

Pressure Canning

Presented by Langley Environmental Partners Society



Support generously provided by:



Vancity

Workshop Agenda

Safety and Home Canning
Types of Canning
Equipment
The Rules of Pressure Canning
Demonstration

Types of Canning

Hot Water Bath

- Used for HIGH ACID foods
- High Acid= pH lower than 4.6
- Examples include most berries and fruit
- Used for foods that are made high acid through the pickling process

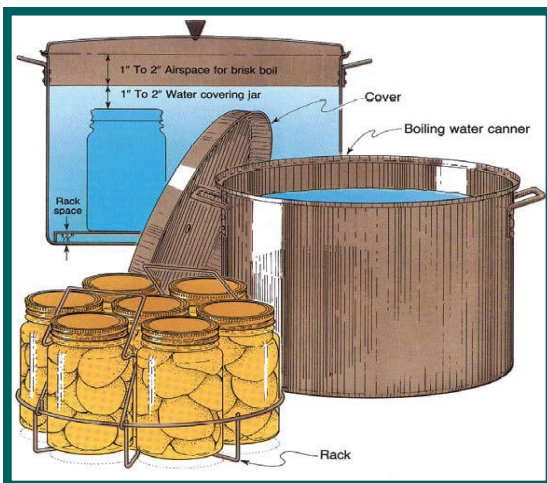


Image from pickyourown.org

Pressure Canning

- Used for LOW ACID foods
- Low Acid= pH higher than 4.6
- Examples include all meat, and vegetables that are not pickled, soups and stews

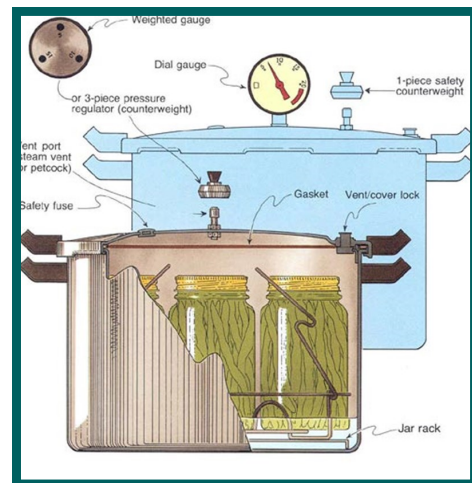


Image from the Guide to Home Canning by Bernardin

Safety in Canning

Pressure canning is safe because it destroys the bacteria, *Clostridium botulinum* that can create botulism. Pressure canning is not necessary for high acid foods. All meats, soups, and stews are considered low acid as well as most vegetables.

****Always follow a tested, trusted recipe****

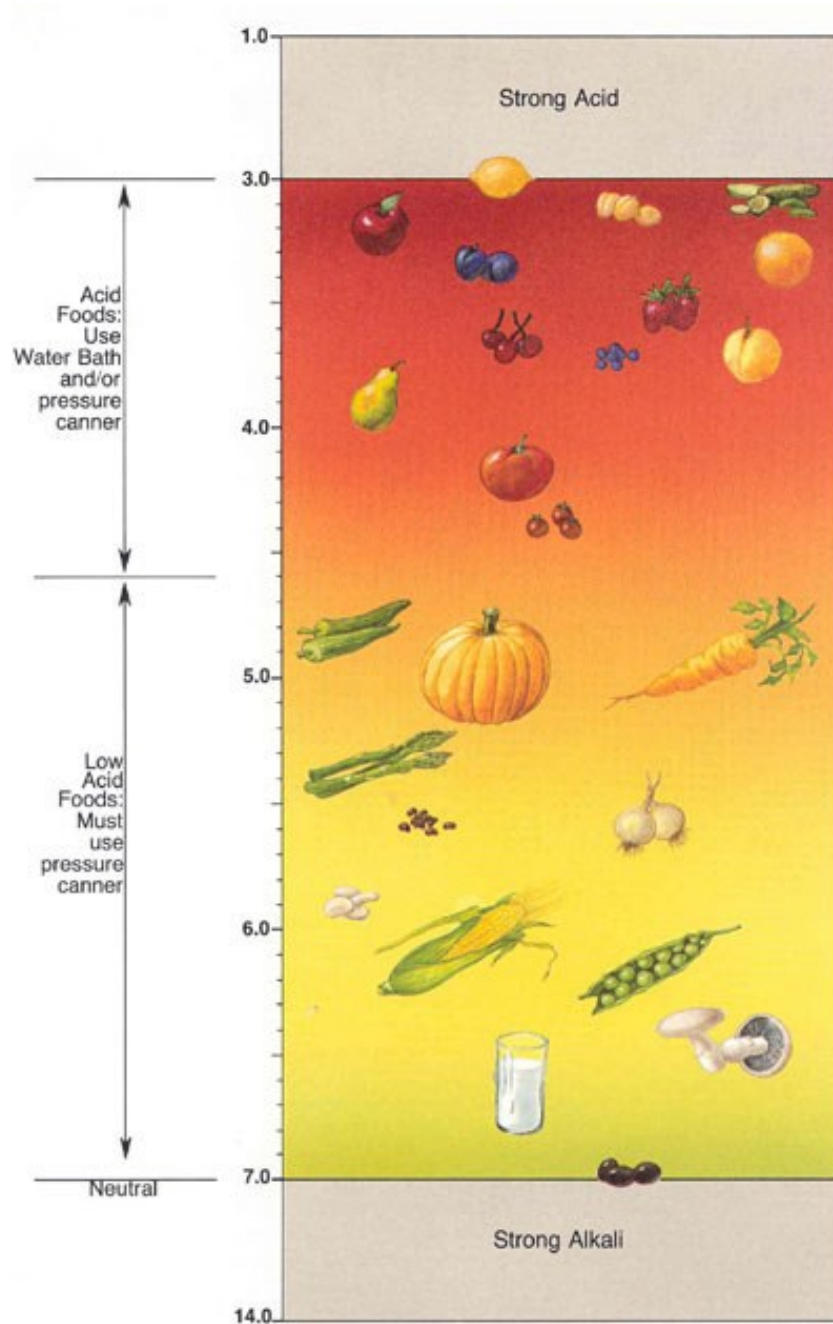


Image from pickyourown.org

Parts of a Pressure Canner

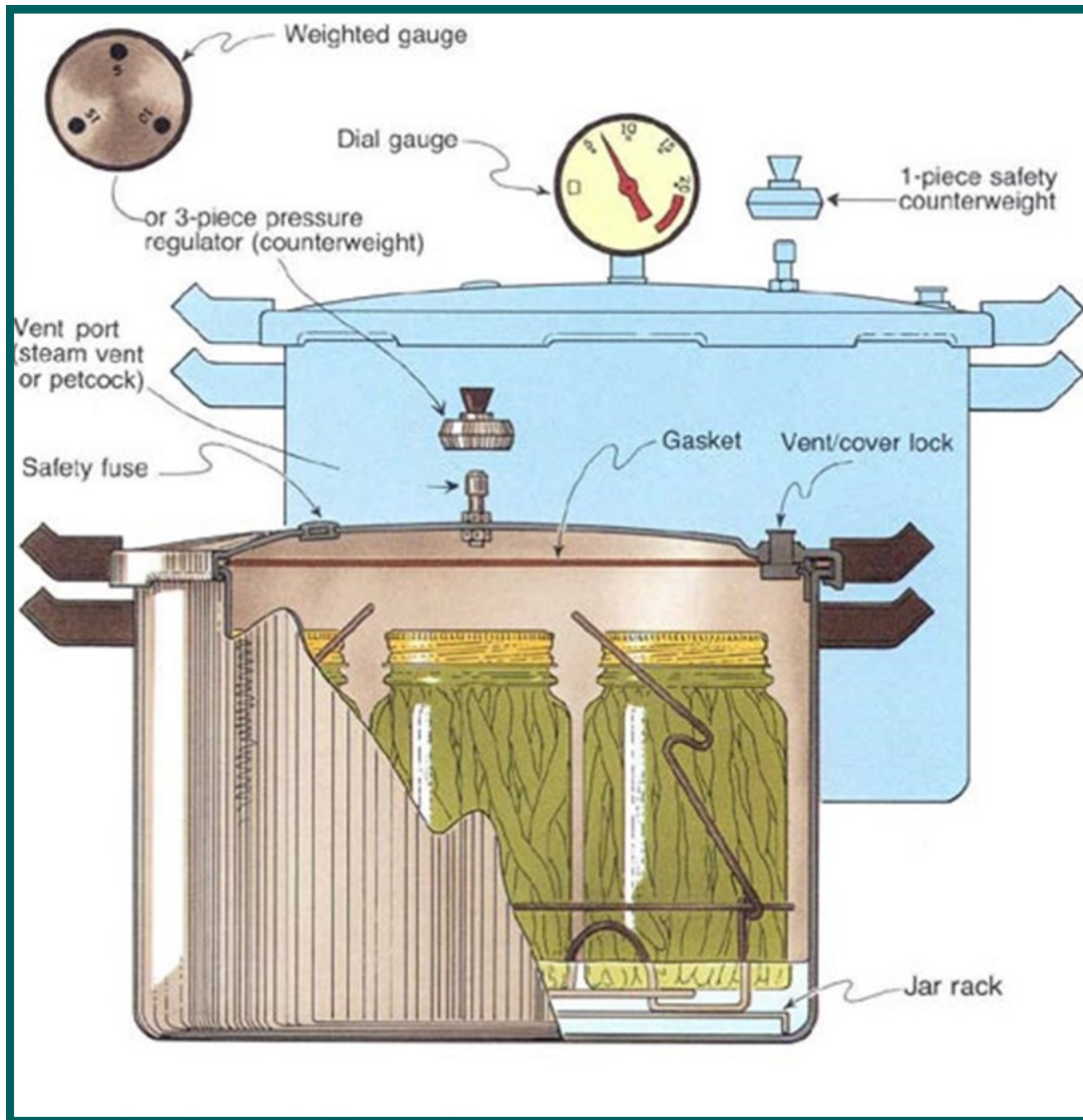


Image from pickyourown.org

Pressure Canning Step-by-Step

****Always follow the specific instructions provided by the manufacturer****

****Always follow a tested and trusted recipe****

Exhaust time is usually 10 minutes.



Pressure Canning Rules

- Follow a tested and trusted recipe
- Follow the guide provided by the manufacturer
- Check the equipment before starting
- Correct head space
- Process for the correct length of time and at a consistent and proper pressure level
- Vent for 10 minutes before starting the processing time
- Allow canner to cool completely so the pressure inside is at zero before opening

Resources

For pressure canner parts:
Wells Can Company Limited, Burnaby
604-420-0959 or email sales@wellscan.ca

Food Testing Labs
IG Micromed Environmental
Richmond, BC 604-279-0666

Food Assure Laboratory Ltd
Vancouver, BC 604-251-9588

Questions?
Bernardin's Customer Service Line
1-888-430-4231

University of Guelph
1-866-503-7638

General Resources
National Center for Home Food Preservation
<http://nchfp.uga.edu/index.html>

University of Guelph Food Science
<http://www.uoguelph.ca/foodscience/>

USDA Guide to Home Canning
<http://nchfp.uga.edu/publications/publications>

Bernardin.ca

Putting Food By. Fifth Edition by Ruth Hertzberg, Janet Greene, and Beatrice Vaughan

Bernardin Complete Book of Home Preserving: 400 Delicious & Creative Recipes for Today