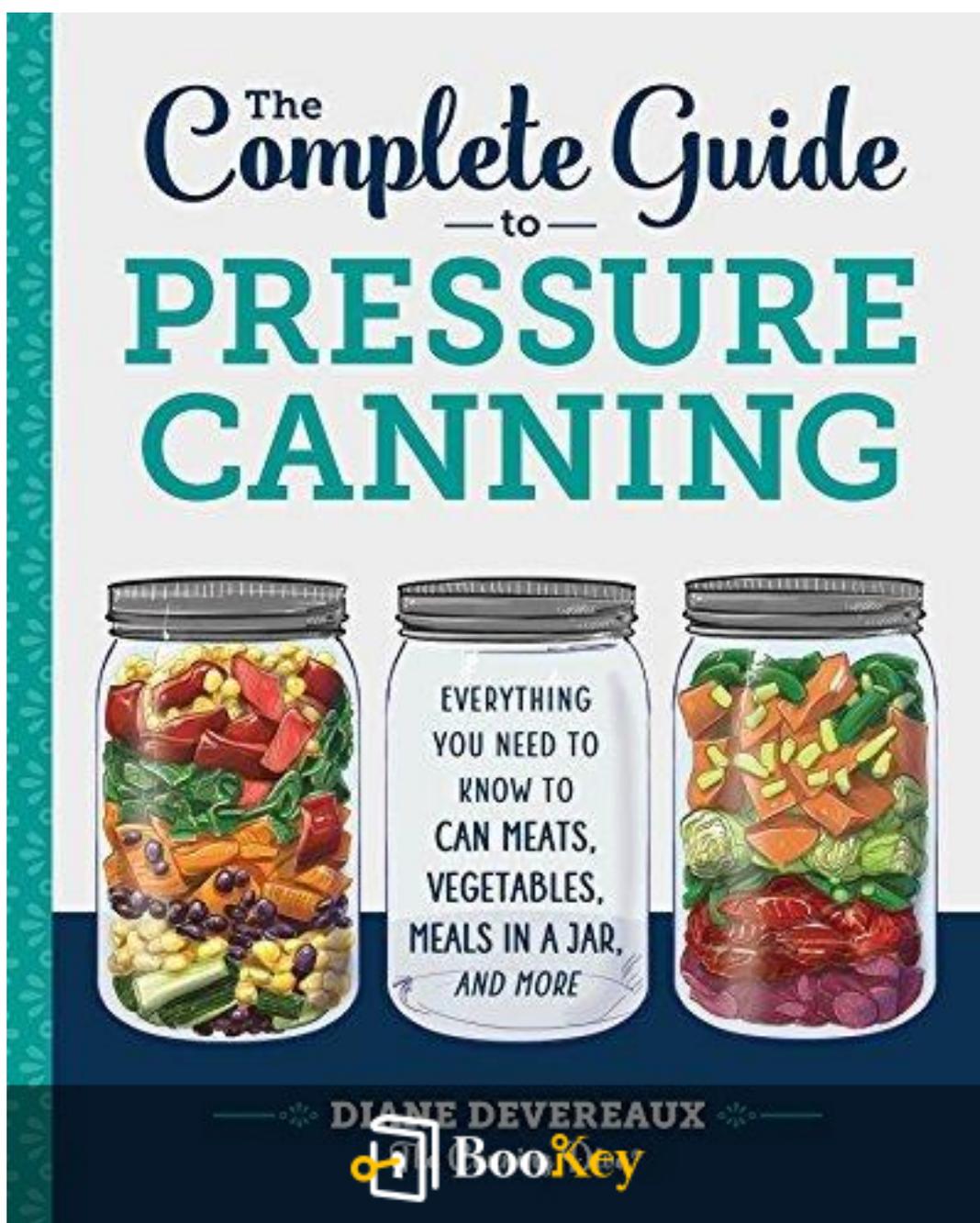


The Complete Guide To Pressure Canning PDF (Limited Copy)

Diane Devereaux - The Canning Diva



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The Complete Guide To Pressure Canning Summary

Master the Art of Home Canning with Confidence and Creativity

Written by New York Central Park Page Turners Books Club

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About the book

In **The Complete Guide to Pressure Canning**, Diane Devereaux, known as The Canning Diva®, expertly introduces readers to the rewarding world of home canning. This beginner-friendly guide is tailor-made for individuals eager to explore a sustainable hobby that not only preserves food but also enhances home cooking.

The journey begins with essential advice on how to select the appropriate tools and ingredients needed for successful canning. Devereaux emphasizes the importance of understanding the equipment, such as pressure canners—essential for safely preserving low-acid foods by reaching the high temperatures necessary to eliminate bacteria and ensure food safety. She also lays the groundwork for getting started, providing two introductory recipes that help build confidence in the canning process.

As readers delve deeper into the guide, they are treated to a treasure trove of over 80 recipes covering a range of nutritious options, including canned fruits, vegetables, meats, and legumes. Each recipe is designed to not only taste good but also preserve nutritional value, transforming simple ingredients into flavorful creations that can be enjoyed year-round.

Additionally, the book features helpful pressure canning charts, which are crucial for determining processing times and pressures, ensuring that

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everyone can safely preserve their staple ingredients. This practical resource empowers readers to reduce food waste while saving money, as they learn to capture the essence of their harvest or bulk purchases.

Ultimately, Devereaux's guide serves as an indispensable resource for anyone looking to turn their kitchen into a haven of delectable, homemade goods, fostering both culinary creativity and environmental consciousness. By embracing the art of pressure canning, readers are well on their way to enjoying the fruits of their labor while reaping the joys of this timeless skill.

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About the author

In this chapter, the narrative focuses on Diane Devereaux, affectionately known as The Canning Diva, who has emerged as a prominent figure in food preservation. With a profound appreciation for the art of canning, Diane dedicates her life to sharing her expertise with a wide audience, from curious novices to experienced preservers. Her approach harmoniously blends traditional canning methods with innovative techniques, making the process both approachable and enjoyable.

Diane's commitment to sustainable living shines through her advocacy for canning as a means to reduce food waste and enhance self-sufficiency. By encouraging individuals to embrace seasonal produce, she empowers them to savor the flavors of nature throughout the year. As the founder of a vibrant online community, Diane cultivates a supportive environment where home cooks can share their experiences, learn from one another, and gain confidence in their canning endeavors.

In addition to her community-building efforts, Diane has authored several educational resources that further demystify the canning process. Her engaging writing style and passion for the craft inspire her readers to take actionable steps toward preservation. Through captivating workshops and engaging content, she fosters a revival of this timeless skill, encouraging a new generation to appreciate the joys of canning and the satisfaction of

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creating homemade preserves.

Ultimately, this chapter portrays Diane as not just a teacher but a catalyst for change, instilling in her followers the belief that canning is a valuable and fulfilling practice that enhances both culinary skills and sustainable living.

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Chapter 1 Summary: Part One: Canning 101

Chapter 1: Canning Fundamentals

This chapter serves as a comprehensive introduction to the world of home canning, with a particular emphasis on pressure canning, a method that is vital for safely preserving low-acid foods like meats and vegetables.

Understanding the science of food preservation is crucial for effective and safe canning practices.

Overview of Home Canning

Home canning is framed as both an art and a science, pivotal for preserving food sustainably at home. The chapter outlines its importance not just for enjoying seasonal produce year-round but also for managing food waste.

History of Canning

The origins of canning are traced back to the Napoleonic Wars when French general Napoleon Bonaparte sought innovative ways to supply his troops with long-lasting food options. This led to pivotal innovations by Nicolas Appert, who is credited with developing the canning process, and Louis Pasteur, whose discoveries in microbiology laid groundwork for food safety.

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This historical context underscores the significance of canning in modern food preservation.

Benefits of Pressure Canning

The author shares personal insights into why pressure canning is a preferred method. It is highlighted as a time-efficient and cost-effective approach that grants home canners complete control over the ingredients they use. This method is particularly beneficial for canning a diverse range of foods, making it not only practical but also enjoyable.

Essential Canning Knowledge

The chapter delves into the basics of food spoilage and the harmful microorganisms that can compromise food safety. It emphasizes the importance of understanding factors such as temperature and pH levels, which play critical roles in ensuring successful canning.

Three Pillars of Canning

Three fundamental concepts—the acidic value, time, and temperature—are introduced as the pillars of safe canning practices. This framework helps readers discern the appropriate canning methods for different types of foods, distinguishing between high-acid foods (which can be processed using water

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baths) and low-acid foods (which require pressure canning).

Canning Methods

An important distinction is made between two primary canning methods: water bathing for high-acid foods like fruits and jams, and pressure canning for low-acid foods, which require higher temperatures to eliminate potentially harmful bacteria. Proper selection of the canning method is critical for ensuring food safety.

Adjustments for Altitude

Guidelines for adjusting processing times and pressures based on altitude are provided, as higher elevations can affect the boiling point of water and, consequently, canning outcomes. This shows the necessity of adapting methods to local environmental conditions.

What Can and Cannot Be Pressure Canned

Readers are presented with a detailed list of foods that are suitable for pressure canning, as well as those that should be avoided due to safety or quality issues. This knowledge is essential for readers to make informed choices about their canning projects.

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Tips for Successful Canning

Practical advice concludes the chapter, offering readers essential tips for ensuring successful canning experiences. This includes recommendations for checking equipment, safe food handling practices, maintaining precise pressure levels, and addressing common pitfalls.

Conclusion

In conclusion, this foundational chapter aims to equip readers with the necessary knowledge and confidence to start their home canning journey. Safety, practicality, and a deeper understanding of food preservation are emphasized as key themes throughout this exploration of canning fundamentals.

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Chapter 2 Summary: Part Two: The Recipes

Chapter Summary: Pressure Canning - Tomatoes and Vegetables

Introduction

In this chapter, we delve into the art of pressure canning, focusing on tomatoes and a variety of vegetables. This technique not only extends the shelf life of these foods but also enhances their flavors without the need for preservatives.

Tomato Canning Essentials

Tomatoes offer numerous nutritional benefits, most notably improving levels of lycopene, a powerful antioxidant, although it's important to note that some vitamin C may be lost during the canning process. When selecting tomatoes for canning, Roma tomatoes are ideal due to their lower moisture content, which aids in achieving a concentrated flavor.

Preparation is crucial, and three key techniques are recommended:

- **Blanching:** This method effectively removes the skins from tougher tomato varieties like globe tomatoes.
- **Removing Liquid:** Draining excess liquid before canning helps

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maintain the rich flavor of the tomatoes.

- **Acidification:** To ensure safety in the canning process, adding bottled lemon juice increases acidity.

Flavoring Recipes

To enhance the taste of canned tomatoes, the chapter provides suggested spice blends, offering balanced proportions for both pint and quart jars.

Processing Directions

Detailed processing instructions are included for canning various types of tomatoes. The chapter outlines two primary methods: the raw pack and hot pack techniques, specifying appropriate processing times and pressure settings to ensure safe and effective preservation.

Vegetable Canning

For successful vegetable canning, the chapter advises using firm and unblemished vegetables. It discusses the best practices and processing techniques for a range of vegetables, including green beans, carrots, and corn, along with optimal processing times appropriate for each type.

Specialized Recipes

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The chapter concludes with a selection of specialized recipes designed for unique tomato preparations:

- **Basil Diced Tomatoes**

- **Stewed Tomatoes**

- **Tomato Juice**

- **Tomato Chutney**

These recipes provide a flavorful approach to canning, showcasing the versatility of tomatoes.

Beans and Legumes

Beans and legumes emerge as additional highlights, praised for their nutrient-rich profiles and the ease of canning them without the need to soak, thanks to the pressure canning method.

Final Notes

The chapter emphasizes the importance of understanding food preservation techniques, choosing high-quality ingredients, and adhering to proper

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canning procedures. This knowledge is crucial not only for safety but also for retaining the intended flavors of home-canned goods. Readers are encouraged to experiment with various vegetable combinations and spices, paving the way for creative recipes that can enliven family meals.

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Chapter 3 Summary: Appendix A: Altitudes of Cities in the United States and Canada

Summary of Appendices A and B

Appendix A: Altitudes of Cities in the United States and Canada

This appendix provides a comprehensive list of the altitudes of various cities across the United States and Canada, highlighting the geographical diversity in elevation. For instance, cities in the mountainous regions of Colorado, such as Colorado Springs at 6,010 feet, and Aurora at 5,471 feet, showcase their high-altitude environments, while cities in more temperate areas, such as Atlanta, Georgia, sit at a lower elevation of 1,026 feet.

In the western states, cities like Tucson, Arizona (2,389 feet), and Reno, Nevada (4,505 feet), also reflect significant altitude, which can influence climate, air quality, and even the health of residents. Similarly, in Canada, cities such as Calgary in Alberta (3,600 feet) and Edmonton (2,201 feet) illustrate the Canadian landscape's varying altitudes, which can affect agricultural practices and urban planning.

Appendix B: The Dirty Dozen and Clean Fifteen™

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The Environmental Working Group (EWG) annually compiles lists to guide consumers on choosing fruits and vegetables based on pesticide residues.

The **Dirty Dozen**[™] includes produce items known for high pesticide contamination, advising consumers to buy organic versions to reduce exposure. This list comprises common fruits and vegetables like apples, strawberries, and spinach, which are frequently treated with harmful pesticides.

In contrast, the **Clean Fifteen**[™] highlights produce with the least pesticide residues, making them safer choices for consumers not seeking organic options. This list features items such as avocados, onions, and sweet corn, which typically hold pesticide residues at significantly lower levels, allowing for more confidence in their consumption.

Together, these appendices emphasize the importance of geographical awareness regarding altitude and the necessity of making informed choices about food consumption in light of pesticide use. For those seeking the most up-to-date information and further details on pesticide residues, the EWG provides resources at EWG.org/FoodNews.

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Chapter 4: Appendix B: The Dirty Dozen and Clean Fifteen™

APPENDIX B: THE DIRTY DOZEN AND CLEAN FIFTEEN™

Overview

The Environmental Working Group (EWG) is a nonprofit organization that plays a crucial role in assessing the safety of our food through extensive analysis of pesticide residue data provided by governmental bodies such as the USDA and FDA. Annually, the EWG publishes two significant lists: the "Dirty Dozen," which features fruits and vegetables with the highest pesticide residues, and the "Clean Fifteen," which includes those deemed safe for conventional consumption. These lists are invaluable for consumers aiming to minimize pesticide exposure by opting for organic options when necessary.

Dirty Dozen™

The "Dirty Dozen" comprises the following produce items, which have been identified as having high pesticide contamination levels. It is recommended to choose organic versions of these fruits and vegetables to reduce potential health risks:

1. Apples

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2. Celery
3. Cherries
4. Cherry tomatoes
5. Cucumbers
6. Grapes
7. Nectarines
8. Peaches
9. Spinach
10. Strawberries
11. Sweet bell peppers
12. Tomatoes

Additionally, the EWG draws attention to kale, collard greens, and hot peppers, which may be treated with particularly hazardous organophosphate insecticides, suggesting these items also warrant organic procurement.

Clean Fifteen™

Conversely, the "Clean Fifteen" includes produce that typically harbors lower levels of pesticide residues, making them safer choices for conventional purchase. This list features:

1. Asparagus
2. Avocados
3. Cabbage

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4. Cantaloupe
5. Cauliflower
6. Eggplant
7. Grapefruit
8. Honeydew melon
9. Kiwifruits
10. Mangos
11. Onions
12. Papayas
13. Pineapples
14. Sweet corn
15. Sweet peas (frozen)

While these items are considered safer, it is still advisable to wash all fruits and vegetables thoroughly before consumption to minimize any pesticide residue.

Finding Up-to-Date Lists

To stay informed about the most current pesticide data and for a detailed guide on produce safety, consumers can visit EWG.org/FoodNews, where these lists are updated annually.

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APPENDIX C: MEASUREMENT CONVERSION TABLES

Volume Equivalents (Liquid)

This section provides essential conversion tables for common liquid

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Chapter 5 Summary: Appendix C: Measurement Conversion Tables

Appendix C: Measurement Conversion Tables

This appendix serves as a comprehensive guide to converting measurements used in cooking and canning, particularly focusing on liquid and dry volumes, oven temperatures, weight equivalents, and essential glossary terms. Understanding these measurements is crucial for effective food preservation and safety.

Volume Equivalents (Liquid)

The section on liquid volume conversions outlines key equivalents that are essential for recipes and food preservation. For example, 2 tablespoons equate to 1 fluid ounce (30 mL), and 1 quart is defined as 4 cups or 32 fluid ounces (1 L). This information is particularly useful for canning, where precise measurements can affect the quality and safety of preserved food.

Volume Equivalents (Dry)

Unlike liquid measurements, dry equivalents offer a slightly varied scale. Notably, 1 cup of dry ingredients translates to 235 mL, helping cooks

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convert between metric and standard measurements effortlessly.

Oven Temperatures

Cooking requires precise temperatures, and this section provides vital conversions between Fahrenheit and Celsius, crucial for correctly preparing recipes in different regions. For instance, 425°F is equivalent to 220°C, a common temperature for roasting and baking.

Weight Equivalents

Understanding weight equivalents is paramount in both cooking and food preservation. The conversions here clarify that 1 ounce equals approximately 30 grams and 1 pound equals about 455 grams, facilitating accurate ingredient measurements.

Glossary

A glossary of terms introduces important concepts and tools critical for safe and effective canning. Key definitions include:

- **Air Bubble Remover Tool** A device used to eliminate trapped air in jars, ensuring a tight pack.
- **Ascorbic Acid**: Also known as Vitamin C, this compound is crucial for

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preventing the browning of fruits and vegetables during preservation.

- **Blanch:** This technique involves quickly boiling food, followed by cooling, to maintain color and texture, essential for certain preservation methods.
- **Botulism:** Highlighting the risks associated with improper canning, it is vital to understand this serious foodborne illness caused by the bacterium *Clostridium botulinum*, particularly when processing low-acid foods.
- **Canning Liquid and Brine:** Knowledge of these solutions—used for packing food and pickling, respectively—is fundamental for achieving optimal preservation results.

This summary encapsulates the measurement conversions and relevant terminologies, forming a foundational base for anyone engaged in the intricacies of food preservation and canning, ensuring both safety and success in the kitchen.

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Chapter 6 Summary: Glossary

In the chapters presented, the essential techniques and tools for home canning and food preservation are detailed to ensure safety and quality, particularly in dealing with low-acid foods.

Initially, the text introduces vital tools that serve various purposes in food preservation. The **Air Bubble Remover Tool**, which can be improvised using everyday utensils like a wooden spoon handle or chopstick, is crucial for releasing air trapped in jars, which aids in creating an airtight seal. The importance of maintaining the right acidity levels is emphasized, citing **Ascorbic Acid**—commonly known as Vitamin C—as a means to prevent browning in fruits and vegetables. This is often used alongside citric acid.

Furthermore, the sections delve into the risks posed by bacteria, especially **Clostridium botulinum**, the bacterium responsible for botulism, a potentially fatal food poisoning that flourishes in low-acid environments. Proper canning methods must eliminate such threats, particularly through techniques like **pressure canning** for low-acid foods.

Canning techniques are systematically presented. The process of **blanching**, which involves briefly boiling food followed by an ice-water bath, is described as a way to deactivate enzymes that could spoil food. Subsequent

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discussions address the significance of **headspace**—the space at the top of a canning jar necessary for proper sealing, as well as other elements like **canning liquid**, which helps with heat penetration during the canning process.

Moving into flavor processes, the text highlights **Bouquet Garni**, a collection of herbs used for seasoning dishes, contrasting with the use of **chutneys**, which offer a sweet and sour flavor profile in preserves. It also covers preservation techniques involving syrup, a sugar-water blend aimed at maintaining fruit color and flavor.

Specific food preservation methods are outlined, including the **Hot Pack Method**, which involves filling jars with preheated food to expel air effectively. The use of **lemons and citric acid baths** plays a pivotal role in maintaining proper acidity levels, critical for the effectiveness of canning.

As the chapters progress, technical aspects are balanced with practical guidance from reputable resources like the **National Center for Home Food Preservation (NCHFP)** and the **USDA Guide for new home canners**. The text emphasizes learning and adhering to safe canning practices to enjoy nutritious preserved foods while avoiding health risks.

Overall, these chapters provide a comprehensive overview of the foundational concepts and practices in food canning, melding safety,

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technique, and flavor to enhance both the quality of preserved foods and the knowledge of the canner.

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Chapter 7 Summary: Resources

In this summary of the provided resources and references related to home food preservation techniques, we will explore the significance of methods like canning, essential guidelines for safe food storage, and the importance of selecting the right produce based on regional growing conditions.

Chapter Overview: Home Food Preservation Techniques

Home food preservation is an essential practice for individuals looking to maintain food quality and safety while extending their shelf life. The National Center for Home Food Preservation (NCHFP) provides comprehensive methods for food preservation that include canning, freezing, drying, and fermenting. Canning, in particular, has a rich history dating back to the pioneering work of Nicolas Appert, who developed the method of sealing food in containers to prevent spoilage.

The USDA Canning Guide serves as an authoritative resource for beginners, detailing safe canning practices established to avoid common pitfalls, such as the risks associated with improper food handling and the dangers posed by *Clostridium botulinum*, which can thrive in inadequately canned food. Key elements like maintaining proper headspace in jars and ensuring accurate pressure levels during processing are critical for safety.

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For families seeking preparedness in various emergencies, *The Survival Mom* emphasizes the need for a well-stocked pantry that adheres to food storage principles. This guide also highlights the importance of shelf-stable foods and provides strategies for transitioning to a more self-reliant lifestyle, intersecting with teachings from *Around The Cabin*, which focuses on survival skills and homesteading.

Seasonal and regional factors also play a crucial role in food preservation. The USDA Plant Hardiness Zone Map assists gardeners in understanding which crops can be grown successfully based on local climate conditions. This knowledge is vital for anyone looking to produce and preserve seasonal fruits and vegetables, optimizing their endeavor's efficiency.

Moreover, references from Clemson University and Oregon State University offer insights into specific canning techniques, such as canning seafood and other common food items, ensuring a broad understanding of preservation practices.

In summary, through a combination of scientific principles, historical context, and practical application, these resources provide invaluable guidance for anyone interested in home food preservation, ensuring safety, sustainability, and family preparedness in an increasingly unpredictable world.

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Chapter 8: References

In the narrative's unfolding chapters, the focus shifts towards the art and science of canning, illuminating both its historical roots and practical applications.

Chapter Summary: The History and Basics of Canning

The foundations of modern canning can be traced back to Nicolas Appert, a French chef who, in the early 19th century, discovered that food could be preserved by sealing it in jars and heating it. His innovative methods laid the groundwork for today's canning techniques, making food storage safer and more effective. As the chapter progresses, readers are introduced to key concepts such as the crucial role of pressure canning, which uses high temperatures to eliminate harmful bacteria. This process is particularly vital for preserving low-acid foods like vegetables and meats, emphasizing the importance of safe canning practices to prevent the growth of *Clostridium botulinum*, a potentially lethal bacterium.

The narrative deftly navigates through the technical aspects of canning, including the significance of proper headspace in jars, which allows for expansion during processing and ensures a secure seal. Additionally, the chapter references critical resources from reputable organizations like the

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USDA and Clemson University, providing guidelines on best practices, potential pitfalls, and the science behind the canning process.

Chapter Summary: The Benefits of Canning

Following the historical journey, the narrative transitions into the practical benefits of canning. It highlights how home canning allows for the preservation of seasonal fruits and vegetables, extending their life and retaining nutritional value. Cooking methods are crucial here, as certain foods may offer more nutrients when preserved rather than consumed raw. The chapter discusses dietary considerations and how cooking influences the nutritional profile of various foods, ensuring readers are informed on how to maximize health benefits.

Chapter Summary: Engaging Family and Community

The personal narrative interweaves anecdotes from the author's family life, emphasizing the communal and familial aspects of canning. The author expresses gratitude towards supportive figures like her children, whose playful presence adds joy amidst the canning chaos, and her mother, whose culinary influence has shaped her approach to food. A notable character, Jeff Hage, emerges as a friend and collaborator, symbolizing the value of shared

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culinary experiences that deepen relationships. The chapter serves as a reminder that canning is not just a practical activity, but a means to bond, creating lasting memories and fostering a sense of community.

Conclusion

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