



UW

Extension

# BOILING WATER CANNING

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## Prevent pathogens from spreading:

1. Wash hands for 20 seconds.
  2. Clean and sanitize work surfaces and equipment.
    - a. 1 teaspoon unscented chlorine bleach (6-6.25%) per gallon of water (50-100 ppm).
  3. Wash all produce.
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1. Review tested recipe instructions, plan time, and assemble equipment.
  2. Place the canner rack in the bottom of the canner. Fill the canner halfway with hot water, cover, and preheat.
    - a. ~140°F (hot) for raw pack
    - b. ~180°F (simmering) for hot pack
    - c. Heat jars in hot water until ready for use – do not boil!
  3. Prepare new lids as directed per the manufacturer's instructions. New lids do not need to be heated in water.
  4. Prepare ingredients for canning.
  5. Carefully fill jars one at a time with prepared food making sure to leave proper headspace.
  6. Remove air bubbles with a non-metallic straight spatula. If necessary, add or remove food to obtain the proper headspace.
  7. Wipe jar rim/threads using a clean damp cloth/paper towel to remove any food residue.
  8. Place the lid on the jar, apply the band, and adjust until it is 'fingertip' tight.
    - a. Turn the band just until you feel resistance, then turn the band one-quarter turn more.
  9. Place jars in the canner rack. Then, keep the jars upright at all times and lower the rack into water.
    - a. Make sure 1-2 inches of water covers jars, add more hot water if necessary.

10. Turn the heat setting to its highest position. Place the lid on the canner and bring to a full rolling boil.
  - a. Once at a rolling boil, set a timer and begin processing time. Adjust for altitude!
  - b. The heat setting may be lowered as long as a gentle complete boil is maintained for the entire processing time.
11. Once processing time is complete, turn off the heat, remove the lid, and wait 5 minutes before removing the jars.
12. Using a jar lifter, remove jars from the canner, being careful not to tilt the jars. Set jars upright on a towel with 1-inch space between jars to prevent jar breakage.
13. Leave jars undisturbed for 12-24 hours - do not re-tighten bands or push on the center of the lids!
14. Remove bands. Check lids for a good seal. The lid should not flex up and down when the center is pressed. If it does, refrigerate the jar and use contents within two days.
15. Clean jars, label them and store them in a cool, dry, dark place.
16. For best quality, consume within one year.

## Foods to Preserve in a Boiling Water Canner

Acid foods include:

- Fruit and fruit products
  - Apples
  - Applesauce
  - Cherries
  - Grape juice
  - Pears
  - Jams, jellies, preserves
- Tomato and most tomato products
  - Juice
  - Sauce
  - Meatless spaghetti sauce
  - Ketchup
  - Salsa
- Fermented/pickled products
  - Sauerkraut
  - Dill pickles
  - Pickled beets

(Source: USDA Complete Guide to Home Canning, revised 2015)



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