



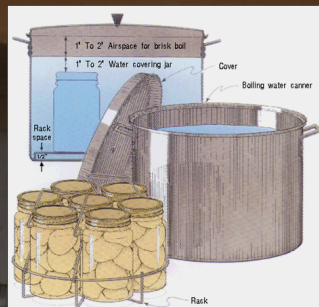
OKLAHOMA COUNTY
EXTENSION

Get Cooking:

WATER BATH CANNING 101

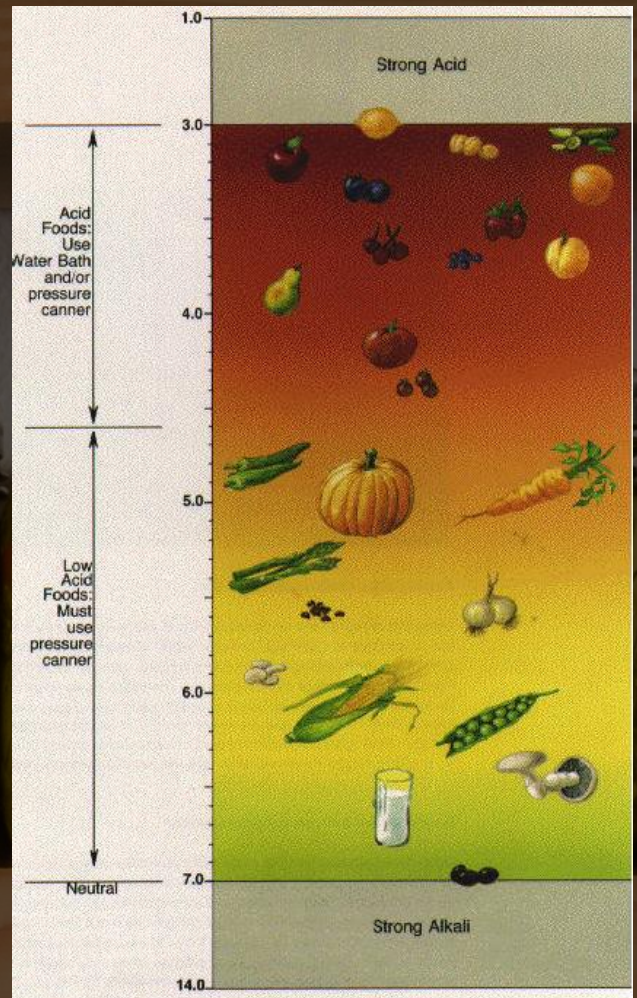
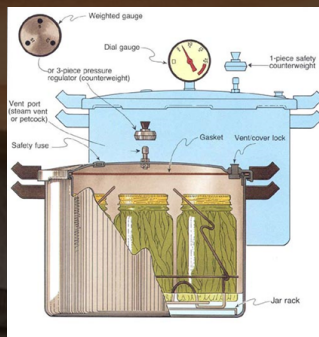
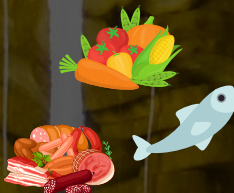
High pH Water Bath

- apples
- berries
- peaches
- pears
- tomatoes are borderline - and must be considered a special case, with acid added!



Low pH Pressure Canned

- asparagus
- beans
- corn
- cucumbers
- green beans
- greens (lettuce, kale, collards, spinach, etc.)
- peas
- pumpkins squash (summer or winter varieties)
- Meats including seafood





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Water Bath Canning Process

Trusted Recipe



Prep



Hot Pack vs. Raw Pack



Process Jars



Test Seal

Reputable Resources

- For further information on water bath canning, pressure canning, freezing vegetables & fruit, or other home food preservation recommendations visit:
 - <https://nchfp.uga.edu/>
- Ball Blue Book
 - <https://www.freshpreserving.com/home>
- Local Extension office

Keeping Yourself Safe when Canning at Home:

1. Use proper canning techniques
 - Follow research-based recipe, specifically those that follow the USDA Complete Guide to Home Canning
 - Do not follow recipes and cookbooks that do not follow the steps in the USDA guide, even if you got these items from a trusted friend or family member.
2. Use the right equipment for the kind of foods you are canning
 - Do not use a boiling water canner for low-acid foods because it will not protect against botulism. Do not use an electric, multi-cooker appliance, even if it has a “canning” or “steam canning” button on the front panel.
3. When in doubt, throw it out!
 - If the container or the food inside has any signs of contamination, throw it out! Look for:
 - the container is leaking, bulging, or swollen
 - the container looks damaged, cracked, or abnormal
 - the container spurts liquid or foam when opened
 - or the food is discolored, moldy, or smells bad.
 - Never taste food to determine if it is safe.

