

Guidelines and Miscellaneous Information that may be useful to a new Canner

By [Pat McKee Richards](#) on Saturday, August 10, 2013 at 4:52pm

According to USDA Guidelines, here is a list of things that can be water bathed. EVERYTHING else must be pressure canned.

- Fruits
- Pickles
- Sauerkrauts
- Jams, jellies, marmalades and fruit butters
- Tomatoes (with the addition of lemon juice or citric acid)

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Canning Tips and Tricks

By Pamela Smith Staples on Thursday, August 8, 2013 at 8:35am

- A splash of vinegar in your canning water will prevent hard water residue on your jars.
- Run your jars thru a heated wash cycle and fill hot jars with bounty to be canned and directly into canner for canning ease.
- Spray the inside of your wide-mouth jars with a light coating of non-stick cooking spray for easier cleaning after meats
- Save your large rubber bands from purchased broccoli etc, use those bands around the rings of your cans when processing to differentiate between varieties. Example - purple band the ring for sauce with hot spices, blue band those with medium spices, no band for mild etc.
- If you have 3-4 jars ready to be canned, you are able to fill empty jars with plain water to fill your canner so you are able to can those jars ready to go. This works for both waterbath canning and pressure canning, no lids or rings needed for the empty jars.
- Remember your canning time is set by the ingredient that takes the longest in each jar, so if you have a jar containing meat (or meat products) you would base your time on that rather than if you also have corn in that same jar with the meat products.
- Check each jar prior to use, if it has a nick or crack do not use for canning but use instead for other projects - such as jars for candlemaking or luminaries.
- When canning fruits - save your peels! You can cook these down, puree/strain for making jelly or dehydrate them for powdered fruit (really good to sprinkle onto whipped cream for an extra flavor shot) You can candy or dehydrate citrus peels or make marmelade from them.

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To easily peel tomatoes for making salsa, boil water in a pot, and before adding the tomatoes into the boiling water, pierce once with a sharp knife. It will only take about 15 seconds for the skins to split. Remove the tomatoes and immediately dip in ice water (I fill my sink with ice water, it holds LOTS of tomatoes!) Then just slip the skins off, squeeze out the excess water (which will also remove a lot of the seeds) and then you can cut the core out. Hope this helps