



HOW TO CAN YOUR OWN PRODUCE

What to can

There are many recipes for canning fruits and vegetables, I have tried quite a few now. My favourite by far is to can homegrown tomatoes picked fresh the same day. Other successful canning projects are:

Plums

Fresh fruit juices and cordials

Ketchup

Tomato Puree

Mixed vegetable sauce

Strawberries

Sweet corn

Hot chilli sauce

Asparagus

And many more

Method

I use a large lidded pan especially designed to take 7 one litre kilner jars. It comes with a wire basket that fits inside and allows you to lift the jars out easily. Also useful is a magnetic lid lifter as they always get lost at the bottom of the pan when sterilising jars and lids!

I got my canning set from Amazon, [8 piece canner kit](#) its also a good idea to have a good stock of 1 litre preserving jars, Mason and Ball and Kilner make the best ones in my opinion. Again these can be brought from Amazon if necessary.

There are two ways of canning food at home: the boiling-water method and the pressure-canning method. Both methods work essentially the same way. The ingredients are prepared and loaded into jars with special lids that allow steam to escape. The jars are heated and as they cool, the food contracts and creates an airtight seal that preserves the contents for up to a year.

The boiling-water method is an easy way to get started because the equipment investment is minimal, this is the way I can my produce. It's suitable for acidic foods, like fruit jams and jellies, salsas, tomatoes, and vegetables that have been made more acidic with the addition of vinegar, lemon juice, or citric acid.

Pressure canning is for low-acid foods, which includes most vegetables and meats. These need to be heated to a higher temperature in a special pressure-canning appliance to keep bacteria at bay. I have yet to try this method so in future any references are for the water bath method.

Canning doesn't require a degree in chemistry, If you follow a modern canning recipe and common sense kitchen cleanliness, you should be fine. There are lots of recipes mainly on American websites or through Pinterest.

Notes

Make sure you follow the recipes correctly and keep all utensils clean and sterilised.

Label your jars as soon as they are cool, put the date on the jars so you can be sure to use them in date order. I usually can about 60 litres of tomatoes every summer, I have yet to run out before the next tomato season starts again.