

Yes you can

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peas on trays and freeze immediately. When they are thoroughly frozen, pack in freezer bags. They will last for up to one year, she says.

Moldy applesauce — prevention requires peeling

If you followed all the proper procedures for canning your homemade applesauce last year, then discovered spotty mold growth when you opened the sauce, Trudy says you can avoid the problem this year by peeling the apples as well as washing them. Unsprayed apples, organically grown apples, or windfall apples picked off the ground may have been the culprit. These apples have a much higher population of mold, often invisible, that can surface after processing and result in moldy applesauce.

To avoid the problem this year, peel as well as wash the fruit then use the hot pack method and increase the time

you heat process the applesauce by 5 minutes. This means a total of 15 minutes in the boiling water canner for pints, 20 minutes for quarts, Trudy says.

Combination foods — caution is the key

All modern canning references are explicit about the method of canning to use for specific foods, but what heating method do you use when canning a combination of foods or an exotic food not listed in the references? Marceil says to can any combination of foods the safe way, keep this rule in mind. Process the food combination for the time recommended for the ingredient requiring the greatest amount of time. If one of the ingredients requires pressure canner processing, then use that heat process. For example, if tomato sauce contains ground meat, while the tomato sauce would normally be processed safely in a boiling water bath canner, the ground meat must be processed in a pressure canner. Therefore, to safely process the tomato sauce with ground meat, look up recommended processing times for ground meat and follow the directions and times listed.

Do not add oils or starches to foods you can as they

decrease the movement of heat through the contents of the jar and result in underprocessing, Marceil says. And she recommends that if any food or combination of food is not listed in any reference to play it safe. Either check with your local extension office, or preserve the food by freezing it.

Hold the sugar — fact sheet available

Sugar is not really needed to insure quality canned fruits, except when making jams, jellies and preserves, Marceil says. Most home canners add sugar in the form of syrup because it helps retain flavor, texture and color. If you want to can fruits for people on restricted sugar diets, it's best to can these foods without any sugar. Use ascorbic acid to help retain color and improve flavor, she says.

A fact sheet, Canning Fruit Without Sugar is available from the extension service to help those who need to avoid the sweet stuff.



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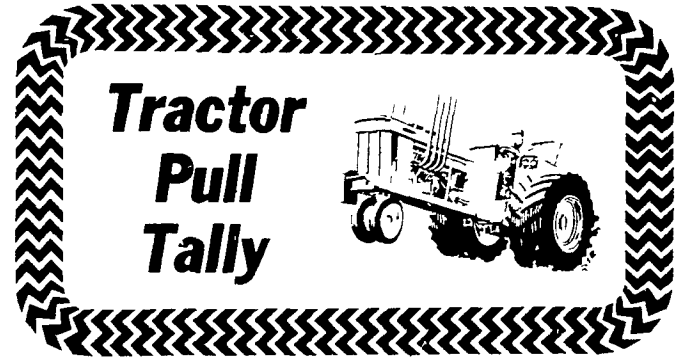
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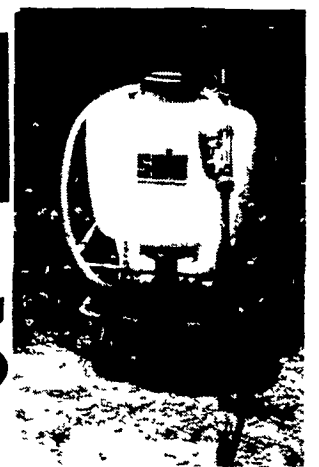
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