Canning's not just for Grannies: Preserving Your Harvest

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Introductions

Take Aways

Methods

Preservation considerations

After Canning
OKT’s Program for Growth
improves students and their families’ and caregivers’ wellness

- Growing food
- Food Diversity Project
- School and home gardens
- Meal planning, preparation and preservation
- Cook, Eat and Talk
- Registered dietician nutritionist
- Grocery store tours
- Food mapping
- Field trips
## Take-aways: Why Can?

### Advantages
- Savings
- Availability
- Control
- Food waste
- Teachable moments
- Memories, family traditions
- FUN and INTERACTIVE!

### Other considerations
- Cost
- Time Consuming
- Space
- Storage of Equipment
Methods

Traditional water bath

New age pressure canning

Other considerations:
- Jars
- Packing

Basics of Pressure Canning

Basics of Water Bath Canning

https://www.canr.msu.edu/news/basics_of_pressure_canning_foods

PRESERVATION CONSIDERATIONS

Preparation of food items
Preparation of jars
Safety
Storage
Basic Canning Equipment
Heat the water.

Quart jars: \( \frac{2}{3} \) full
Pint jars: \( \frac{1}{2} \) full
Wash jars, rings and lids.
Clean and dry produce.

(Remove rotten spots.)
Fill jars.
Release air bubbles.
Wipe top edges of jars clean with dry cloth.
Put lids and rings on jars.
Process jars.
Remove jars.
When cool, test the seal.
AFTER CANNING

Label.
Store jars.
Clean and store equipment.
Use canned foods within the year.

Handout
Preserving Food: You Are What You Eat
Joel MacCharles at TEDxToronto

https://www.youtube.com/watch?v=iLzmrahBWjU