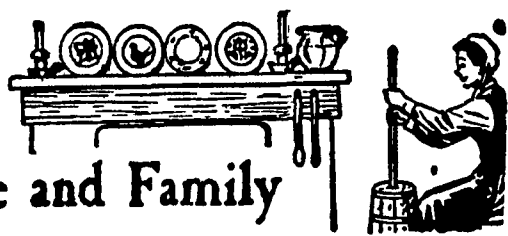


# For the Farm Wife and Family



## CANNING TIME IS HERE

By Mrs. Richard C. Spence



SPENCE

This is the time of year homemakers reach for the canning kettle — to capture the good fresh flavor of summertime fruits and vegetables for wintertime meals. Whether you raise the product in your own garden or buy it at a roadside stand — food that you put up yourself is always something special. Be sure, however, that you process it carefully so it doesn't spoil. Here are some suggestions from food experts for proper processing:

- 1) For fruits, tomatoes and pickled vegetables, use a boiling water bath canner.
- 2) For all low-acid vegetables use a steam pressure canner. Be sure it is in good working order and that the gage is accurate.
- 3) Wash all fruits and vegetables thoroughly. Use running water; wash several times.
- 4) Thoroughly cleanse jars and lids. Rinse with hot water.
- 5) Check the seal on the jar a day after canning. Tap the center of the lid with a spoon. A clear, ringing sound means a good seal—and good eating come wintertime.

**HEAT-PROCESS PICKLES—**The latest word in home preservation of pickles and relishes is "heat-process." That's what the USDA recommends to maintain the texture, color, and flavor of pickled fruits and vegetables. Food specialists advise homemakers to process products in a boiling water bath (rather than cold-pack or open-kettle process). This will inactivate enzymes which might cause off-flavors

close-fitting lid and bring the water back to boiling as quickly as possible. Start to count processing time when water returns to boiling, and continue to boil gently and steadily for the time recommended for the food being canned. Remove jars immediately and complete the seals if necessary. Set jars upright, several inches apart, on a wire rack to cool.

Processing procedures for fermented cucumbers and fresh-pack dills are slightly different from the usual water-bath procedures. For these products, start to count the processing time as soon as the filled jars are placed in the actively boiling water. This prevents development of a cooked flavor and a loss of crispness.

Try your hand at making one of the more unusual pickles—dilled green beans. They are quick and easy to prepare.

### DILLED GREEN BEANS

- 4 pounds (about 4 quarts) green beans, whole
- 1/4 teaspoon per pint jar, hot red pepper, crushed
- 1/2 teaspoon per pint jar, whole mustard seed
- 1/2 teaspoon per pint jar, dill seed
- 1 clove garlic per pint jar
- 5 cups vinegar
- 5 cups water
- 1/2 cup salt

Wash beans thoroughly, drain and cut into lengths to fill pint jars. Pack beans into clean, hot jars, add pepper, mustard seed, dill seed and garlic. Combine vinegar, water and salt; heat to boiling. Pour boiling liquid over beans, filling to 1/2 inch from top of jar. Adjust lids as required for the type of lid used. Process in boiling water for 5 minutes. Jars will cool the water, so start to count the processing time as soon as water in canner returns to boiling. Remove jars and retighten

seals if necessary. Set jars upright, several inches apart, on a wire rack to cool. Makes 7 pints.

### PICKLED PEACHES

- 3 quarts sugar
- 2 quarts vinegar
- 7 2-inch pieces stick cinnamon
- 2 tablespoons whole cloves
- 16 pounds (about 11 quarts) peaches, small or medium size

Combine sugar, vinegar stick cinnamon and cloves. (Cloves may be put in a clean cloth, tied with a string, and removed after cooking, if not desired in packed product.) Bring to a boil and let simmer covered, about 30 minutes. Wash peaches and remove skins; dipping the fruit in boiling water for 1 minute, then quickly in cold water makes peeling easier. To prevent pitted peaches from darkening during preparation, immediately put them into cold water containing 2 tablespoons each of salt and vinegar per gallon. Drain just before using. Add peaches to the boiling syrup, enough for 2 or 3 quarts at a time, and heat for about 5 minutes. Pack hot peaches into clean, hot jars. Continue heating in syrup and packing peaches into jars. Add 1 piece of stick cinnamon and 2 or 3 whole cloves (if desired) to each jar. Cover peaches with boiling syrup to 1/2 inch of top of jar. Adjust jar lids. Process in boil-

ing water for 20 minutes (start to count processing time after water in canner returns to boiling). Remove jars and complete seals if necessary. Set jars upright, several inches apart, on a wire rack. Makes 7 quarts.

### WATERMELON PICKLES

- 3 quarts watermelon rind (about 6 pounds, unpared, or 1/2 large melon)
- 3/4 cup salt
- 3 quarts water
- 2 quarts (2 trays) ice cubes
- 9 cups (2 1/4 quarts) sugar
- 3 cups white vinegar
- 3 cups water
- 1 tablespoon (about 48) whole cloves
- 6 1-inch pieces stick cinnamon
- 1 lemon, thinly sliced, with seeds removed

Pare rind and all pink edges from the watermelon. Cut in to 1-inch squares or fancy

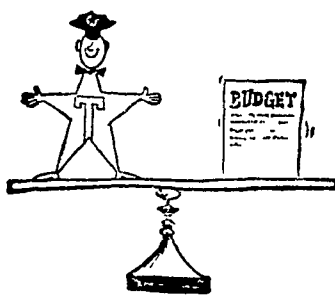
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