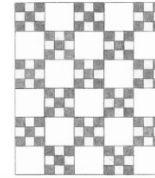
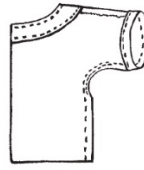




All About Discovery!
 College of Agricultural, Consumer
 and Environmental Sciences
 Cooperative Extension Service
 Extension 4-H Youth Development

Home Economics



4-H Food Preservation: Boiling Project – Greentop

400. E-14 (R-18)



Resources:

- Boiling Water Bath Canning Project Book – 100.E-14
- Foods Record Sheet 300.A-20 (R-18)

Citizenship and Leadership Activities:

- Volunteer your time to help someone in your area with boiling water canning items from the Farmers' Market or their garden.
- Volunteer to help someone in your area with gardening and growing fresh produce.
- Give a presentation or illustrated talk at a club meeting.
- Assist younger 4-H members with this project.
- Encourage other 4-H members to enroll in this project.

Project Objectives:

- To learn how to safely preserve fruits, tomatoes, fruit spreads and pickles.
- To learn how to use home-canned foods you prepared in healthy recipes.
- To show others how to preserve foods by boiling water canning.



4-H members will learn:

- Boiling water canning basics.
- The difference between low-acid vs. high-acid foods.
- How to make altitude adjustments.
- Hot packing vs. raw (cold) packing foods.
- Selection and preparation of produce, jars and canning equipment.
- How to test for a seal in processed jars.
- Proper storage and labeling of canned products.
- Proper canning of fruit, tomatoes, tomato salsa, jams and jellies, fresh-pack dill pickles, bread and butter pickles, fermented dill pickles and pickle relish.

To complete this project:

- Review the 4-H Food Preservation Boiling Water Canning Project Manual and the Greentop to become familiar with the project.
- Successfully complete the canning of fruit, tomatoes, tomato salsa, jams and jellies, fresh-pack dill pickles, bread and butter pickles, fermented dill pickles and pickle relish, as listed in the project manual.
- Prepare and give a demonstration or illustrated talk at club meetings or 4-H contests.
- Participate in the county and state fairs by entering at least one project as listed in the fair book.



Moyers,2014