



# Let's Start Preserving!

## Intro to Canning



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3 Simple Steps To Preserving



Before getting started, let us help answer some of your basic questions.

### What is canning?

Canning is really one step beyond cooking. It is a method that applies heat to food in a closed glass home canning jar to stop the natural spoilage that would otherwise take place, and removes air from the jar to create a seal. There are two home canning methods - Waterbath Canning and Pressure Canning.

### How do I know which method to use?

The type of food you want to preserve will determine which method you will use for safe and great tasting results. We will walk you through the 3 simple steps for Waterbath Canning, which is the best place to start for beginners. It's as easy as boiling water!  
Click here for more information on Pressure Canning.

## Waterbath Canning



Method for preserving tomatoes, salsa, jellies, jams, fruits (whole, sauces, chutneys, pie filling, etc.) and other high-acid foods.

#### You will need:

- Ball® 21-Quart Waterbath Canner with canning rack OR equally large stockpot with Ball® Canning Rack
- Ball® Glass Preserving Jars with Lids and Bands

Recipes using this method are great for beginners.

## Pressure Canning



Method for preserving meats, Poultry, vegetables, chili, fish and other low-acid foods.

#### You will need:

- Pressure Canner
- Ball® Glass Preserving Jars with Lids and Bands

Recipes using this method are best for intermediate and advanced canners.



# 1. Prepare Your Gear

## You will need:

- **Ball® 21-Quart Waterbath Canner with a canning rack, or for small batches, a Ball® Canning Discovery™ Kit**

*When preserving tomatoes, salsa, pickles, jellies, jams, fruits (whole, sauces, chutneys, pie fillings, etc.) and other high-acid foods*

- **Ball® or Kerr® Glass Preserving Jars with Lids and Bands**
- **Common kitchen utensils**

*Sauce pan*

*Measuring spoons*

*Measuring cups*

*Cutting board*

*Kitchen knives*

*Ladle*

*Large spoon*

*Non-metallic spatula*

*Dish rags*

*When using the Ball Canning Discovery Kit you will need a stock pot that is at least 7 1/2 inches tall and 9 1/2 inches in diameter*

- **Fresh produce and other quality ingredients specific to your recipe**

1a **Wash Jars,** lids and bands in hot, soapy water. Rinse well.

1b **Keep Jars Warm** until ready to use, in order to minimize risk of breakage when filling with hot food. You can heat them in a pot of simmering water, or in a heated dishwasher.

**QUICK TIP:**

Shop [FreshPreserving.com](http://FreshPreserving.com) for all your canning needs.



1c **Fill Canner** half full with enough water to cover jars with at least 1 inch of water and heat to a simmer. Place lid on canner. Keep rack to the side until ready to use.

\*Foods like meat, poultry, vegetables, chili and fish are low-acid foods. They must be processed using the Pressure Canning method and cannot be safely preserved using the Waterbath Canning method outlined here. For more information on Pressure Canning, visit [FreshPreserving.com](http://FreshPreserving.com).

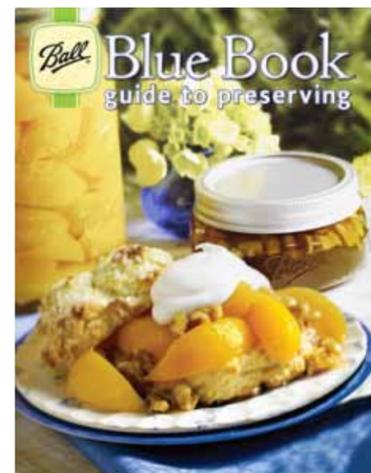


# 2. Select Your Recipe

Select your recipe and read the directions thoroughly. This is not the time to experiment. Even a slight change can throw off the balance of a recipe, turning bliss to blah.

2a **Prepare Recipe** of your choice from hundreds of home canning recipes available:

- Ball Blue Book® Guide to Preserving
- FreshPreserving.com
- Ball® Fiesta Salsa Mix, Ball® Pickle Mixes or Ball® RealFruit™ Pectins
- And for smaller batches,



## QUICK TIP:

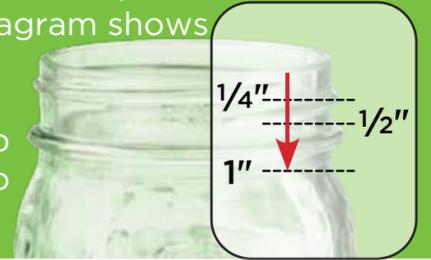
For the simplest recipes, use Ball® Food Products (recipes included with the package):

- **Pickle Mixes** — special spice blends for crunchier pickles. Available in Bread & Butter and Kosher Dill varieties
- **Fiesta Salsa Mix** — add tomatoes and make it mild, medium or hot.
- **RealFruit™ Pectins** — for making homemade jams and jellies. Available in Classic, Liquid, Low or No-Sugar Needed and Instant No-Cook varieties



**2b Fill Each Jar** with prepared food. Follow canning recipe for correct fill-level. Each jar needs space between the food and the rim (headspace) to allow for food expansion.

For successful canning you need to leave the right amount of space between the food and the rim of the jar. This space is called "headspace". This diagram shows you how to measure this space. Always measure from the top of the jar rim down to the top of the food.



**2c Remove Air Bubbles** by sliding a small non-metallic spatula inside the jar, gently pressing food against the opposite side of the jar. Air bubbles inside the jar can impact canning effectiveness.



**QUICK TIP:**

Let the Ball® Utensil Set for Preserving help you!

- Jar Funnel — fills jar without a mess
- Jar Lifter & Lid Lifter — safely remove jars and lids from hot water
- Bubble Remover & Headspace Tool — release air bubbles and measure headspace



**2d Wipe** any food from the rims of the jars. Center new lid on the jar, then twist on the band until "fingertip tight". Ensure bands are NOT over-tight — air inside the jars must be able to escape during canning.



**Other Tools Sold Separately:**

- Collapsible Funnel — designed for convenient drawer storage
- Secure-Grip Jar Lifter — spring hinge to lift jars with confidence and minimal effort
- Dissolvable Labels — water dissolvable in 30 seconds



# 3. Preserve Your Food.

It's as easy as boiling water. Simply follow the steps below\* and you have fresh preserved food to enjoy anytime.

**3a Place Filled Jars** into canning rack, then lower into simmering water, ensuring jars are covered by 1 inch of water. Cover with lid and heat to a steady boil. Boil jars for the time specified in recipe, adjusting for altitude (see chart on right).

Altitude affects canning recipes, just like it does when you bake. Recipes are written for altitudes up to 1,000 feet above sea level. Be sure to check the chart below for adjustments for your altitude.

Altitude Feet	Increase Processing Time
1,001 - 3,000	5 minutes
3,001 - 6,000	10 minutes
6,001 - 8,000	15 minutes
8,001 - 10,000	20 minutes



**3b Turn Off Heat** and let jars stand in water for 5 minutes. Remove jars from water and cool upright on wire rack or towel on countertop for 12 hours.

**TIP:** After removing jars from the canning rack, do not re-tighten or over tighten bands that may have come loose during canning, so as not to interfere with the sealing process.

\*Remember, when preserving foods like meat, poultry, vegetables, chili, fish and other low-acid foods, they must be processed using the Pressure Canning method and cannot be safely preserved using the Waterbath Canning method outlined here. For more information on Pressure Canning, visit [FreshPreserving.com](http://FreshPreserving.com).



# Congratulations! You Just Canned



**3c Press** on center of cooled lid. If jar is sealed, the lid will **NOT** flex up or down.

**NOTE:** If the lid flexes, the jar did not seal properly. You may refrigerate for immediate use. Or for directions on how to safely re-process the jar, see **FreshPreserving.com** or the Ball Blue Book® guide for detailed instructions.



**3d Store** sealed jars in pantry for up to 1 year. Jars may be stored without bands, or you may clean underside of bands to ensure no moisture is trapped during storage.

**3e Enjoy** your homemade food or give as a gift.

Need help from one of our experts?  
Email or Call Us!

FreshPreserving.com  
800.240.3340

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