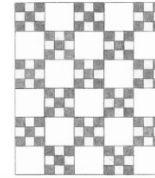
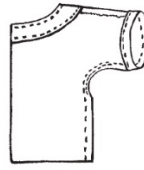




All About Discovery!
 College of Agricultural, Consumer
 and Environmental Sciences
 Cooperative Extension Service
 Extension 4-H Youth Development

Home Economics



4-H Food Preservation: Canning Project – Greentop

400. E-16 (R-18)



Project Objectives:

- To learn how to safely preserve tomato products, vegetables, meats and combinations of meats and vegetables.
- To learn how to use home-canned foods you prepared in healthy recipes.
- To show others how to preserve foods by pressure canning.

4-H members will learn:

- Pressure 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, meats, poultry, fish, jars and canning equipment.
- How to use your pressure canner.
- How to test for a seal in processed jars.
- Proper storage and labeling of canned products.
- Proper canning of vegetables, mixed vegetables, spaghetti sauce, dry beans, meats, poultry, fish, and combination recipes.

To complete this project:

- Review the 4-H Food Preservation Pressure Canning Project Manual and the Greentop to become familiar with the project.
- Successfully complete the canning of vegetables, mixed vegetables, spaghetti sauce, dry beans, meats, poultry, fish, and combination recipes, 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.

Resources:

- Pressure Canning Project Manual 400. E-16
- 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.



Moyers,2014