

Salsa!

Presented by Ann Woodbury, Master
Food Preserver

Prepared by
Sara Oldroyd, MS RD



Canning 101

- Food Safety
- Cost Effectiveness
- Nutrition and Taste
- Boiling Water Bath vs Pressure Canner
- Salsa Food Demonstration



Food Safety with Salsa

- Main ingredient is the tomato
- Why the problem with tomatoes?
- **ACIDITY!**



USDA

- **Follow USDA Guidelines**
 - **Complete Guide to Home Canning**
 - **Hard copy**
 - **Internet site: National Center for Home Food Preservation**

- May also use Ball or Kerr canning books
- May also use approved Extension recipes

Cost Effectiveness



- Cost of jars
- Cost of equipment
- Cost of produce
- TIME!



Nutrition and Taste

- **Home canning nutrient quality will depend on:**
 - Quality of produce at purchase
 - Processing time
 - Time canned product is on shelf before consuming
 - Compare to canned goods at market
- **Taste of Canned Goods**
 - Which do you like better?
 - May be the major factor of home canning, especially with salsas!

Boiling Water Bath vs Pressure Canner

- **When to use which:**

- **Pressure Canner**

- **Low Acid foods**

- Meats
- Seafood
- Vegetables
- Some tomatoes
- Figs

- **Boiling water bath**

- **High Acid foods**

- Jams, jellies
- Salsas (added lemon juice or vinegar)
- Fruits
- Pickled foods



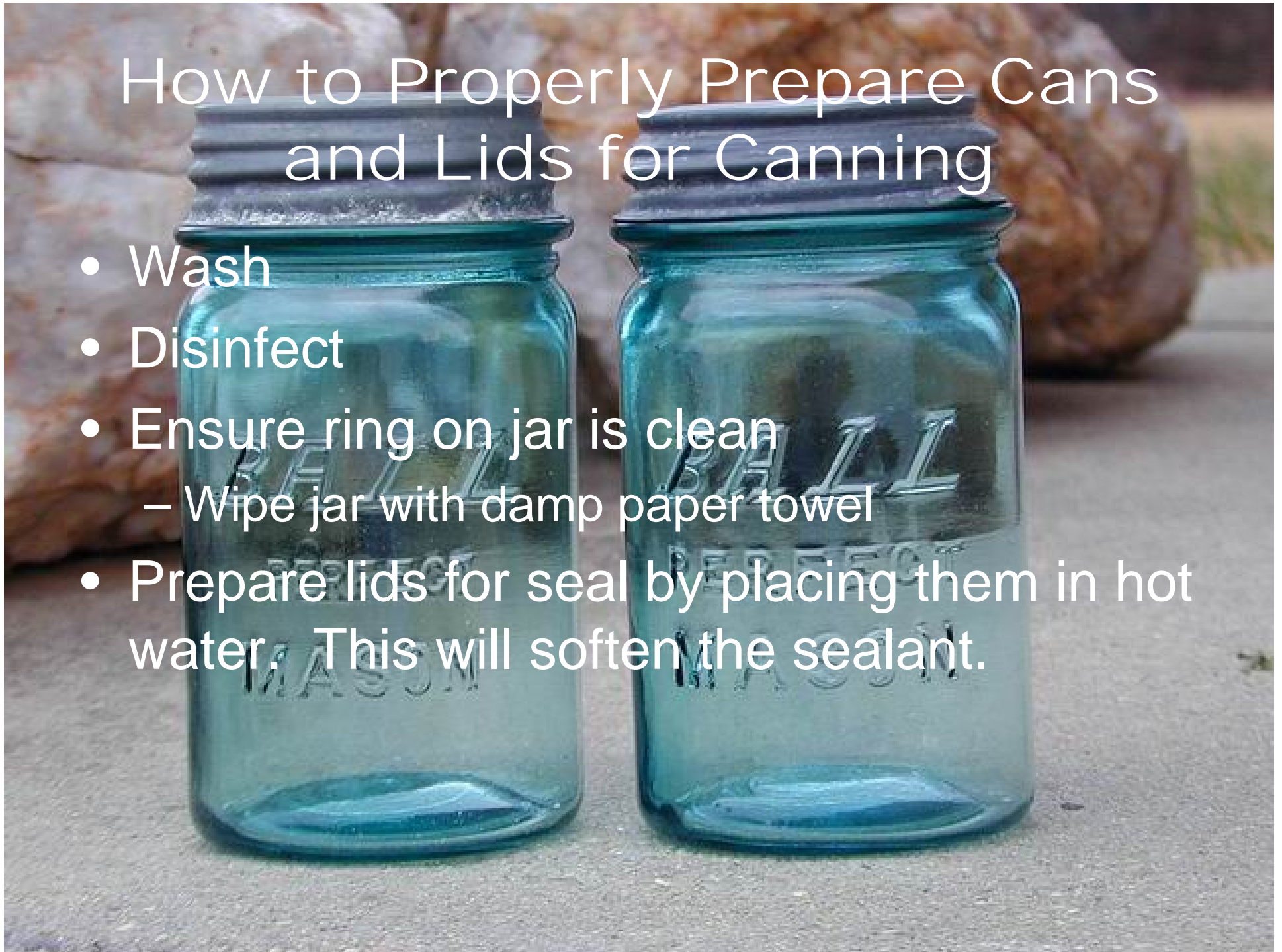
So what's the big deal?

- **Microorganisms and Clostridium botulinum**
 - **Microorganisms**
 - Molds
 - Bacteria
 - Can often see and smell these when a can is opened
 - **Botulism**
 - Bacteria
 - Produces a toxin that in minute amounts can cause death
 - Can neither see or smell!

Clostridium botulinum

How to Properly Prepare Cans and Lids for Canning

- Wash
- Disinfect
- Ensure ring on jar is clean
 - Wipe jar with damp paper towel
- Prepare lids for seal by placing them in hot water. This will soften the sealant.



Raw pack vs Hot pack

- Benefits of raw pack:
 - Time efficient
 - Handle foods easily
- Benefits of hot pack:
 - Reduce air bubbles
 - Allow for more product to be packed into jar
 - Heat decreases amount of microorganisms
 - *open kettle is not the same as hot pack!
Open kettle processing is UNSAFE!

Take into consideration:

- Altitude
 - For SLC, add 3 lbs. of pressure for pressure canning
 - Time added for boiling water bath varies upon product canned (e.g. 5 minutes for salsa)
- Foods can be reprocessed within 24 hours
 - Check for hermetic seal (absolutely airtight)
 - Place in fridge until ready to reprocess
- Headspace
 - Allows for food expansion during heating and for forming a vacuum as jar cools



Judging

- **Color, texture, appearance**
- **Pack of product**
- **Headspace**
- **Following correct processing guidelines**
- **Difficulty of preparing product**