

# FOOD PRESERVATION

## Tips for Exhibiting

### Recipe Sources

Recipes must be from an Approved Source. You cannot use recipes from the internet or old family recipes as the science of Food Preservation has changed. All books should be newer than 2012.

The Following Recipe Sources are approved:

- USDA Complete Guide of Home Canning
- So Easy To Preserve
- Ball Blue Book (Current Edition Preferred, but cannot be older than 2012.)
- Ball Complete Book of Home Preserving (Current Edition Preferred, but cannot be older than 2012.)
- Food Preservation Publications from K-State Research & Extension
- Packaged Mixes (You have to follow the Directions exactly, no adding ingredients not called for or changing the amounts) Examples of Packaged Mixes include Pectin, Mrs. Wages, etc.

### Headspace requirements

- Jellied Fruit Products need 1/4" Headspace (Pectin might call for 1/8" but that is too close to the lid)
- Fruits, Tomatoes, & Pickles need 1/2" Headspace
- Low-acid foods need 1 to 1 1/4" Headspace

### Processing Jars

- Use 1,000 feet Processing time for all of Marais des Cygnes District. Recipes in So Easy to Preserve, Ball Blue Book, and Ball Complete Book of Home Canning are written with processing instructions for altitudes below 1,000 feet. Instructions for adjusting for altitude are in the general instructions in the front of the books.
- Tomatoes must have added acid to make them safer.
- Salsa should only be canned in pints.
- Use the correct size jar for the recipe. Quarts cannot be used if the recipe only gives instructions for pints.

### Preparing Exhibits

- Use only clear Jars (no colored).
- Jars and Lids must match. Ex. Ball Jars need Ball Lids, Kerr Jars need Kerr Lids.
- Rings should always be on jar.
- Use NEW Food Preservation Labels. These are available at either Marais des Cygnes District Office.
- Bring the Recipe with your exhibit. Publication Dates should be on the recipe along with source information.

### Jerky

- You must heat the meat that you are using for jerky to 160°F before you begin drying it.