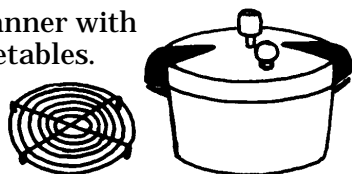


Katie Says: Get Ready To Can Vegetables

Get your pressure canner and rack ready:

1. Use a pressure canner with a rack to can vegetables.



Or, use a pressure saucepan with a rack. You must add 20 minutes to the processing time with a saucepan.



Use only pint jars in a saucepan.

2. Take the canner lid to the Extension office. The office address is on this letter. The Extension agent will check the gauge for you.



The gauge needs to be checked each year. Food will spoil if the gauge does not work right.

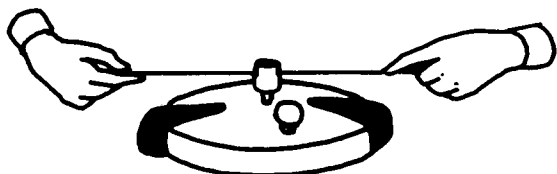
3. Wash the bottom part of the pressure canner or saucepan. Wash the rack. Use soapy water. Rinse and dry it.



4. Do not wash the lid in soapy water. Wipe it clean with a damp cloth.



5. Run a string through the holes in the petcock. Do this to clean out the holes. Be sure the holes are not stopped up. Then take the string out.



Get your jars, lids, and rings ready.

1. Use Ball, Kerr, or Mason jars. They are canning jars. Do not use mayonnaise jars.



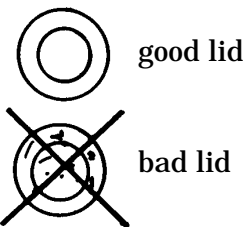
2. Rub your finger over the mouth of each jar. If it is rough, cracked, or chipped, do not use it for canning. It will not seal. Then your food will spoil.



3. Wash good jars in soapy water. Rinse them.

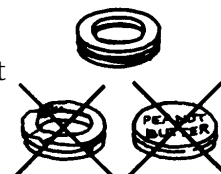


4. Use new lids that are good. Good lids have
 - no bad spots in rubber
 - no bad spots in metal
 - no scratches
 - no cuts



Do not use bad lids. Do not use lids you have used before. They will not seal. The food will spoil.

5. Use good rings. You can use good rings that you have used before.

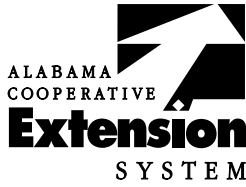


Do not use

- rings that are rusty or bent
- mayonnaise or peanut butter jar tops

6. Use the same size jars in the canner at one time. Do not use pints and quarts at the same time.





ALABAMA A & M AND AUBURN UNIVERSITIES

Dear Friend,

Katie comes to you from your county Extension office. We can tell you many things about feeding and caring for your family. Come by or call the Extension office for free booklets.

Katie

Issued in furtherance of Cooperative Extension work in agriculture and home economics, Acts of May 8 and June 30, 1914, and other related acts, in cooperation with the U.S. Department of Agriculture. The Alabama Cooperative Extension System (Alabama A&M University and Auburn University) offers educational programs, materials, and equal opportunity employment to all people without regard to race, color, national origin, religion, sex, age, veteran status, or disability.



Get Ready To Can

Get out your canner, jars, lids, and rings. Get them ready to can vegetables.

Throw away any bad lids and rings.

Count the good ones.

Count the good jars.

Start saving to buy any new ones you will need.

Plan to grow vegetables in your garden.

These vegetables are good for canning:

- peas
- butter beans
- snap beans
- squash
- okra
- corn

Ask your county Extension agent for recipes to can vegetables.

Vegetables are good for you.

You need four servings of vegetables and fruits every day.

They have vitamins, minerals, and fiber.



Evelyn F. Crayton

Evelyn F. Crayton, Extension Foods & Nutrition Specialist

Your County Extension Agent can tell you more about this and can help you in other ways too. Call or write:



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