

# Canning EBook

**Demo Only**

**A Few Sample Pages of What's Inside  
No Recipes Are Included**

## Home Canning Recipes

From Apple Butter to Zucchini



**A Great Way To Become Self-Sufficient**

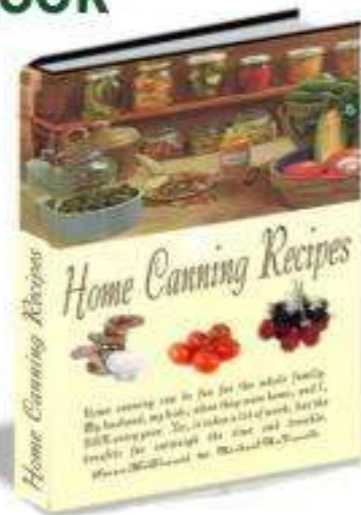
### A Fully Illustrated Cookbook

With A Nostalgic Look  
At The History Of  
Home Canning



**Yes You Can  
Do It!!**

**Includes Essential  
Canning Basics**



**Included inside**

- \* 120 Easy To Follow Recipes Includes Meats and Seafood
- \* Completely Photo Illustrated
- \* Nostalgic Look At The Past
- \* Canning Charts
- \* Recipe Index, You Won't Get Lost Here





# Home Canning Recipes



Home canning can be fun for the whole family. My husband, my kids, when they were home, and I, CAN every year. Yes, it takes a lot of work, but the benefits far outweigh the time and trouble.

Susan McDonald and Michael McDonald





Green Living Healthy Home



# Home Canning Recipes



These recipes are for you for the whole family. My husband, my kids, when they were here, and I. I will miss you. You make a lot of great healthy recipes for everyone. We love and treasure.

Susan McDonald, owner of Green Living Healthy Home



*J. L. Mason*

*Glass Jar*

*Pat. No. 112,199*

*Patented Nov. 20, 1862*

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## Prologue

Home *canning* has not always been the heavy duty summer activity that we know today. 10,000 years ago during the Stone age, humans survived by collecting nuts and seeds to store for the winter, drying meat and fish in the sun. They used nature's own preservation methods. After fire was domesticated, they found that cooked meat tasted better, and smoking helped to preserve it. When farming developed in the Neolithic Period, people found that they had more food for preservation. Some Native Americans subsisted on dried beans and corn while the plains Indians dried buffalo meat and made pemmican for winter stores.

Salt was first used as a seasoning, then it was discovered that soaking meat or fish in salt brine, or packing it directly in salt could preserve it for months. Brining in crocks was also used to preserve fruits and vegetables. Sugar was used to preserve fruits in jams, jellies, and marmalades.

Fermentation was also discovered thousands of years ago so wine, beer and cheese became staples of people's diets. Another product of fermentation was vinegar, which is used for pickling of fruits, vegetables, and meats.

Until the 19th century most people used these methods of preserving food. Then, in 1804 a French scientist answered a challenge posed by Napoleon Bonaparte, of finding a method of preserving food for his troops. 12,000 francs were offered, and Nicolas Appert patented his method of *canning* food, and won the prize. After that there were several people who built on his patent, perfecting the *canning* method and improving the *canning* containers. *Canned* food was mostly used by the military until around 1856 when Gail Borden patented his *canned* condensed milk. The Civil War contributed significantly to the use of *canned* food, because it was the most efficient method to insure that the troops got fed. In 1858 John Landis Mason, patented his *canning* jar, and rural households from that time until the 1950's *canned* fruits and vegetables using the Appert

method. During World War I and II *canning* became essential to homemakers due to food shortages. Advances in technology brought forth an abundance of foods in the 1950's. Along with the introduction of frozen foods in the 1950s and 1960's, and the improvement in transporting those frozen foods, home *canning* dropped off until the 1970's, when there was a brief resurgence because of the desire to be more self sufficient.

Today however, home *canning* is making a comeback. With the cost of food in the supermarket, and the rising costs of transporting that food, home *canning* is back and I hope it is here to stay. Home *canning* can be a safe, economical way to preserve quality food at home.

### My Experiences With Home Canning

When I was a little girl, I spent hours on my Grandmother's porch shelling field peas and butter beans. Not one of my favorite chores! She had a garden that was almost a half acre, and we not only had to pick the vegetables, but all of us kids had to shell them as well



After we were done shelling about 50 bushels of peas, the next step was the part that I loved. We would spend days in the kitchen *canning* all of those peas. As I grew up, we moved away from my grandmother, and I no longer could spend those long summer days in her kitchen or on her front porch, but they are some of my favorite memories.

About 10 years ago, I got the wild idea to try home *canning* again, after finding a pressure *canner* in a catalog. I bought two and I have been *canning* ever since. Every year at Christmas my husband and I *can* about 75 quarts of pasta sauce and give them out as gifts. All of my friends and family look forward to it. We make Marinara, (no meat), sausage and mushroom, white, and red clam sauce. I keep the Marinara sauce, along with a few white and red clam sauces, for dinners during the year.

*Canned* food can be safely stored for one year at room temperature. After you *can*, label each jar with the contents and the use by date (1 year from the date of *canning*). Believe me, this is a very important step, in order to keep track of the items *canned*. My husband gets diskette labels from a local office supply store. On them he prints out the contents, and the use by date on each label. Another great thing about these labels is he can print about 15 at a time, using Microsoft Word. This type of label works great because they are very easy to peel off, so the jars can be reused.

*J. L. Mason*

*Glass Jar*

*Nov 22, 1858.*

*Patented Nov 22, 1858.*



*Witnesses:  
W. L. Fidelity  
Schubert*

*made  
John L. Mason*

Nostalgic Look at The Past  
Original Patent Drawing 1858  
For The Mason jar



You will also need a good timer, one for each *canner*, an open mouth funnel, to fill jars with, a jar lifter, and tongs. And of course pot holders and baking racks or towels to set the hot jars on after *cannin* (I use an insulated cookie sheet to place the jars on, when they first come out of the *canner*). You will also need a ladle with a lip, sieve, colander, food mill, and sharp knives. Some of these items you will only need if making jams and jellies.



**See the chart above to determine exactly what you will need for the canning method you are using.**



**Nostalgic Look at The Past**



## Methods of Canning and Preserving

There are three basic methods of home *canning* and preserving. They are, the steam pressure, water bath, and open kettle method. The particular



method used depends on the food to be processed. The steam pressure method requires special equipment; most kitchens are already equipped with the utensils needed in the other two methods. Always use one of these three methods.



**Avoid short cuts**, as they can be **dangerous** and will not produce safe, *canned* food.

## Why Do Your Own Home Canning?



Disregard the value of your time, *canning* homegrown or locally produced food can save you half of the cost of purchased *canned* food. *Canning* favorite and special products to be enjoyed by your friends and family can be very rewarding. Home *canning* has changed greatly in the 170 odd years since it was first introduced. New developments in technology have resulted in safer, higher quality products. Home *canning* is a great way to take advantage of summer's



bounty, and preserve all of those fresh vegetables and fruits.

## What Kind Of Equipment Do I Need?



I would invest in a good quality pressure *canner*. You will need this to *can* low acid foods like vegetables, and meats. It can also be used as a water bath *canner*. If you do a Google search for pressure *canners*, you will find hundreds for sale.



I would advise that you purchase a 16-17 quart *canner* with a good pressure gage, and petcock. Use only standard Mason, Kerr or Ball type home *canning* jars and tw40 o piece self-sealing lids. *Canning* jars are available in a variety of sizes including 1/2 pints, pints, and quarts. Pint and quart jars are most commonly used, but some foods like crabmeat and mushrooms should only be



**Nostalgic Look At the Past Before  
Child Labor Laws 1913 Shucking  
Oysters**

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**A Must Have Companion  
On Canning Day**

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