

2008 Cache County Food Processing Times Boiling Water Bath

<i>Product</i>	<i>Style of pack</i>	<i>Pints</i>	<i>Quarts</i>
Fruit			
Applesauce	Hot	20 minutes	30 minutes
Pears	Hot	30 minutes	35 minutes
Apricots	Hot	30 minutes	35 minutes
	Raw	35 minutes	40 minutes
Cherries	Hot	20 minutes	30 minutes
	Raw	35 minutes	35 minutes
Apple & Grape Juices	Hot	10 minutes	10 minutes
Peaches	Hot	30 minutes	35 minutes
	Raw	35 minutes	40 minutes
Berries	Hot	20 minutes	20 minutes
	Raw	20 minutes	30 minutes
Pickles			
Dill Pickles	Raw	15 minutes	20 minutes
Dilled Beans	Raw	10 minutes	Not Recommended
Pickles Beets	Hot	40 minutes	40 minutes
Bread & Butter Pickles	Hot	15 minutes	15 minutes
Jams, Jellies, & Spreads			
		<i>Half Pints</i>	<i>Pints</i>
Jams & Jellies	Hot	10 minutes	25 minutes
Spreads	Hot	20 minutes	30 minutes

Pressure Canner

Process everything at 13 pounds in Cache County- if your gauge is correct.

Have your gauge tested on "Free Fridays" before processing!

<i>Product</i>	<i>Style of Pack</i>	<i>Pints</i>	<i>Quarts</i>
Vegetables			
Carrots sliced or diced	Hot & Raw	25 minutes	30 minutes
Whole Corn	Hot & Raw	55 minutes	85 minutes
Mixed Vegetables	Hot & Raw	55 minutes	85 minutes
Green Beans	Hot & Raw	20 minutes	25 minutes
Meat			
Chicken or Rabbit			
With Bone	Hot & Raw	65 minute	75 minutes
Without Bone	Hot & Raw	75 minutes	90 minutes
Chopped Beef, Venison, & Pork	Hot	75 minutes	90 minutes
Chile con Carne *	Hot	75 minutes	Not recommended

* Only if using an approved USDA recipe.

Ball 1-800 Number

Occasionally, you might have a food preservation/canning question during our after-office hours or on the weekend. Please feel free to contact the Ball canning company at 1-800-240-3340 with your food preservation questions or recipe requests. Be sure and request instructions for high altitude (4,000 feet) food preservation. The Ball company may also be contacted at <http://homecanning.com>

2008 Food Preservation Update: Thursday, August 14, 2008, 11 a.m. - 1 p.m. Cache County Administration Building Multipurpose Room, 179 N. Main, Logan. Cost: \$2.00 per person including a light lunch. Reservations: 752-6263.

2008 Processing Times for Canning Tomato Products

<i>Type of Product</i>	<i>Jars Size</i>	<i>Pack Style</i>	<i>Pressure Canner</i>	<i>Boiling Water Bath</i>
Crushed Tomatoes (No added Liquid)	Pint	Hot	15 minutes	45 minutes
	Quarts	Hot	15 minutes	55 minutes
Whole or Halved (Packed in water)	Pint	Hot & Raw	10 minutes	50 minutes
	Quarts	Hot & Raw	10 minutes	55 minutes
Whole or halved (Packed in tomato juice)	Pint	Hot & Raw	25 minutes	95 minutes
	Quarts	Hot & Raw	25 minutes	95 minutes
Whole or Halved (Packed raw without added liquid)	Pint	Raw	25 minutes	95 minutes
	Quarts	Raw	25 minutes	95 minutes
Tomato Juice	Pint	Hot	15 minutes	45 minutes
	Quarts	Hot	15 minutes	50 minutes
Tomato Vegetable Juice Blend	Pint	Hot	15 minutes	45 minutes
	Quarts	Hot	15 minutes	50 minutes
Tomato Sauce	Pint	Hot	15 minutes	45 minutes
	Quarts	Hot	15 minutes	50 minutes
Spaghetti Sauce without Meat	Pint	Hot	20 minutes	Not recommended
	Quarts	Hot	25 minutes	Not recommended
Spaghetti Sauce with Meat	Pint	Hot	60 minutes	Not recommended
	Quarts	Hot	70 minutes	Not recommended
Salsa *	Pints	Hot	Not recommended	20 minutes

* Only if using an approved USDA recipes

Need a Good Salsa Recipe?

We are often asked for a tested and safe salsa recipe that actually tastes good and is not too “vinegarish”! Weber County’s FCS agent, Teresa Hunsaker, has had several approved recipes tasted-tested over the past few years. The taste-testers in Weber County picked the following as their favorites: Fiesta Salsa and Zesty Salsa in the “Ball Blue Book” (cheesecake cover) on pages 79 and 80. The “Ball Blue Book” is available in our office for \$4.00. Weber County also liked the Tomato Salsa on page 12 and the Chile Salsa on page 15 of the “Salsa Recipes for Canning” from the Pacific Northwest. This recipe book is also available in our office for 40 cents. Come check out all of our pamphlets and recipes for food preservation in our office!

Acidification for Tomatoes

To ensure safe acidity in whole, crushed, or juiced tomatoes, add two tablespoons of bottled lemon juice or ½ teaspoon of citric acid per quart of tomatoes. For pints, use one tablespoon bottled lemon juice or 1/4 teaspoon citric acid. Acid can be added directly to the jars before filling with product. Add sugar to offset acid taste, if desired. Four tablespoons of a 5 percent acidity vinegar per quart may be used instead of lemon juice or citric acid. However, vinegar may cause undesirable flavor changes. We recommend lemon juice or citric acid. We also recommend the use of a pressure canner for higher quality and more nutritious canned tomato products.

Pressure Gauge Testing for 2008

Pressure gauges will be tested for free on Fridays from June through September from 11 a.m. until 2 p.m. Gauges can be tested by appointment at other times for \$3.00 per gauge. Bring your lid with the gauge attached to the USU Extension Offices at 179 North Main, Suite 111, Logan. Contact Adrie at 752-6263 for an appointment on days other than Friday. Gauges will be tested for free at Smithfield Implement on certain days in August. Call the store for dates and times.

Steam Canners

The USDA does not recommend the use of steam canners due to inadequate research and testing. However, Utah State University has tested the steam canners and has found them to be safe and adequate for processing certain foods *if used according to instructions and safe canning procedures*. Due to botulism poisoning potential, we do not recommend that you use the steam canner for meats, tomatoes, and vegetables. If you choose to use a steam canner for fruits, jams, jellies, and salsa, *only USDA approved and tested recipes and canning times should be used*. Processing times for boiling-water bath canners may be used for the steam canners. It is very important to make sure that an eight inch plume of steam is present during the entire processing and water must not run out before the end of processing.