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Home canning has changed greatly in the 180 years since it was introduced as a way to preserve food. Scientists have found ways to produce safer, higher quality products. The first part of this publication explains the scientific principles on which canning techniques are based, discusses canning equipment, and describes the proper use of jars and lids. It describes basic canning ingredients and procedures and how to use them to achieve safe, high-quality canned products. Finally, it helps you decide whether or not and how much to can. The second part of this publication is a series of canning guides for specific foods. These guides offer detailed directions for making sugar syrups; and for canning fruits and fruit products, tomatoes and tomato products, vegetables, red meats, poultry, seafoods, and pickles and relishes. Handy guidelines for choosing the right quantities and quality of raw foods accompany each set of directions for fruits, tomatoes, and vegetables. Most recipes are designed to yield a full canner load of pints or quarts. Finally, processing adjustments for altitudes above sea level are given for each food. This publication contains many new research-based recommendations for canning safer and better quality food at home. It is an invaluable resource book for persons who are canning food for the first time. Experienced canners will find updated information to help them improve their canning practices.

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