

K-State Research and Extension Southwind District

Family Consumer Science News Column

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### **Planning on canning?**

Prep now for safely preserving garden foods.

Gardeners are making their plans, and in some areas, vegetables and other foods are already being planted. That is a sign that food preservation season is not far away and now is the time to check canning equipment and make repairs needed or replace worn items.

Examine jars and take damaged ones out of your canning supply. It is also recommended that you have your dial gauge pressure canner checked to make sure it is working properly. This service is free at Extension offices, just drop off the gauge and lid.

Following recipes and directions will help insure a safely canned food. And don't forget to adjust your processing for your location's elevation. Sources for recipes include the So Easy to Preserve by University of Georgia Cooperative Extension or Blue Ball/ Kerr. K-State Research and Extension along with other State Cooperative Extension websites will have recipes and resources, too.

What else? Learn how canners work with your stovetop. Some canners should not be used on flat, glass stovetops. Always follow the canner and stove manufacturer's directions. Each year there is a new trendy way to preserve food in jars but have NOT been validated with research. These include oven, microwave, and electric pressure cookers.

Take the time to get educated and practice with jars filled with water as a substitute, this will help guide you to making safe food and reducing waste. K-State Research and Extension has how-to videos and publications on food preservation and canning available online and a bimonthly newsletter called Preserve It Fresh Preserve It Safe to keep you up to date. To learn more and for publications visit our website at [southwind.ksu.edu/food\\_preservation/food\\_preservation.html](http://southwind.ksu.edu/food_preservation/food_preservation.html)

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