

# Canning 101

Preserve The Harvest Bounty – It's A Lot Easier Than You May Think ...



By The Hillbilly Housewife

[www.HillbillyHousewife.com](http://www.HillbillyHousewife.com)

Canning Made Simple:

<http://hillbillyhousewife.com/ebooks/canning.htm>

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# What You Need to Know About Canning

There is nothing like jumping into something headfirst without knowing what you are really getting into. Here are some quick tips **that you need to know about canning before you start!**

- Only use the finest quality foods. Fruit and vegetables should feel fresh and firm. Smell and look ripe, with good color and no blemishes.
- Wash your food thoroughly. Not only does dirt cause bacteria but it also is very unpleasant to grit in your bite of food.
- Do not soak fruit or vegetables as this will remove all the flavors from your food.
- Handle the fruits and vegetables carefully as they do bruise easily.
- Have a working area, canning equipment and jars with lids clean and ready.
- All jars and lids should be perfect. The jars should not be nicked or cracked and the lids should be soaked to soften up the sealing compound.
- Use a recipe book and be sure to follow all the recipes. It's important that the steps are followed exactly. The accurate time and temperature of hot water bath or pressure canners will make the difference of good food prepared well.
- Leave enough head space in jars, and don't over-stuff them with fruits and vegetables, as the produce in jars will expand when being heat processed. Also remove air bubbles from around food in jars. The air left will again endanger foods with bacteria.
- Clean mouth of jar before putting the lid on to ensure a proper seal all around. Tighten the rings firmly, as this will push the sealing compound tightly against jar mouth thus assuring a good airtight seal.
- Before moving jars into the pantry or on a shelf, make sure jars are vacuum sealed. A jar that is properly sealed is slightly dented in the lid.

By following these tips, you will ensure that your canning adventure will be a great success. And, if you are looking for a great canning recipe book, check out my ebook [Canning Made Simple](#). Each page is filled with tips, tricks, information and lots of great recipes!

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# Canning Salsa ~ A Great Place to Start for New Canners

If you are new to canning, many recipes can overwhelm you a little. With words like – high pressure canning, pickling salt, the right amount of spices, hot water brine—all of these seem a little daunting. So what recipe is a great place to start when canning?

**Making salsa from scratch for canning is a wonderful place for new canners to start.**

Here are the supplies you will need to can your own batch of salsa.

## Ingredients Needed:

- 5 pounds tomatoes
- 2 pounds chili peppers
- 1 pound onions
- 1 cup vinegar
- 3 teaspoons of salt
- 1/2 teaspoon of salt

## Canning supplies needed

- 6-8 pint size jars
- lids and seals
- water bath canner
- jar lifter

## Direction for canning:

Peel and prepare chili peppers. Be sure and wear rubber gloves to protect your skin. Don't touch your eyes or face while working with hot chillies.

Wash tomatoes and dip in boiling water for 30 to 60 seconds, until skins split. Dip tomatoes in cold water and peel off skins by hand. Remove tomato cores and coarsely chop. Combine chopped tomatoes with chopped chili peppers, onions and remaining ingredients in a large pot. Heat to boiling, and simmer 10 minutes.

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Fill pint jars, leaving a 1/2 inch head space. carefully clean jar rims and sides and secure lids to the jars.

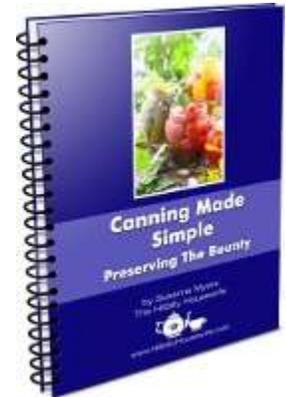
Process the jarred salsa in boiling water bath for 10-15 minutes.

Makes 6 to 8 pint jars

Want more recipes like these? Get a copy of my new Ebook [Canning Made Simple](#). Filled with tips, advice, and many recipes to make even the newest of canners look like a pro!

## Canning Made Simple

You may be asking yourself, "why can?" Aside from feeling good about "putting by" those bushels of fruits and vegetables that you've been blessed with, it just makes sense financially. Here's a peek at what you'll find inside this great new ebook:



- Why canning is like putting money in the bank.
- Learn how canning ensures your family will eat during emergencies: natural or man-made.
- Find out what advantages canning has over freezing.
- Learn why canning gives you peace of mind.
- Learn the simple difference between hot water canning and pressure canning..
- Find out what basic equipment you need to start canning – and a few extras you may want.
- Finally! A SIMPLE explanation of the difference between canning High-Acid foods and Low-Acid foods.
- Find out why following a canning recipe is important.
- Plenty of popular Canning Recipes to get you started canning your own bounty!
- You'll even get a little history lesson just for fun!

In [Canning Made Simple](#) you'll get **over 40 canning recipes** to get you started preserving your bounty... or the bounty your neighbor leaves on your doorstep!

If you're looking for a real way to save money, [Canning Made Simple](#) is a good place to start. And, because I believe this is so important for saving money for your family, I'm offering this great ebook for **ONLY \$9!**

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# How to Make Sure Your Canning Jar Has a Good Seal

Canning food is a great way to save money but if your jars do not properly seal, then your food will spoil. Here are few pointers to **make sure that your canning jar has a good seal.**

Make sure to soak the lids in hot boiling water so that the seal softens. This will help it adhere better. Also make sure that before you soak them, inspect the seals to make sure there are no cracks, etc.

Once you place the lids and seals on, put them in the water for the amount of time specified in your recipe. Also be sure to use the proper method of canning—water or pressure.

Once they have been through their bathing process, remove the jars to sit and cure. As the lids seal, you will hear a low pop sound and an indentation will appear on the surface of the lid.

You can also check to make sure that the lid sealed correctly by pushing down on the center. If there is no give, then you know it has sealed properly. You can also tap it with a spoon and if there is a ringing sound, then you also know that it has been sealed properly

## **But what happens if my lid did not seal properly?**

From time to time when you start canning, you will have a jar that will not seal properly. It could be because of a nick in the jar or because of a faulty lid.

Check the jar for nicks. Most of the time when a jar doesn't seal properly, it is because air has gotten in somehow. If you find a nick, you need to transfer your contents into another clean and sterilized jar. If you don't find a nick, just remove the old lid and add a fresh new seal.

Reprocess the jar and make sure you get a good seal this time. Repeat the steps for checking the seal.

*Looking for a great canning book? Grab a copy of my newest e-book, [Canning Made Simple](#). It's filled with tips, advice, and tried and true recipes!*

# Save Money on Canning Jars

If you do quite a bit of canning, the supplies—especially the jars, can get pretty expensive. Here are some places that you can shop or those lovely canning supplies that will help you **save money on canning jars**.

**Yard Sales:** Yard sales are a great place to start when looking for canning jars. Many older people who used to can in the older days are now starting to get rid of their supplies. You can get jars as cheap as a whole box for \$1! As long as the jars are not nicked, they can be re-used.

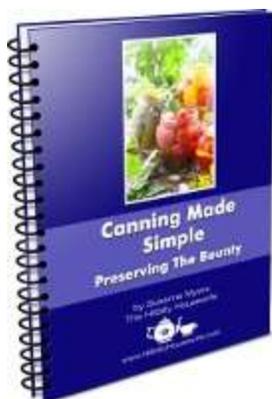
**Flea Markets and Thrift Stores:** Many times, when people pass away and their stuff is sent to places like thrift stores and flea markets, they will sell everything—including their canning jars and supplies. Make it a point to really start looking around at these places for jars.

**Coupons:** As soon as canning season begins, the coupon inserts will start filling up with dollar off coupons for jars, pectin, lids and seals, and spices! This is a good time to stock up on your canning jars.

**Craiglist and community boards:** Put a post out on Craiglist and other community boards that you are looking for canning jars. Many people are willing to give them to you just to get them out of their home.

**Friends and family:** Many friends and family will be willing to give you the jars that they have, especially if you tell them you will make them something special!

**Newspaper:** Watch the classifieds section of your newspaper for others who are willing to part with their canning jars and supplies. Great deals can be found here as well!



Now that you have an abundance of inexpensive jars to can with—what's stopping you? Get my canning ebook [Canning Made Simple](#) to help you ease into the canning process! With tips, advice, and delicious recipes, you will be canning your way through the year in no time!

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# What Supplies Do I Need to Start Canning

Canning food is a great way to eat healthier and save money on your grocery budget. However, if you have never canned before, it can be a very overwhelming task. Here are a few **supplies you will need to start canning**.

There are many different supplies you can purchase for canning. It's best if you are new at this to start with the basic. You will need mason jars in various sizes if you plan on canning vegetables as well as jellies or sauces. You will also need lids, ring bands, colander, a funnel, jar lifter, thermometer and a canning kettle or pan.

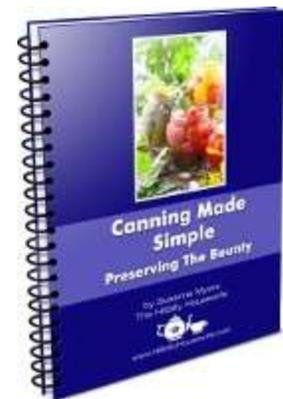
Other supplies that you might find necessary down the road are:

- pressure canner
- canning rack
- magnetic lid lifter
- book of recipes for canning

Sometimes, they sell canning kits that come with everything you need to start canning. This is a more inexpensive way to go when first starting out.

The canning jars come in different shapes and sizes. Each one works great for different types of foods. You have a choice of pint size, half pint size and quart size, with mouth sizes from regular to wide. Depending on the amount of food you are canning, you can decide which jar size is best for you!

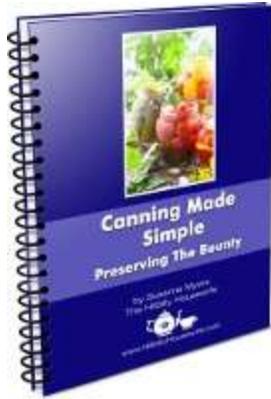
Now that you have all the supplies you need, you are ready to start canning! If you don't have any recipes to use for canning, why not try my [Canning Made Simple E-Book](#)? It is filled with tips and tricks to help you learn to can like the pros! There are many great recipes in the pages of this ebook from pickle relish, canned green beans, to delicious jams and jellies!



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# Recommended Resources

## Canning Made Simple

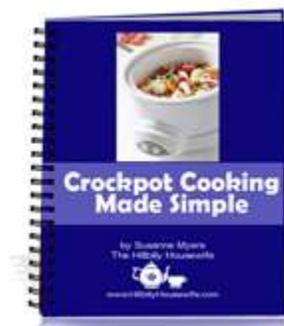


Don't let another batch of produce go to waste. Instead can it and use it later on. It's a lot simpler than you may think.

Get my canning ebook [Canning Made Simple](#) to help you ease into the canning process! With tips, advice, and delicious recipes, you will be canning your way through the year in no time!

[Get your copy of Canning Made Simple here.](#)

## Crockpot Cooking Made Simple

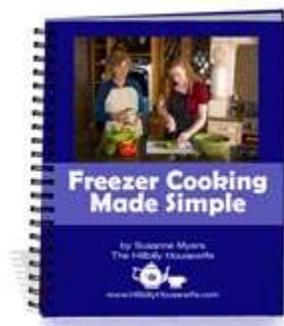


Tired of spending all day stirring pots in the kitchen, or just don't have the time to make a big homemade meal for dinner each night? I don't either. Instead I put my crockpot to work.

Let me show you how simple and easy it is to put inexpensive and healthy meals on the table without all the work and fuss.

[Get your copy of Crockpot Cooking Made Simple here.](#)

## Freezer Cooking Made Simple



If you like the convenience of those frozen TV dinners, but aren't too fond of the lack of nutrition, abundance of salt and aren't a big fan of the taste, take a look at my freezer cooking guide. I'd love to show you just how easy it is to make your own frozen meals that you can thaw and heat for quick and easy dinners on busy nights.

[Get your copy of Freezer Cooking Made Simple here.](#)

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