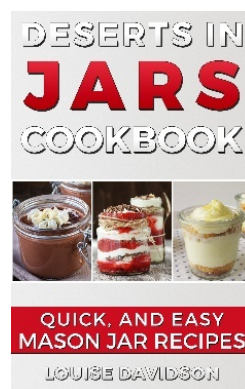
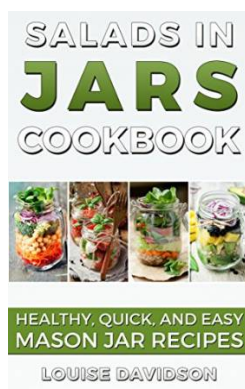
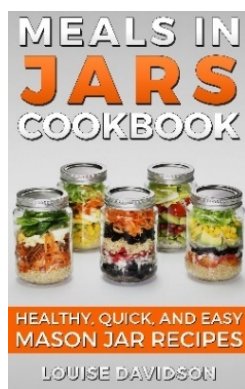
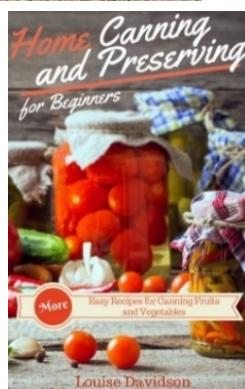
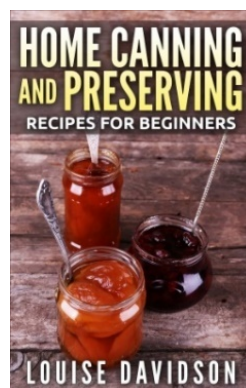
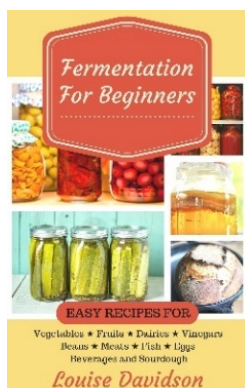


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More Books by Louise Davidson

Here are some of Louise Davidson's other cookbooks. You can click on the covers to take a look at any of them.

You can also visit her author's page [here](#).



GIFTS IN JARS



QUICK, AND EASY
MASON JARS EDIBLE GIFTS RECIPES

LOUISE DAVIDSON

BREAKFASTS IN JARS COOKBOOK



HEALTHY, QUICK, AND EASY
MASON JAR RECIPES

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ALTITUDE CHART

Higher altitudes can affect your canning and preserving processes. You can use these helpful charts to make the required adjustments.

For water bath processing

Preserving at an higher altitude than 1,000 feet above sea level, adjust water bath processing time as indicated.

Altitude Feet	Increase processing time by:
1,001 – 3,000	5 minutes
3,001 – 6,000	10 minutes
6,001 – 8,000	15 minutes
8,001 – 10,000	20 minutes

For pressure canning process

Preserving at an higher altitude than 1,000 feet above sea level, adjust pressure pounds as indicated

Altitude Feet	Weighted gauge	Dial Gauge
0 – 1,000	10	11
1,001 – 2,000	15	11
2,001 – 4,000	15	12
4,001 – 6,000	15	13
6,001 – 8,000	15	14
8,001 – 10,000	15	15

Using Google earth, I was able to find out the exact elevation of my location. To see mine and find out yours you can use Google Earth or you can click the following link: <http://www.whatismyelevation.com>. For me, my elevation is only 810 feet.

Most Useful Volume Measurements for Canning

1 gallon = 4 quarts = 8 pints = 16 cups

½ gallon = 2 quarts = 4 pints = 8 cups

1 quart = 2 pints = 4 cups = 32 oz.

1 pint = 2 cups = 16 oz. = 32 Tbsp

½ pint = 1 cup = 8 oz. = 16 Tbsp

Cooking Conversion Charts

1. Measuring Equivalent Chart

Type	Imperial	Imperial	Metric
Weight	1 dry ounce		28g
	1 pound	16 dry ounces	0.45 kg
Volume	1 teaspoon		5 ml
	1 dessert spoon	2 teaspoons	10 ml
	1 tablespoon	3 teaspoons	15 ml
	1 Australian tablespoon	4 teaspoons	20 ml
	1 fluid ounce	2 tablespoons	30 ml
	1 cup	16 tablespoons	240 ml
	1 cup	8 fluid ounces	240 ml
	1 pint	2 cups	470 ml
1 quart	2 pints	0.95 l	
1 gallon	4 quarts	3.8 l	
Length	1 inch		2.54 cm

* Numbers are rounded to the closest equivalent