Tomatoes are good to eat!
Tomatoes are good for you, too. They help keep your gums from bleeding. They help heal your skin when you are hurt. They help keep your joints from swelling and hurting.
If you can some of your tomatoes, your family will have them to eat next winter.
Tip: Use ripe, red tomatoes for canning.

Things You Use to Can Tomatoes

**Waterbath Canner**
Use a big pot with a lid. It must be about 6 inches taller than the jars. You can use a wash pot.

**Rack**
The jars sit on the rack. You can use a wood or wire rack.

**Standard Canning Jars**
All jars in the canner must be the same size. Standard canning jars have Ball, Kerr, or Mason printed on the side of the jar.

**New Lids**
Lids must not have bad spots in the rubber. No cuts! No scratches! Jars will not seal, and your food will spoil.

**New**

**Old**

**Metal Rings**
Metal rings do not have to be new, but they must not be rusty. Do not use mayonnaise or peanut butter lids.

You will also need:
- a small knife
- a teaspoon
- a small boiler
- a large boiler
- a small baker
- a large cook spoon
- a large pan of water
- a large bowl for tomatoes
- salt
- a clean, damp cloth
This Is How You Can Tomatoes

**Step 1**
Wash the jars in hot, soapy water. Then rinse the jars.

**Step 2**
Rub your finger over each jar mouth. Is it rough? Do not use a jar with rough edges. It will not seal, and your tomatoes will spoil.

**Step 3**
Look at each tomato. It must be ripe. Wash the tomatoes, and put them in a bowl.

**Step 4**
Fill a large boiler half full with water. Let the water come to a boil. Put in a few tomatoes. Let them boil for 1 minute. Take the tomatoes out with a large spoon. Put them in a pan of cold water, and take the tomatoes out when they are cool. Continue with just a few tomatoes at a time.

**Step 5**
Put the rack in the pot or waterbath canner. Fill the pot or canner with water, and heat it slowly.

**Step 6**
Put new lids in the boiler. Cover with water, and let the water get hot. Turn off the heat under the boiler.

**Step 7**
Cut out the stems. Cut out any green or bad spots. Peel the tomatoes. Cut each tomato into two pieces.

**Step 8**
Heat the tomatoes in a large boiler. Let them come to a hard boil.
*Tip:* Always boil tomatoes before putting them in the jar. Do not put raw tomatoes into a jar. They may not be safe to eat.

**Step 9**
Put tomatoes into a jar. Add 2 tablespoons lemon juice (if you use quarts) or 1 tablespoon lemon juice (if you use pints). Fill one jar at a time. Push tomatoes down so the juice covers them.

**Step 10**
Fill the jar to this line.
Step 11
Use a clean, damp cloth to wipe inside the jar. Wipe halfway to where tomatoes are. Then wipe the jar opening. Also wipe the area where the jar ring will be placed.

Step 12
Take a lid out of the hot water.

Step 13
Put the lid on the jar. Put the ring on the jar. Turn the ring until it is tight.

Step 14
Put the jar on the rack in the canner. Water must not be boiling. It should be warm. Continue this process, filling one jar at a time.

Step 15
Don’t let the jars touch each other in the canner. They might break! Make sure the water is 1 or 2 inches above the jar tops.

Step 16
Boil pint jars for 35 minutes. Boil quarts for 40 minutes.

Step 17
Slide the canner off the hot stove unit. Close any open window or door. Jars will break if they cool fast. Dip the water out of the canner. Take the jars out, and put them on a cloth or rack. Do not let the jars touch each other. Do not tighten the rings. This might break the seal. Do not cover the jars. Let the jars cool until the next day.

Step 18
Rings can be taken off and used again. Leave rings that are stuck. Store jars in a cool, dark, and dry place. You can put jars in a box, or you can put jars on a shelf.
Patti West, Regional Extension Agent, Food Safety, Preparation and Preservation; Jean Weese, Extension Food Safety Specialist, Professor, Family and Consumer Sciences, Auburn University; and Evelyn Crayton, Assistant Extension Director, Family and Consumer Sciences, Professor, Nutrition and Food Science, Auburn University.

Originally prepared by Isabelle Downey, former Specialist in Food Preservation.

Trade names are used only to give specific information. The Alabama Cooperative Extension System does not endorse or guarantee any product and does not recommend one product instead of another that might be similar.

For more information, call your county Extension office. Look in your telephone directory under your county’s name to find the number.

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.

© 2008 by the Alabama Cooperative Extension System.