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
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.

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/](https://nchfp.uga.edu/)
- Ball Blue Book
  - [https://www.freshpreserving.com/home](https://www.freshpreserving.com/home)
- Local Extension office

Water Bath Canning Process

- Trusted Recipe
- Prep
- Hot Pack vs. Raw Pack
- Process Jars
- Test Seal