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.
3. Wash all produce.

1. Review tested recipe instructions, plan time, and assemble equipment.
2. Fill the canner with 2-3 inches of hot water 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.
10. Fasten the canner lid securely. Leave the weight **off** of the vent port or **open** the petcock.
11. Turn the heat to the highest setting. Heat until water boils and steam flows freely from the open vent port/petcock.
12. Let steam flow continuously for 10 minutes. This is the vent/exhaust period.

13. Place the counterweight or weighted gauge on the vent port (close the petcock). Canner will pressurize within 3-10 minutes.
14. Start timing the process when the recommended pressure has been reached or weight rocks/jiggles.
    a. Regulate heat to maintain a steady pressure at or slightly above the recommendation for altitude.
    b. If pressure drops below the recommended pressure at any time, start timing over again once it reaches proper pressure.
15. When time is complete, turn off the heat, remove the canner from the heat source, and allow the canner to cool and depressurize naturally. **Do not force cool!** This will take at least 30 minutes or more to complete.
16. Once depressurized, carefully remove the counterweighted gauge (open petcock) from the vent port and wait an additional 10 minutes.
17. Unfasten the lid and remove it carefully, tilting the lid away from you.
18. Remove jars from the canner and set them upright on a towel with 1-inch space between jars to prevent jar breakage.
19. Leave jars undisturbed for 12-24 hours - do not re-tighten bands or push on the center of the lids!
20. 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 food within two days.
21. Clean jars, label them and store them in a cool, dry, dark place.
22. For best quality, consume within one year.

Reheating Low-Acid Foods

- **Boil all home-canned, low-acid vegetables and meats before serving in an uncovered saucepan for 10 minutes plus 1 minute for every 1,000 feet above sea level.**
- **Use a meat thermometer inserted in an open jar of fish. Cover loosely with foil and heat at 350°F until the fish reaches 185°F. Let jar stand at room temperature for 30 minutes. Then serve immediately or refrigerate.**
- **If the food looks spoiled, foams, or has an unusual odor, DISCARD without tasting it.**
- **Microwave reheating is NOT ACCEPTABLE!**

Foods to Preserve in a Pressure Canner
Low-acid foods include:

• Most vegetables	• Poultry	• Seafood
• Spaghetti sauce with meat	• Meats	• Soups
• Game meat	• Fish	• Beans

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

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