GIRLS’ GARDENING OR CANNING CLUBS
Directions for Canning Fruits and Vegetables

BY
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OBJECT OF GIRLS' CANNING CLUBS.

To teach young people economy by utilizing wastes of farm, orchard and garden.
To encourage growing and canning of fruits and vegetables in Montana, instead of importing canned goods and paying high freight rates.
To teach a more liberal use of fruits, vegetables and greens for the human diet—more of balanced rations and less of patent medicines and artificial laxatives.
To dignify homemaking and inspire respect for home duties.
To enable girls to earn money at home and at the same time prepare them to be ideal homemakers.

The ideal of girls’ canning clubs is to have a supply of one can of fruit, one of vegetables and one of greens for each day in the year.

ONE STERILIZATION OR COLD PACK METHOD

The cold pack method consists of placing raw fruits and vegetables in hot jars or cans and pouring hot water or syrup over them and then processing (cooking). This method of canning keeps the natural color, flavor and texture of the fruits and vegetables and is the simplest method of preserving them. It is not the same as the cold water method sometimes used in canning rhubarb and gooseberries.

RECIPE FOR CANNING ANY VEGETABLE.

1. Begin with one product, preferably beans or peas.
2. Experiment with a small quantity.
3. Select fresh, firm, ripe vegetables.
4. Wash clean. If desired, cut to a convenient size.
5. Scald according to the time table.
6. Dip in cold water.
7. Pack well.
8. Add 1 level teaspoonful salt per quart.
9. Add water to fill can.
10. Put cover in place. If tin, seal.
11. Process (cook) according to the time table. Count time after boiling point is reached. If using a home-made outfit, have water one inch above the top of the cans.

PURPOSE OF VARIOUS STEPS.

Scalding.
1. To remove skins without loss of pulp.
2. To start the flow of the coloring matter.
3. To eliminate objectionable acids.

Cold Dip.
1. To set coloring matter.
2. To make product easy to pack.
HOW TO CAN PEAS.

Select young, tender peas as nearly alike in size as possible and can them immediately after shelling.

1. Scald. Have ready a kettle of boiling water. Put the shelled peas in a piece of cheese-cloth one yard square, twist the ends together to form a sack and let this down into the kettle. **Be sure** that the water is boiling hard.

2. Cold Dip. After three minutes of scalding, lift the peas in the cloth out of the hot water and dip them quickly into cold water, or chill them under the cold water faucet.

3. Packing. The jars, rubbers and tops should be ready. They should be clean but need not be sterilized as the cooking will sterilize them. They should be hot, however, so that there will be no danger of breakage when they are placed in the hot water. Pack the peas in the jars, adding one-half teaspoonful of salt to each pint jar, and fill the jars to the top with hot water.

4. Sealing. Now place the rubber on the jar. Use the best rubbers you can buy; those which come with the jars—except Economy jars—are usually unsatisfactory. **See** that the rubber fits close to the jar. If using Mason jars, place the cover on the jar and screw until it catches and then turn one-quarter of the way back; or screw down with the thumb and little finger, not using very much force, and stop when the cover catches. The cover should be loose on the jar to allow the steam to escape, because the air will expand when heated and if the cover is tight the pressure will break the jar.

If you are using Economy jars, put the cover in place, bend one of the clamps to loosen it and place over the top. You can put the other clamp across this after you have cooked the peas.

If you are using the Easy Seal, Seal Fast or Sure Fast jars, commonly called Lightning jars, place the glass top on the jar, put the wire in the notch and leave the spring clamp up. This spring clamp is put down after the peas are cooked or when they are taken out of the vessel in which the cooking is done.

5a. Processing (Cooking). One or two jars at a time.

Now we are ready for what is known as processing. This is another term for sterilizing. When we sterilize we use enough heat to kill the bacteria which attack the vegetables or peas and make them ferment. If you have only one or two cans or jars you can process them in a lard pail or in a large kettle. Be sure to put a piece of wood or cloth in the bottom of the kettle to prevent the jars from touching the bottom, otherwise they may break. Fill the kettle with hot water to one inch above the top of the jars and then bring to a boil as quickly as possible. **Have a cover for this kettle.** When the water is one inch above the jars, the peas cook more uniformly. But if the rubbers push out, bring the water up only to the neck of the jar.
Keep the water boiling hard from 2½ to 3 hours. Do not begin to count the time until the water is boiling. If products are undercooked they will not keep.

**Remove the products as soon as the time is up.** Move the kettle off the fire, let it stand a minute, and then uncover. Cool gradually by pouring in cold water. Remove the jars at once, tighten the covers of the Mason jars, put down the clamps of the Lightning jars, or put the other clamp on the Economy jars.

**gb. Processing (Cooking).** Five or more jars at a time.

If you intend cooking five or more jars it will pay you to use a different type of outfit. One of the most practical as well as one of the cheapest is made as follows:

**HOME-MADE OUTFIT.**

For an ordinary wash boiler, make a false rack as follows: Take 2 pieces of wood about 1 inch through, 9 or 10 inches long and 3 or 4 inches wide. Place these about 10 inches apart. To these pieces of wood, tack laths or pieces of wood 1 to 1½ inches wide. Take a saw and round off this rack at the sides to fit into your wash boiler. On this rack you can set from six to eight pint or quart jars. Figure 1 shows other types of home-made outfits.

**COMMERCIAL OUTFITS.**

There are several outfits on the market now which save time and labor. The steam pressure outfits reduce the time because they furnish from 10 to 18 degrees more heat than is furnished by boiling water. The length of time for processing is sent with each outfit. Figures 2 and 3 show types of such outfits.

The following firms manufacture outfits, tin cans, jars, labels,
and other canning accessories. Any of these firms will send out literature describing their products.

Northwestern Steel & Iron Works, Eau Claire, Wis.
Pressure-Cooker Co., Denver, Colo.
Sprague Machinery Co., Hoopeston, Ill.
Ball Bros., Glass Manufacturing Co., Muncie, Ind.
American Can Co., Chicago, Ill.
Continental Can Co., Chicago, Ill.
U. S. Can Co., Cincinnati, Ohio.
Tennessee Can Co., Chattanooga, Tenn.
Union Can Co., Rome, N. Y.
Virginia Can Co., Buchanan, Va.
Home Canner Co., Hickory, N. C.
Modern Canner Manufacturing Co., Chattanooga, Tenn.
F. S. Stahl Canner Co., Quincy, Ill.
Griffith & Turner Co., Baltimore, Md.
Farm Canning Machine Co., Meridian, Miss.
Raney Canner Co., Texarkana, Ark.-Tex.
Royal Canner Co., Chattanooga, Tenn.

Fig. No. 2

1—Steam Canning Outfit  2—Pressure Cooker (Steam Outfit)
CANNING OTHER VEGETABLES.

Corn (On the cob). Can corn the same day it is picked. Remove husks, silks, and grade for size. Blanch on the cob in boiling water 5 to 15 minutes. Plunge quickly in cold water. Pack ears, alternating butts and tips, in half gallon glass jars or gallon tin cans. Pour over boiling water and add 2 level teaspoonfuls of salt to each gallon.

When preparing corn canned on the cob for the table, heat it by steaming the ears in an ordinary steamer, or by putting it in the oven with a pan of water below. Do not put it in water or it will “water-log.”

Corn (Off the cob). Scald on the cob 10 to 12 minutes. Cold dip, cut off, drawing the knife from the bottom up, and pack at once. Do not pack corn within two inches of the top of the can.

Greens. Greens should be scalded 6 to 15 minutes to reduce bulk. Pack close.

All vegetables have a better appearance if canned whole.

RHUBARB.

Scald rhubarb after peeling. Do not can rhubarb in tin cans.
In canning apples, fill the can only one-third full of syrup or water, as the tissues break down. Use a thin syrup. Do not overheat. Windfall apples may be pared and cored and canned for pies.

**SHRINKAGE.**

Fruits and vegetables with a high percentage of acid shrink more in canning.

**SUN PRESERVES.**

In making sun preserves, select the fruit, sprinkle lightly with powdered sugar, and pour over it a thick syrup. Set in the sun. Protect from insects but do not cover with glass as this retains the moisture and prevents the proper cooking of the fruit. If sun preserves are set against a south wall, cooking is hastened. Peaches, sliced or cubed, make good sun preserves. Ripe gooseberries, cherries, raspberries, etc., are also good.

**RULES FOR CANNING FRUITS.**

1. Begin with one kind only.
2. Experiment with a small quantity.
3. Grade fruit for size and ripeness.
4. Do not have fruit overripe.
5. Wash, cut, trim, etc.
6. If to be skinned, scald and cold dip.
7. Pack carefully.
8. Pour hot syrup over fruit.
9. Put cover in place. If tin, seal.
10. Process according to time table. Count time after boiling point is reached. If using home-made outfit, have water one inch above the tops of jars and cans.

**CALIFORNIA FRUIT SYRUP.**

California canned fruits are sometimes thought to be superior to those marketed by eastern factories. The excellence is not due to the fruits, but to the syrup in which they are canned.

All California syrups are made in the same proportion. The difference is in the length of time they are cooked.

- 3 parts sugar to 2 parts water, by measure.
- **Thin Syrup**—Sugar simply dissolved; bring to boil. Use when you do not wish product sweet.
- **Medium Thin**—Begins to be sticky.....Use this for canning cherries, black raspberries, gooseberries, peaches, and plums.
- **Medium Thick**—Catches over edge of spoon. Use this for strawberries, raspberries, other delicate fruits, and extremely sour fruit.
- **Thick Syrup**—Will hardly pour. This is for sun preserves, jellies, jams, etc.
# TIME TABLE.

For Scalding and Processing.

<table>
<thead>
<tr>
<th>Product</th>
<th>Time to Scald</th>
<th>Time to Process</th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Min.</td>
<td>0-2000</td>
<td>2000-3000</td>
<td>3000-4000</td>
<td>4000-5000</td>
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<tr>
<td>Asparagus</td>
<td>10-12 Min.</td>
<td>60 Min.</td>
<td>70 Min.</td>
<td>80 Min.</td>
<td>90 Min.</td>
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<tr>
<td>Beans</td>
<td>3-5 Min.</td>
<td>150 Min.</td>
<td>165 Min.</td>
<td>180 Min.</td>
<td>195 Min.</td>
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<tr>
<td>Beets</td>
<td>5-6 Min.</td>
<td>100 Min.</td>
<td>110 Min.</td>
<td>120 Min.</td>
<td>130 Min.</td>
</tr>
<tr>
<td>Blackberries</td>
<td>5-6 Min.</td>
<td>16 Min.</td>
<td>20 Min.</td>
<td>24 Min.</td>
<td>28 Min.</td>
</tr>
<tr>
<td>Carrots</td>
<td>5-6 Min.</td>
<td>100 Min.</td>
<td>110 Min.</td>
<td>120 Min.</td>
<td>130 Min.</td>
</tr>
<tr>
<td>Cherries</td>
<td>1 Min.</td>
<td>16 Min.</td>
<td>20 Min.</td>
<td>24 Min.</td>
<td>28 Min.</td>
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<tr>
<td>Corn</td>
<td>10-15 Min.</td>
<td>210 Min.</td>
<td>235 Min.</td>
<td>260 Min.</td>
<td>285 Min.</td>
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<tr>
<td>Grapes</td>
<td>10-15 Min.</td>
<td>16 Min.</td>
<td>20 Min.</td>
<td>24 Min.</td>
<td>28 Min.</td>
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<tr>
<td>Greens</td>
<td>10-15 Min.</td>
<td>100 Min.</td>
<td>110 Min.</td>
<td>120 Min.</td>
<td>130 Min.</td>
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<tr>
<td>Peaches</td>
<td>1-3 Min.</td>
<td>20 Min.</td>
<td>25 Min.</td>
<td>30 Min.</td>
<td>35 Min.</td>
</tr>
<tr>
<td>Pears</td>
<td>1-3 Min.</td>
<td>20 Min.</td>
<td>25 Min.</td>
<td>30 Min.</td>
<td>35 Min.</td>
</tr>
<tr>
<td>Peas</td>
<td>5-6 Min.</td>
<td>150 Min.</td>
<td>165 Min.</td>
<td>170 Min.</td>
<td>185 Min.</td>
</tr>
<tr>
<td>Peppers</td>
<td>10-15 Min.</td>
<td>100 Min.</td>
<td>110 Min.</td>
<td>120 Min.</td>
<td>130 Min.</td>
</tr>
<tr>
<td>Plums</td>
<td>1 Min.</td>
<td>20 Min.</td>
<td>25 Min.</td>
<td>30 Min.</td>
<td>35 Min.</td>
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<tr>
<td>Pineapple</td>
<td>——</td>
<td>30 Min.</td>
<td>35 Min.</td>
<td>40 Min.</td>
<td>45 Min.</td>
</tr>
<tr>
<td>Pumpkin</td>
<td>5-6 Min.</td>
<td>100 Min.</td>
<td>110 Min.</td>
<td>120 Min.</td>
<td>130 Min.</td>
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<tr>
<td>Raspberries</td>
<td>——</td>
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<tr>
<td>Rhubarb</td>
<td>2 Min.</td>
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<td>30 Min.</td>
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<tr>
<td>Sauerkraut</td>
<td>——</td>
<td>60 Min.</td>
<td>70 Min.</td>
<td>80 Min.</td>
<td>90 Min.</td>
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<tr>
<td>Strawberries</td>
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<td>24 Min.</td>
<td>28 Min.</td>
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<tr>
<td>Tomatoes</td>
<td>1-3 Min.</td>
<td>30 Min.</td>
<td>35 Min.</td>
<td>40 Min.</td>
<td>45 Min.</td>
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<tr>
<td>Chicken</td>
<td>——</td>
<td>240 Min.</td>
<td>270 Min.</td>
<td>300 Min.</td>
<td>330 Min.</td>
</tr>
<tr>
<td>Beef</td>
<td>——</td>
<td>240 Min.</td>
<td>270 Min.</td>
<td>300 Min.</td>
<td>330 Min.</td>
</tr>
</tbody>
</table>

N. B.—Have the clock where you can see it. Make a note of the time the water boils and calculate from this table the time to remove the products. Have this note where you can see it.