

LONG TERM FOOD STORAGE



KEEP YOUR FAMILY FEED DURING THE WINTER

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INTRODUCTION

I've said this before and I'll say it again: In an emergency the most important thing to have is food and water. So when people want to get prepared, one of the first things I tell them to do is buy some dried wheat, rice, beans, and honey for long-term storage.

The next thing I tell people to do is to start canning their own food. Canning means putting fresh food in mason jars and preparing them in a way to make the food last much longer.

Pre-packaged dried food can only get you so far. You can't live forever on grains, you need other nutrients found only in fruits and vegetables. Although you can find pre-packaged dried produce, it costs a fortune and its quality is questionable. Big companies often use dangerous chemicals when storing these items to increase production and profits.

You can save even more if you practice canning regularly. Each year, I like to buy extra fresh produce in season, when it's cheap. This saves me a bundle on overpriced groceries in the winter.

Plus, practicing now will give you the confidence you need in the event of a real crisis. In the case of a long-term emergency, if you are growing your own food for survival, canning may be the only way you'll survive the winter.

But don't worry, canning is easy. I've focused on simple recipes that don't require specialized gear that might be hard to find in a disaster. All you need to do is boil mason jars in a large pot on your stove or an open flame and you'll be able to store food that lasts years.

I'll walk you through the canning process step-by-step and help you with the most common problems. Let's get started.



How To SAFELY CAN FOOD

As a longtime food preserver, I applaud the recent interest in canning for long-term survival. However, I'm shocked at the recklessness of those who think anything can be safely canned at home.

I've seen countless websites recommend canning for meat, butter, milk and eggs without safety warnings. The fact is, these items are not suitable for home canning and should be left to commercial canning companies with specialized equipment. Canning the above foods at home can cause anyone who eats those foods to become very ill or even die.

So, make sure you follow ALL the instructions provided below.

WHAT YOU WILL NEED:

- Glass mason jars
- Lids with seals
- Boiling water canner or a large, deep, lidded pot
- A Rack to fit your pot/ canner
- Common kitchen utensils, such as a wooden spoon, ladle and funnel
- Water
- Fresh produce and other quality ingredients



CANNING STEPS

Canning food is easy, just follow the steps below:

- 01** **STEP 1 - INSPECT AND SANITIZE CANNING JARS**
- 02** **STEP 2 - FILL CANNER OR POT WITH WATER**
- 03** **STEP 3 - PRE-HEAT CANNING JARS AND LIDS IN SIMMERING WATER UNTIL READY FOR USE.**
Do not boil. Set bands aside.
- 04** **STEP 4 - PREPARE THE FOOD YOU'RE PLANNING TO CAN.**
Different foods require different forms of preparation for canning, with some foods requiring special attention. Later in this book, I'll be suggesting some personal favorite recipes for canning - never skip the research if you're planning to can something else.
- 05** **STEP 5 - FILL JARS**
Fill jars, making sure to leave proper headspace as specified in your recipe.
Note: the food should still be warm during this process
- 06** **STEP 6 SEAL LIDS AND ADD BANDS**
Seal lids on jars and add bands, make sure bands are fingertip tight
When canning, fingertip tight means a band is screwed on by hand without exerting additional force or over-tightening
- 07** **STEP 7 BOIL JARS FOR AT LEAST 10 MINUTES.**
Some foods and recipes may require more than 10 minutes of boiling
- 08** **STEP 8 - REMOVE JARS FROM WATER.**
- 09** **STEP 9 - RECHECK LIDS**
Lid should not flex up and down when center is pressed.

CONDITION

POSSIBLE CAUSES

SEAL FAILS

- Jars heated improperly
- Lids were boiled instead of heated at a simmer in preparation
- Leave more headspace (empty space between food and lid)
- Make sure jar rims are clean
- Adjust heating time based on altitude

JAR SEALS, THEN UNSEALS

- Make sure to heat jars properly
- Make sure jar rims are clean
- Check jar lids for cracks, uneven or chipped surfaces
- Too much air is trapped in food - use a utensil to release trapped air

LID BUCKLES OR WARPS

- Lid screwed too tightly
- Consider different jars/ lids if the issue recurs

LIQUID IS LOST DURING PROCESSING

- Food not heated before being packed into jars
- Food packed too tightly
- Air bubble not removed before lid was applied

LIQUID IS LOST DURING PROCESSING

- Food not heated before being packed into jars
- Food packed too tightly
- Air bubble not removed before lid was applied
- Band screwed too tightly
- Starchy food absorbed liquid

CONDITION

POSSIBLE CAUSES

LIQUID IS LOST AFTER PROCESSING

- Jars removed from pot before internal pressure could stabilize

FOOD DARKENS IN TOP OF JAR

- Liquid did not cover food
- Jars not heated long enough
- Too many air bubbles left in food

FOOD BECOMES BLACK, BROWN, GRAY

- Natural chemicals in food react with minerals in water or metal utensils. Use soft water and stainless steel utensils, avoiding chipped enamel

BLACK SPOTS APPEAR ON UNDERSIDE OF METAL LID

- Natural compounds and slight imperfections with the lids can cause harmless dark spots

RUST APPEARS ON METAL LID

- Improper coating, scratches on underside of lid. Start using new lids

CONCLUSION



It's my opinion that each day we are closer to a major crisis.

Whether that's a week, a month, or years away, I don't know. What I do know is now is the time to prepare.

How much you decide to prep is up to you, but understanding the information in this book and being able to use it could mean the difference between life and death for you and your loved ones.

Bonus RECIPES

BLACK RASPBERRY JAM

YOU WILL NEED:

- 3-1/2 cups crushed black raspberries (about 5 pints)
- 1/4 cup lemon juice
- 1 (3oz) packet liquid pectin
- 1/2 tsp butter (optional)
- 7 cups sugar
- 8 (8 oz) half pint glass preserving jars with lids and bands

DIRECTIONS:

1.) **PREPARE** boiling water canner. Heat jars and lids in simmering water until ready for use. Do not boil. Set bands aside.

2.) **COMBINE** prepared berries with lemon juice and sugar in a 6- or 8-quart saucepan. Add up to 1/2 tsp butter to reduce foaming, if desired. Bring mixture to a full rolling boil that cannot be stirred down, over high heat, stirring frequently.

3.) **ADD** pectin. Continue the hard boil for 1 minute, stirring constantly. Remove from heat. Skim foam if necessary.

4.) **LADLE** hot jam into hot jars leaving 1/4 inch headspace. Wipe rim. Center lid on jar. Apply the band until it is fingertip tight.

5.) **PROCESS** jars in a boiling water canner for 10 minutes, adjusting for altitude. Remove jars and cool. Check lids for seal after 24 hours. Lid should not flex up and down when the center is pressed

BASIL-GARLIC TOMATO SAUCE

YOU WILL NEED:

- 20 lbs tomatoes (about 60 medium)
- 1 cup chopped onion (about 1 large)
- 8 cloves garlic, minced
- 1 tbsp olive oil
- 1/4 cup finely minced, fresh basil
- 7 tbsps bottled lemon juice (1 per jar)
- 7 (16 oz) pint glass preserving jars with lids and bands

DIRECTIONS:

1.) PREPARE boiling water canner. Heat jars and lids in simmering water until ready for use. Do not boil. Set bands aside.

2.) WASH tomatoes; drain. Remove core and blossom ends. Cut into quarters. Set aside.

3.) SAUTE onion and garlic in olive oil until translucent. Add tomatoes. Bring to a boil. Reduce heat and simmer for 20 minutes, stirring occasionally.

4.) PUREE tomato mixture in a food processor or blender, working in batches. Strain puree to remove seeds and peel.

5.) COMBINE tomato puree and basil in a large pot. Bring to a boil. Reduce heat and simmer until volume is reduced by half, stirring to prevent sticking.

6.) ADD 1 tbsp bottled lemon juice to each hot jar. Ladle hot sauce into hot jars leaving 1/2 inch headspace. Remove air bubbles. Wipe rim. Center the hot lid on jar. Apply the band and adjust until it is fingertip tight.

7.) PROCESS filled jars in a boiling water canner for 35 minutes, adjusting for altitude. Remove jars and cool. Check the seal after 24 hours. Lids should not flex up and down when the center is pressed.

BRANDIED APPLE RINGS

YOU WILL NEED:

- 4 cups granulated sugar
- 3 cups water
- 4-1/2 lbs firm red apples, cored, cut into 1/4 inch rings, treated to prevent browning* and drained (about 14 medium)
- 1 cup brandy
- 6 (16 oz) pint glass preserving jars with lids and bands

***red food coloring can be added as directed in step 2 to prevent browning**

DIRECTIONS:

1.) PREPARE boiling water canner. Heat jars and lids in simmering water until ready for use. Do not boil. Set bands aside.

2.) COMBINE sugar and water in a large stainless steel saucepan. Bring to a boil over medium-high heat, stirring occasionally. Reduce heat and boil gently, stirring to dissolve sugar, about 5 minutes. Add red food coloring, if using, then return to a boil. Reduce heat and boil gently, stirring occasionally, until apples are slightly tender, about 15 minutes. Remove from heat.

3.) REMOVE apple rings from syrup using a slotted spoon, and place in a large glass or stainless steel bowl. Return syrup to a boil over high heat. Remove from heat and stir in brandy.

4.) PACK hot apple rings loosely into hot jars leaving 1/2 inch headspace. Ladle hot syrup into jars to cover apple rings leaving 1/2 inch headspace. Remove air bubbles. Wipe rim. Center lid on jar. Apply the band until it is fingertip tight.

5.) PROCESS jars in a boiling water canner for 15 minutes, adjusting for altitude. Remove jars and cool. Check lids for seal after 24 hours. Lid should not flex up and down when center is pressed.

FIESTA SALSA SMALL BATCH

YOU WILL NEED:

- 2 lbs fresh tomatoes (about 6 medium) to yield 4 1/2 cups finely diced
- 3 tbsps white vinegar (5% acidity)
- 1/4 cup of your favorite Salsa Mix
- 2 (16 oz) pint glass preserving jars with lids and bands

DIRECTIONS:

- 1.) PREPARE canner, jars, and lids according to manufacturer's instructions.
- 2.) COMBINE tomatoes, vinegar, and the salsa mix in a large saucepan.
- 3.) HEAT to a boil. Reduce heat and simmer for 5 minutes.
- 4.) LADLE hot salsa into jars leaving 1/2 inch headspace. Remove air bubbles. Wipe rims. Center lids on jars. Apply bands and adjust to fingertip tight.
- 5.) PROCESS in boiling water canner for 35 minutes, adjusting for altitude

QUICK TIP: Make your salsa medium or hot by adding hot pepper sauce or hot pepper flakes to taste!

HONEY-ORANGE SLICES

YOU WILL NEED:

- 3 cinnamon sticks broken into pieces
- 1-1/2 tsps whole cloves
- 1-1/2 tsps whole allspice
- 2-1/2 lbs oranges, halved lengthwise and thinly sliced, ends and seeds discarded (about 8 medium)
- Water
- 1-1/4 cups granulated sugar
- 1-1/4 cups liquid honey
- 3 tbsps lemon juice
- 3 (8 oz) half pint glass preserving jars with lids and bands

DIRECTIONS:

1.) TIE cinnamon stick pieces, cloves and allspice in a square of cheesecloth, creating a spice bag. Set aside.

2.) COMBINE oranges with water to cover in a large stainless steel saucepan. Bring to a boil over medium-high heat. Reduce heat and boil gently until peel is tender, about 15 minutes. Drain and set aside.

3.) COMBINE sugar, honey and lemon juice in a clean large stainless steel saucepan. Bring to a boil over medium-high heat, stirring occasionally to dissolve sugar. Add spice bag and oranges. Bring to a boil. Reduce heat and boil gently until orange slices are well glazed, about 40 minutes. Remove and discard spice bag.

4.) PREPARE boiling water canner. Heat jars and lids in simmering water until ready for use. Do not boil. Set bands aside.

5.) PACK hot oranges into hot jars, using a slotted spoon, leaving 1/2 inch headspace. Ladle hot syrup into a hot jar to cover oranges, leaving 1/2 inch headspace. Remove air bubbles. Wipe rim. Center lid on jar. Apply the band until it is fingertip tight.

6.) PROCESS jars in a boiling water canner for 10 minutes, adjusting for altitude. Remove jars and cool. Check lids for seal after 24 hours. Lid should not flex up and down when center is pressed.

DILL PICKLES

YOU WILL NEED: (For every 2 quarts of pickles)

- 3 1/2 lbs pickling cucumbers (about 14 small to medium)
- Fresh garlic cloves (optional)
- 2 cups water
- 1 cup vinegar (5% acidity)
- 1/4 cup dill pickle mix
- 2 (32 oz) preserving jars with lids and bands

DIRECTIONS:

- 1.) CUT ends off cucumbers. Cut into spears.
- 2.) COMBINE water, vinegar, and dill pickle mix in a medium saucepan. Heat to a boil.
- 3.) PREPARE canner, jars, and lids according to manufacturer's instructions.
- 4.) PACK spears into hot jars. Ladle hot pickling liquid over spears leaving 1/2 inch headspace. Remove air bubbles. Wipe rims. Center lids on jars. Apply bands and adjust to fingertip tight.
- 5.) PROCESS in boiling water canner for 15 minutes, adjusting for altitude. For best flavor, allow pickles to stand for 4-6 weeks.

LIGHT STRAWBERRY JAM

YOU WILL NEED:

- 4 cups crushed strawberries
- 1 cup unsweetened white grape juice
- 3 tbsps no sugar needed pectin
- 6 (8 oz.) half pint glass preserving jars with lids and bands

DIRECTIONS:

1.) PREPARE boiling water canner. Heat jars and lids in simmering water until ready for use. Do not boil. Set bands aside.

2.) COMBINE strawberries and juice in a 6- to 8-quart saucepan. Gradually stir in pectin. Bring mixture to a full rolling boil that cannot be stirred down, over high heat, stirring constantly. Remove from heat. Skim foam if necessary.

3.) LADLE hot jam into hot jars leaving 1/4 inch headspace. Wipe rim. Center the hot lid on jar. Apply a band and adjust until it is fingertip tight.

4.) PROCESS filled jars in a boiling water canner for 10 minutes, adjusting for altitude. Remove jars and cool. Check the seal after 24 hours. Lids should not flex up and down when center is pressed.

PEACH JELLY

YOU WILL NEED:

- 3-1/2 cups prepared peach juice (about 11 medium peaches)
- 1/3 cup lemon juice
- 2 (3 oz) packets liquid pectin (1 box)
- 1/2 tsp butter, optional
- 7-1/2 cups sugar
- 7 (8 oz) half pint glass preserving jars with lids and bands

DIRECTIONS:

1.) PREPARE peaches by removing pits and finely chopping them. Place in saucepan; add 1-1/2 cups water. Bring to a boil. Reduce heat, cover and simmer for 5 minutes. Place prepared peaches in a dampened jelly bag or several layers of dampened cheesecloth. Let juice drip, undisturbed, for at least 2 hours or overnight. Note: Squeezing the jelly bag may cause jelly to be cloudy.

2.) PREPARE boiling water canner. Heat jars and lids in simmering water until ready for use. Do not boil. Set bands aside. Measure juice and other ingredients. If you need more juice, simply add water to fruit pulp and extract.

3.) COMBINE prepared juice with lemon juice and sugar in a 6-or 8-quart saucepan. Add up to 1/2 tsp. butter or margarine to reduce foaming, if desired. Bring mixture to a full rolling boil that cannot be stirred down, stirring frequently.

4.) ADD pectin, immediately squeezing entire contents from the pouches. Continue the hard boil for 1 minute, stirring constantly. Remove from heat. Skim foam if necessary.

5.) LADLE hot jelly into hot jars leaving 1/4 inch headspace. Wipe rim. Center lid on jar. Apply a band until it is fingertip tight.

6.) PROCESS jars in a boiling water canner for 10 minutes, adjusting for altitude. Remove jars and cool. Check lids for seal after 24 hours. Lid should not flex up and down when center is pressed.

PEAR JELLY

YOU WILL NEED:

- 4 cups prepared pear juice (about 12 medium pears)
- 2 tbsps lemon juice
- 3 tbsps no sugar needed pectin
- 1/2 tsp butter (optional)
- 3/4 to 1 cup honey (optional)
- 3 to 5 (8 oz) half pint glass preserving jars with lids and bands

DIRECTIONS:

1.) PREPARE pears by coring and finely chopping them. Add 3 cups water. Simmer for 10 minutes, covered, stirring occasionally. Place prepared pears in dampened jelly bag or several layers of dampened cheesecloth. Let juice drip, undisturbed, for at least 2 hours or overnight. Note: Squeezing the jelly bag may cause jelly to be cloudy.

2.) PREPARE boiling water canner. Heat jars and lids in simmering water until ready for use. Do not boil. Set bands aside. Measure juice and other ingredients. If you need more juice, simply add water to fruit pulp and extract.

3.) COMBINE prepared pear juice with lemon juice in a 6-or 8-quart saucepan. Gradually stir in pectin. Add up to 1/2 tsp butter to reduce foaming, if desired. Bring mixture to a full rolling boil that cannot be stirred down, over high heat, stirring constantly.

4.) ADD honey as desired, if using. Remove from heat. Skim foam if necessary. Return mixture to a full rolling boil. Boil hard for 1 minute, stirring constantly. Remove from heat. Skim foam if necessary.

5.) LADLE hot jelly into hot jars leaving 1/4 inch headspace. Wipe rim. Center lid on jar. Apply a band until it is fingertip tight.

6.) PROCESS jars in a boiling water canner for 10 minutes, adjusting for altitude. Remove jars and cool. Check lids for seal after 24 hours. Lid should not flex up and down when center is pressed.

PICKLED THREE-BEAN SALAD

YOU WILL NEED:

- 4-1/2 cups sliced trimmed green beans (about 1-1/2 lbs)
- 4-1/2 cups sliced trimmed yellow wax beans (about 1-1/2 lbs)
- 1 lb lima beans, shelled
- 2 cups sliced celery (about 4 stalks)
- 1-2/3 cups sliced onions (about 3 medium)
- 1 cup diced seeded red bell pepper (about 1 large)
- Boiling water
- 2-1/2 cups granulated sugar
- 1 tbsp mustard seeds
- 1 tsp celery seeds
- 4 tsps pickling or canning salt
- 3 cups white vinegar
- 1-1/4 cups water
- 5 to 6 (16 oz) pint glass preserving jars with lids and bands

DIRECTIONS:

1.) PREPARE boiling water canner. Heat jars and lids in simmering water until ready for use. Do not boil. Set bands aside.

2.) COMBINE green and yellow beans, lima beans, celery, onions and red pepper in a large stainless steel saucepan. Add boiling water to cover and bring to a boil over medium-high heat. Reduce heat and boil gently for 5 minutes, until vegetables are heated through.

3.) COMBINE sugar, mustard seeds, celery seeds, salt, vinegar and water in a separate stainless steel saucepan. Bring to a boil over medium-high heat, stirring to dissolve sugar. Reduce heat and boil gently for 5 minutes, until seasoning has infused the liquid.

4.) DRAIN hot vegetables and pack into hot jars leaving 1/2 inch headspace. Ladle hot pickling liquid into jar to cover vegetables leaving 1/2 inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot pickling liquid. Wipe rim. Center lid on jar. Apply a band until it is fingertip tight.

5.) PROCESS jars in a boiling water canner for 15 minutes, adjusting for altitude. Remove jars and cool. Check lids for seal after 24 hours. Lid should not flex up and down when center is pressed.

ROASTED RED PEPPER SPREAD

YOU WILL NEED:

- 6 lbs red bell peppers (about 14 medium)
- 1 lb Italian plum tomatoes (about 5 medium)
- 2 cloves garlic, unpeeled
- 1 small white onion, unpeeled
- 1/2 cup red wine vinegar
- 2 tbsps finely chopped fresh basil
- 1 tbsp sugar
- 1 tsp salt
- 5 (8 oz) half pint glass preserving jars with lids and bands

DIRECTIONS:

1.) ROAST red peppers, tomatoes, garlic and onion under a broiler or on a grill at 425°F, turning to roast all sides, until tomatoes and peppers are blistered, blackened and softened and garlic and onion are blackened in spots. Remove from heat.

2.) PLACE pepper and tomatoes in paper bags, secure the opening and let cool for about 15 minutes. Allow garlic and onion to cool, then peel. Finely chop garlic. Set aside. Finely chop onion, measuring 1/4 cup. Set aside. Peel and seed peppers and tomatoes. Place peppers and tomatoes in a food processor or blender, working in batches, and process until smooth.

3.) PREPARE boiling water canner. Heat jars and lids in simmering water until ready for use. Do not boil. Set bands aside.

4.) COMBINE pepper and tomato puree, garlic, onion, vinegar, basil, sugar and salt in a large saucepan. Bring to a boil. Reduce heat and simmer until mixture thickens and mounds on a spoon, about 20 minutes.

5.) LADLE hot spread into hot jars leaving 1/2 inch headspace. Wipe rim. Center the hot lid on jar. Apply a band and adjust until it is fingertip tight.

6.) PROCESS in a boiling water canner for 10 minutes, adjusting for altitude. Remove jars and cool. Check lids for seal after 24 hours. Lid should not flex up and down when center is pressed.

SAUERKRAUT

YOU WILL NEED:

- 25 lbs white cabbage, outer leaves discarded, cored and quartered (about 5 large heads)
- 1 cup Pickling Salt
- 6 (32 oz) quart or 12 (16oz) pint glass preserving jars with lids and bands

DIRECTIONS:

1.) CUT cabbage into thin shreds, about 1/16 inch thick, in a food processor fitted with a slicing attachment, working in batches as necessary. This can also be done with a sharp knife or mandoline. Remove any large pieces and discard.

2.) WORKING in 5-lb batches, combine shredded cabbage and 3 tbsps pickling salt in a large stone crock or glass or food-grade plastic container. Mix thoroughly. Let stand for 15 minutes or until juices start to flow and cabbage wilts slightly. Using a wooden spoon or your hands, press down firmly on the cabbage until the juice comes to the surface. Repeat four times, until all the cabbage is used up, leaving at least 4 inches of space between cabbage and rim of container. Sprinkle remaining pickling salt on top. If not enough juice has been produced to cover cabbage, add brine*

3.) PLACE a large clean inverted plate over the cabbage mixture and weigh down with two or three quart jars filled with water and capped. (Keep cabbage under brine by 1 to 2 inches throughout fermentation.) Cover with a clean heavy towel. Let stand in a cool place. Every day, remove and discard any scum that has formed. During fermentation, gas bubbles will form. When bubbling ceases, fermentation is complete. Fermentation may take up to 6 weeks, depending on atmospheric conditions and variations in the cabbage itself.

4.) PREPARE boiling water canner. Heat jars and lids in simmering water until ready for use. Do not boil. Set bands aside.

5.) PACK sauerkraut, with brine, into hot jars, leaving 1/2 inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding brine. Wipe rim. Center lid on jar. Apply a band until it is fingertip tight.

6.) PROCESS quart jars in a boiling water canner for 25 minutes and pints 20 minutes, adjusting for altitude. Remove jars and cool. Check lids for seal after 24 hours. Lid should not flex up and down when center is pressed.

***If needed, prepare additional brine by mixing 2 tbsp of pickling salt to one quart water**

SUMMER FRUIT COCKTAIL

YOU WILL NEED:

- 6 cups chopped, pitted, and peeled peaches, treated to prevent browning and drained (about 9 medium)
- 3 cups chopped cored peeled pears, treated to prevent browning and drained (about 9 medium)
- 1/4 cup lemon juice
- 2 cups stemmed seedless grapes (about 1 lb)
- 1 cup drained maraschino cherries, halved
- 2 cups water
- 1-1/4 cups granulated sugar
- 1/4 cup liquid honey
- 5 fresh mint sprigs
- 5 (16 oz) pint glass preserving jars with lids and bands

DIRECTIONS:

1.) PREPARE peaches and pears by pitting, peeling and chopping. To prevent browning, submerge fruit in 1/4 cup lemon juice and 4 cups water.

2.) PREPARE boiling water canner. Heat jars and lids in simmering water until ready for use. Do not boil. Set bands aside.

3.) COMBINE water, sugar and honey in a large stainless steel saucepan. Bring to a boil over high heat, stirring occasionally. Add peaches, pears, and grapes; return to a boil, stirring occasionally. Reduce heat and boil gently for 5 minutes. Stir in cherries. Remove from heat.

4.) PLACE 1 mint sprig in each hot jar. Ladle hot fruit and syrup into hot jar, leaving 1/2 inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot syrup. Wipe rim. Center lid on jar. Apply a band until it is fingertip tight.

5.) PROCESS jars in a boiling water canner for 20 minutes, adjusting for altitude. Remove jars and cool. Check lids for seal after 24 hours. Lid should not flex up and down when center is pressed.

TOMATO KETCHUP

YOU WILL NEED:

- 3 tbsps celery seeds
- 4 tsps whole cloves
- 2 cinnamon sticks, broken into pieces
- 1-1/2 tsps whole allspice
- 3 cups apple cider vinegar
- 24 lb tomatoes, cored and quartered (about 72 medium)
- 3 cups chopped onions (about 4 medium)
- 1 tsp cayenne pepper
- 1-1/2 cups granulated sugar
- 1/4 cup pickling salt
- 7 (16 oz) pint glass preserving jars with lids and bands

DIRECTIONS:

- 1.) TIE celery seeds, cloves, cinnamon sticks and allspice in a square of cheesecloth, creating a spice bag.
- 2.) COMBINE vinegar and spice bag in a stainless steel saucepan. Bring to a boil over high heat. Remove from heat and let stand for 25 minutes. Discard spice bag.
- 3.) COMBINE tomatoes, onions and cayenne in a clean large stainless steel saucepan. Bring to a boil over high heat, stirring frequently. Reduce heat and boil gently for 20 minutes. Add infused vinegar and boil gently until vegetables are soft and mixture begins to thicken, about 30 minutes.
- 4.) TRANSFER mixture, working in batches, to a sieve placed over a glass or stainless steel bowl and press with the back of a spoon to extract all the liquid. This can also be done using a food mill. Discard solids.
- 5.) RETURN liquid to saucepan. Add sugar and salt. Bring to a boil over medium heat, stirring occasionally. Reduce heat and boil gently, stirring frequently, until volume is reduced by half and mixture is almost the consistency of commercial ketchup, about 45 minutes.
- 6.) PREPARE boiling water canner. Heat jars and lids in simmering water until ready for use. Do not boil. Set bands aside.
- 7.) LADLE hot ketchup into hot jars leaving 1/2 inch headspace. Remove air bubbles. Wipe rim. Center lid on jar. Apply a band until it is fingertip tight.
- 8.) PROCESS jars in a boiling water canner for 15 minutes, adjusting for altitude. Remove jars and cool. Check lids for seal after 24 hours. Lid should not flex up and down when center is pressed.

TRADITIONAL SALSA

YOU WILL NEED:

- 7 cups diced, seeded, peeled, and cored tomatoes (about 5 lb or 15 medium)
- 6 green onions, sliced
- 2 jalapeno peppers, diced
- 4 cloves garlic, minced
- 1/2 cup vinegar
- 2 tbsps lime juice
- 4 drops hot pepper sauce
- 2 tbsps cilantro, minced
- 2 tsps salt
- 4 (16 oz) pint or 8 (8 oz) half pint glass preserving jars with lids and bands

DIRECTIONS:

- 1.) **PREPARE** boiling water canner. Heat jars and lids in simmering water until ready for use. Do not boil. Set bands aside.
- 2.) **COMBINE** all ingredients in a large saucepan.
- 3.) **HEAT** to a boil. Reduce heat and simmer for 15 minutes.
- 4.) **LADLE** hot salsa into hot jars leaving 1/2 inch headspace. Remove air bubbles. Wipe rim. Center the hot lid on jar. Apply a band and adjust until it is fingertip tight.
- 5.) **PROCESS** filled jars in a boiling water canner for 15 minutes, adjusting for altitude. Remove jars and cool. Check lids for seal after 24 hours. Lid should not flex up and down when center is pressed.