How To Can & Preserve Your Home Garden Harvest
Can Your Peaches This Year in the Better, Easier Way

PARE peaches and put into jars. For each pint jar take half a cup of water and a cup of sugar. Make a syrup of the sugar and water, and fill the jars full. Fasten the covers loosely and set in a "Wear-Ever" Roaster—filling the lower half with water. Cover and let come to a boil. Steam about ten minutes.

Take out the jars one at a time and fill each to the top with the boiling syrup, and seal. You will have peaches, perfect in shape and color—and with less work and fuel, if you use the "Wear-Ever" Aluminum Roaster.

Pears, plums, pineapples—all can be "put up" in the same easy way. In this same Roaster you can steam vegetables, you can roast meat without basting, you can bake fish in the oven, you can bake apples or potatoes on top of the stove, you can use it for a bread box. It is the pan you use every day the year around.

The enormous pressure of rolling mill and stamping machines makes the metal in "Wear-Ever" utensils dense, hard and smooth. They give enduring satisfaction—cannot chip or rust—are pure and safe.

Replace utensils that wear out With utensils that "Wear-Ever"

If "Wear-Ever" utensils are not obtainable at your dealer's mail us 10 two-cent stamps and we will send you a one-quart "Wear-Ever" Stewpan—stamps to be returned if pan is not satisfactory. Send today for booklet, "Canning and Preserving"—it tells everything you should know about putting up fruits and vegetables.
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HOW TO CAN & PRESERVE YOUR GARDEN HARVEST
The History & Science Behind Canning
A long time ago in the pre-refrigeration age, canning was the normal way we preserved food. The term canning is somewhat confusing for many people because you are not normally placing food in a can. The term is more or less intended for the canning industry in which tin cans are used. Most people place food in jars, the most famous of course being those made by Mason or Ball. There are many ways to can food but for the most part, there are two basic types of canning, pressure canning and the water bath method.

Canning food is actually preserving food and to do so you must suspend time while killing off bad bacteria and yet letting good bacteria thrive. You are stopping time in that the moment you make the final seal you are in effect stopping all decay of whatever you are attempting to can. The goal here being that the food will taste the same when you open it months or perhaps a year or so later. Before canning was introduced in the early 19th century, the only options were pickling, salting, drying or smoking your provisions. Each method used however altered the taste, nutrition and the texture of the food being preserved.
French chef Nicolas Appert (picture above with one of his bottles) perfected the art of canning using his revolutionary bottling technique. He found that by sealing a bottle of food and then boiling it that the food would keep almost indefinitely. Soon after others duplicated the process, however they used tin cans and this is where the term came from.

It was not until the 1860s, and during the Civil War in the United States, that canning goods became common. Soldiers relied heavily on canned goods and loved the taste so much that after the war an entire industry was born in the United States.
and the U.S. would dominate this industry for quite some time. The old phrase “C-Rations” actually means “canned rations”.

Over two centuries has passed since canning began and the process is much the same. Bacteria cannot survive in extreme heat. Once the food inside the can or jar is heated to a certain temperature, the bacteria die off and what is left is a sterile environment. An old wives tale states the food in a dented can is not safe to eat. According to Mealtime.org, as long as the can is not bulging (a symptom of spoiled food) it is safe to eat. In 1974, samples of canned food from the wreck of the Bertrand, a steamboat that sank in the Missouri River in 1865, were tested by the National Food Processors Association.
Although appearance, smell and vitamin content had deteriorated, there was no trace of microbial growth and the 109 year-old food was determined to be still safe to eat.

Most canned goods lose their quality after about 2 years. Color, taste and texture will vary depending on age and the food being preserved. Sodium is normally added to mask the effects of time however too much can cause issues. A can of chicken noodle soup can have up to 1,800 milligrams of sodium which is more than what one should consume in a single day.

The main danger from canned food comes from Clostridium botulinum, which causes botulism. The normal cause of this is improper temperature
Dwight Eisenhower Eating C-ration in N.A. 1943
during canning. Most cases of botulism are caused from home canning. Botulism is considered to be the most poisonous substance known to man and a mere gram could kill 10,000,000 (Yes that is 10 million) people. To avoid this the CDC recommends boiling all home canned goods for at least 10 minutes before consumption. The microorganism Clostridium botulinum (which causes botulism), can only be eliminated at temperatures above the boiling point. To achieve temperatures above boiling requires the use of a pressure canner. Foods that should be pressure canned include most vegetables, meat, seafood, poultry and all dairy products.

DID YOU KNOW?

Even though canned food had already been around for more than 50 years, nobody knew why it worked until 1861, when French scientist Louis Pasteur discovered that the presence of microorganisms causes food to spoil.

The simplest form of canning is the “water bath” method. You simply fill
jars with acidic fruits or vegetables like berries, tomatoes, cucumber in vinegar or others, cover them with lids, and boil them in a large pan of water until the lid forms a seal. This forces air out of the jar and it will create a vacuum and an acidic environment that bacteria cannot survive. You can also use a pressure canner, which is more expensive, but you will be able to can a wider range of foods.

Canning is fun and a great way to make the food budget stretch. There is science behind it but it is not rocket science making it a very easy way to preserve either store bought or home grown foods.

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