Preserve that Food : Put Them All to Work

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Recommended Citation
Stitt, Maud E., "Preserve that Food : Put Them All to Work" (1943). SDSU Extension Leaflets. 78. https://openprairie.sdstate.edu/extension_leaflets/78

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Preserve That Food

Canning
Brining
Freezing

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No. 80

TENSION LEAFLET 80—JULY 1943
Two things—more than anything else—cause canning failures.

**FIRST:** Unnecessary delay. Let "Two hours from garden to can" be your motto.

**SECOND:** Using the wrong method.

Of the commonly canned foods, there are two types—ACID and NON-ACID. Each requires a different method of canning.

**ACID FOODS**—fruits and tomatoes—should be canned by one of the three methods. These are:

1. Boiling water bath—the preferred method
2. Steamers and ovens
3. Open kettle

**NON-ACID FOODS.** All meat, poultry and vegetables, except tomatoes, are non-acid. They should be canned in a pressure cooker, which gives the high temperatures necessary to kill trouble-making organisms. Boiling water bath, although sometimes used, is not recommended because dangerous organisms are often present in non-acid vegetables, especially those grown in a hot, dry climate. These organisms are not killed at 212 degrees, the temperature of boiling water, unless the food is heated for six to ten hours or even longer.

Temperatures of 240 to 250 degrees are reached in the pressure cooker, which kill such organisms in a short time.

Those who do can non-acid vegetables by water bath should observe this caution: Before tasting home canned non-acid vegetables, boil well for at least 10 minutes. If you do not have a pressure cooker or cannot share one with your neighbor, use drying, brining, freezing or storage for non-acid foods. For complete canning information, ask for FB 1762, "HOME CANNING OF FRUITS, VEGETABLES AND MEATS."

4194 will be the biggest canning year in history. Four to five billion jars will be canned—twice as many as in a peacetime year. They're still making new jars but because of the demand, there won't be enough unless the billion and a half jars now used for coffee, etc., are re-used for home canning. Regular lids and rings will fit most of these glass jars; the number 63 lid will fit others. Check your jars to see what lids and rings you need.

**Wartime rubber rings are not very stretchy:** Handle with care.

Salting and brining are simple, inexpensive food preservation methods. They are useful where there is a shortage of materials and labor.

Use one of four methods:

1. Dry salting with fermentation—cabbage, turnips and other vegetables with high water content.
2. Dry salting without fermentation—corn, beans, peas.
3. Weak brine—whole vegetables low in water content; beets, greens (except spinach), carrots, green beans.
4. Strong brine—corn on cob, beans and peas in pod, carrots, onions, cauliflower.

Use only pure salt. Weigh vegetables and salt accurately. Surface scum should be removed from brine. Vegetables should always be kept below the surface of the brine. Storage of salted or brined products is easy. They keep at 70 to 75 degrees.

Salting and brining information in Ext. Leaflet 69, "PRESERVATION OF VEGETABLES BY SALTING AND BRINING."

Ration regulations allow one pound of sugar for every four quarts of fruit. Drying fruit takes no sugar. Vegetables from your own garden take no sugar. Can vegetables and preserve fruits by methods using little sugar.

The sugar ration is enough for an average family. Stamps 15 and 16 in War Ration Book One are each good for five pounds or 50 pounds for a family of five or enough to can 200 quarts of fruit.

If you want more sugar than this, an additional 15 pounds may be secured by showing need to your ration board.
Quick freezing of fruits and vegetables is the best way to keep color, flavor, texture and food value. There are 150 freezer locker plants in South Dakota. Vegetables such as celery, lettuce and cucumbers which are eaten raw are not suitable for freezing. Handle carefully products to be frozen. Since freezing does not sterilize, it is important that all utensils be kept clean. Follow this rule to get better frozen products, "Four hours from garden to sharp freeze." For complete information on freezing, ask for Ext. Leaflet 63, PRESERVATION OF FRUITS AND VEGETABLES BY FREEZING Available at your County Extension Office.

An easy, economical way to preserve vegetables is to store them without other preparation. Vegetables, to be satisfactorily stored must be properly matured, free of diseases and bruises, placed in suitable containers and stored with proper temperature, humidity and ventilation. Vegetables are classed in three groups according to the type of storage they require.

2. Warm dry storage—winter squash, pumpkins.
3. Cool dry storage—onions, dry peas, beans.

For complete information on storage, ask for Ext. Leaflet 66 STORING VEGETABLES SUCCESSFULLY Available at your County Extension Office.

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