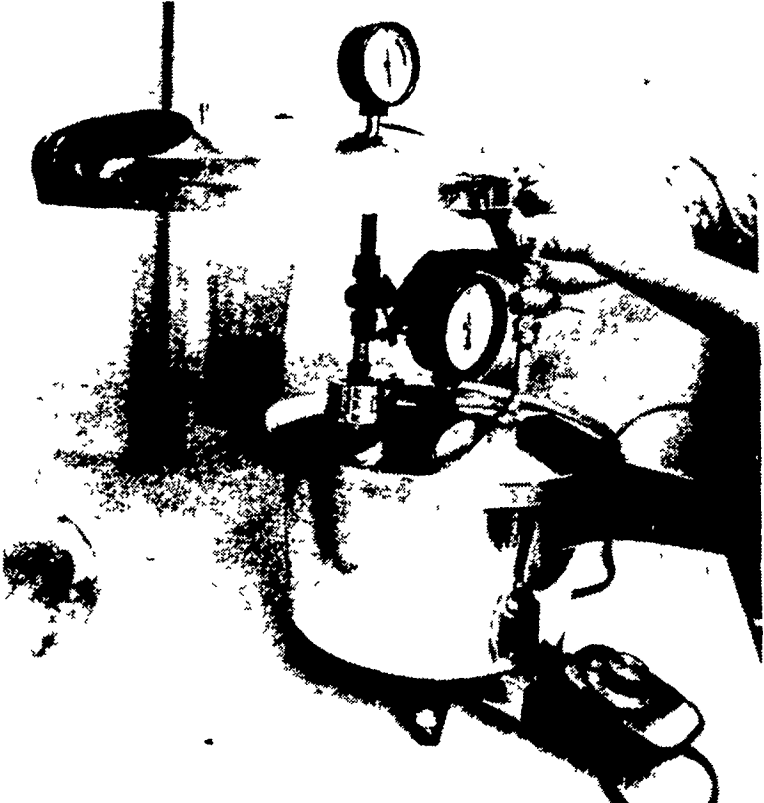


Proper home canning is safe and flavorful



Use a pressure canner for processing green beans and most other garden vegetables. Correctly done, pressure-canning prevents food poisoning. Check to see that rubber gasket is clean and in good condition, as demonstrated here by Coralee Cutler of Randallstown, an Extension home economics agent in Howard county, Maryland.



Take your pressure canner lid each year to a nearby office of the Cooperative Extension Service and have the dial gauge tested for accuracy, as shown here. If your gauge (upper dial) differs slightly from the standard (lower dial), make mental adjustments in processing times. If there is considerable inaccuracy, get a new pressure gauge.



To pack hot, cover fresh-cut beans with boiling water and leave for five minutes.

UNIVERSITY PARK, Md. — Thanks to modern technology and educational methods, home canning today—when done properly—results in garden produce that is delicious, nutritious and safe to eat. However, some types of produce will keep longer than others, even when the canning is done properly.

Some pointers on modern home canning have been provided by Dorothy P. VanZandt, Extension food and nutrition specialist at the University of Maryland in College Park. VanZandt is also acting assistant director for home economics with the Maryland Cooperative Extension Service.

In general, VanZandt recommends canning as the least expensive method of home food preservation. But before you leap into canning, consider these questions

—How much time do I have available?

—What equipment do I need to purchase?

—Do I have adequate storage space?

The Extension specialist suggests that canning ought to be a family affair if you're going to follow the rule of two hours from garden to container.

Speed is a key element in producing canned food with good flavor, she explained. Another ingredient in the flavor formula is garden produce that is free from disease and at the peak of condition. All produce should be ripe but not overmature.

Equipment may not be a problem if you are processing fruits, tomatoes, pickled vegetables or other produce with a

(Turn to Page C24)



Pack hot beans loosely into jar. Leave 1/2-inch space at top of jar for expansion during processing. Be sure there is enough water to cover beans in the jar. Beans not covered with water may turn dark. Overpacking containers may result in underprocessing.



If desired add 1/2 teaspoon of salt for flavor to each pint jar of beans, as shown here. Use one teaspoonful for each quart jar. Be sure to use canning salt. Table salt yields an inferior product. Salt-free canning can also be done without difficulty.

Wipe jar rim clean to assure a perfect seal and to avoid bacterial contamination. Jars should also have been washed in hot water ahead of time and rims checked for rough edges.

