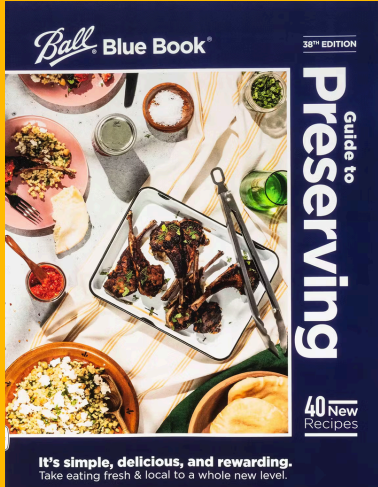


Weekly Canning Tips



Canning has changed over the decades. To make sure you are using the most up-to-date equipment and processes, visit the National Center for Home Food Preservation at <https://nchfp.uga.edu>, the University of Wyoming Food Preservations site at <http://bit.ly/NFS-Food-Preservation> or purchase the new Ball Blue Book from a location listed [here](#).



Extension

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Weekly Canning Tips

Use a two-piece lid and band/ring for canning, not a one-piece. Use flat lids only 1 time and check for defects. Reusable canning lids are now approved; they use a thin rubber gasket and a metal screw band. The glass in newer jars appears to be thinner, but it has been tempered and is stronger than older jars. Learn more about recommended jars and lids at https://bit.ly/4cMig_pi



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Weekly Canning Tips

Boiling Water Canning, Pressure Canning, and Atomospheric Steam Canning are 3 approved canning methods. Electric programmable pressure cookers (EPPC) and stovetop pressure cookers are **NOT** recommended for canning.

Temperatures of canned foods can not be checked, and research findings indicate that EPPC of any brand are inconsistent at higher altitudes and should not be used for low-acid canning.



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Weekly Canning Tips

Following research-tested recipes is important, but sometimes you want to adjust the ingredients or the recipe. When can you? When can't you? Learn more with [Play it Safe!](#)



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Weekly Canning

Tips

The amount of headspace required will depend on the food and the pack style. Too little headspace, the contents may boil out during processing. Solids or seeds may be caught under the sealing compound and prevent the jar from sealing. Too much headspace at the top of the jar, the processing time may not be long enough to drive out all of the extra air from the top of the jar. This would mean that a tight vacuum seal may not be formed. Also, the air left inside the jar could cause the food to discolor.



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Weekly Canning Tips

Tested recipes are important for safe canning at home. The thickness, temperature of canned foods, pH, and other factors impact the safety of canning at home. Original recipes **will not** meet the safe standards. Read more about this at <https://bit.ly/3RodyWM>



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Weekly Canning Tips

Follow these guidelines to ensure that your canned foods retain optimum colors and flavors during processing and storage. For instructions on maintaining color and flavor, visit <https://bit.ly/3z2LPo3>



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Weekly Canning Tips

Canning your own jams and jellies is a rewarding way to preserve your summer harvest. Some varieties are very sweet, but you can make “no sugar” or “low-sugar” added versions successfully. Learn ways to do this at [Food Preservation with Reduced or No Salt or Sugar.](#)



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Weekly Canning Tips

Animal proteins are low-acid foods that **must** be pressure canned. Canned meats are a useful and convenient way to quickly add protein to recipes. Learn more at <https://bit.ly/3Vh3Eas>.



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Weekly Canning Tips

Sometimes, a jar in a canner load fails to seal upon cooling. This may happen because of a cracked or nicked jar or perhaps because food is fouling the jar rim where the lid sits. Due to loss of quality, reprocessing of jars is not recommended.

If you do reprocess, follow these steps for a safe product listed [here](#).
If you did not follow a tested recipe on the first try, all jars, sealed or unsealed, may be unsafe and should be discarded.



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Weekly Canning Tips

The lowest point in Wyoming is the Belle Fourche River, at 3,099 feet above sea level. The highest elevation in Wyoming is Gannett Peak, in the Wind River Range - 13,804 feet above sea level. There are online tools that will search for your specific altitude. When searching, use the term “elevation” instead of “altitude.” [Here](#) is one online site suggestion.



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Weekly Canning Tips

Pressure canning is the only safe method of processing vegetables, meats, poultry, seafood, and soups at home. The pounds of pressure must be increased at high altitudes in order to reach the internal temperature of 240-250°F, which is necessary to kill botulism spores. Learn more about high-altitude canning here: <https://bit.ly/45r8833>.



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Weekly Canning Tips

Most tomatoes do not reach a pH value at or below 4.6. This means additional acid must be added to safely preserve tomato-based products using boiling water or pressure canner methods. To learn more about safely preserving tomatoes, visit <https://bit.ly/3VHxsOP>



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Weekly Canning Tips

What do you do with the green tomatoes you are left with? Consider canning or freezing them. Learn more about ways to preserve green tomatoes at <https://bit.ly/45x2L2b>



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Weekly Canning Tips

Store your jars of home-canned foods without the metal screw bands. The moisture left inside the ring could cause it to rust; Rust/corrosion of the band can also create problems and may contaminate the food when the jar is opened. Also, the removal of the band when storing jars allows for easier detection of broken seals. For more tips on safe storage of home canned foods, visit: <https://bit.ly/3XnVgbZ>



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