



Food
Preservation
for Youth

Method 1: Boiling Water Canning (Beg.)

Can My Crushed Tomatoes

Ingredients:

for about 9 pint jars

- ___ 14 to 16 lbs. tomatoes ($1\frac{1}{2}$ to $1\frac{3}{4}$ pounds per pint)
- ___ 9 Tbsp. bottled lemon juice (or $2\frac{1}{4}$ tsp. citric acid)
- ___ $4\frac{1}{2}$ tsp. canning salt (optional)
- ___ Ingredients from 'Want to Experiment?' (optional)

Equipment:

- ___ Gas or electric stovetop range with four burners
- ___ Boiling water canner (or large stockpot) with rack
- ___ Pint canning jars
- ___ Two-piece metal ring bands and canning lids
- ___ Permanent marker, or labels and pens
- ___ Medium saucepan
- ___ Large colander
- ___ Paring knives
- ___ Cutting board
- ___ Large stockpot
- ___ Slotted spoon
- ___ Large wooden spoon or potato masher
- ___ Large mixing bowl
- ___ Jar lifter and funnel
- ___ Measuring cups and spoons
- ___ Large ladle
- ___ Headspace tool
- ___ Bubble freer or narrow spatula
- ___ Spoon
- ___ Paper towels
- ___ Thermometer
- ___ Timer (may be on oven)
- ___ Towel or cake-cooling rack
- ___ Ice (optional)



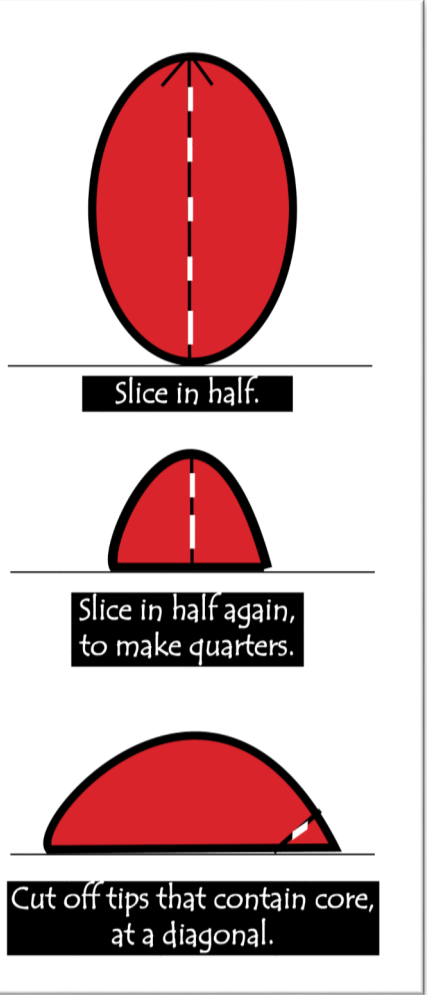
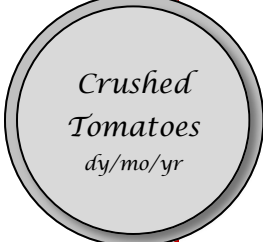
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- ___ Wash hands for 20 seconds and dry well.
- ___ Assemble equipment and ingredients.
- ★ Place rack in boiling water canner. Fill half full with water. Turn burner to med.-high (to a simmer).
- ___ Examine ring bands and pint jars for flaws.
- ★ Wash and rinse jars, then lower into canner using jar lifter.
- ___ Use a permanent marker to label lids.
- ___ Prepare lids as instructed by manufacturer.
- ★ Heat 3-4 cups water to simmer in a saucepan.
- ___ Fill a stockpot with enough water to cover several tomatoes, then bring to a boil.
- ★ Rinse tomatoes; cut an "x" in the non-stem ends.
- ★ Fill a bowl with ice (if you have it) and cold water.
- ★ Boil 2-3 tomatoes at a time for 30-60 sec. to split skins, then put in cold water. Remove skins.
- ★ Quarter four tomatoes and remove cores.
- ★ Put the four quartered tomatoes into a stockpot on high heat and crush them. Continue quartering, coring, and adding quartered tomatoes while stirring (no longer crushing) and keeping a boil.
- ★ Simmer all for 5 minutes.



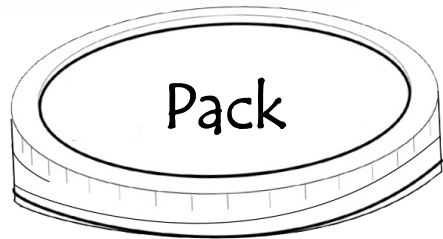
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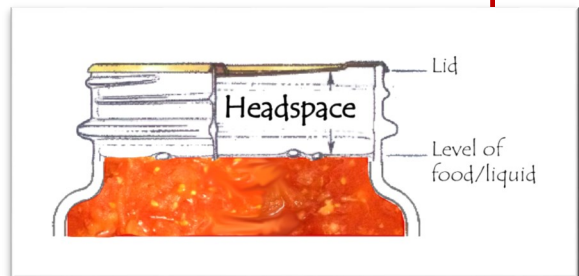
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- ★ Slowly lift jars from water, emptying water back into the canner. Place jars upright on a towel or rack.
- Add 1 Tbsp. lemon juice or $\frac{1}{4}$ tsp. citric acid to each pint jar and if desired, also add $\frac{1}{2}$ tsp. salt.
- ★ Using jar funnel, ladle tomatoes into jars, leaving $\frac{1}{2}$ -inch headspace.
- Free air bubbles by moving bubble freer or spatula gently in and out around the edges of the filled jars.
- Measure headspace and use a spoon to adjust to $\frac{1}{2}$ -inch if needed.
- Wipe jar rims with a clean, damp paper towel.
- Apply lids. Turn bands onto jars until fingertip tight.
- ★ Use a thermometer to check that the temperature of the water in the canner is 180°F. Adjust burner higher or lower, if necessary.



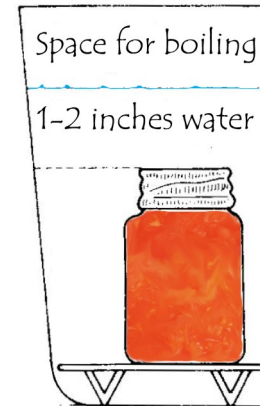
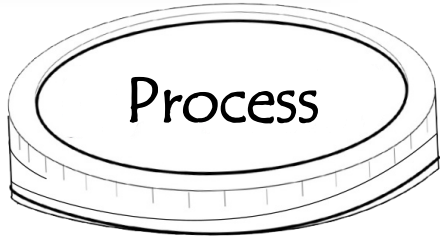
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- ★ Lift jars into the canner, upright.
- ★ Add hot water from the saucepan if less than 1-2 inches above jars.
- ★ Place lid on canner and turn heat to high.
- Once water reaches a rolling boil, set timer using the chart below. Maintain a boil the entire time.
- ★ Turn off heat when timer sounds. Remove canner lid, directing steam away from you. Wait 5 minutes.
- ★ Keep jars upright as you lift each jar out of the canner and place them at least 1 inch apart on a towel or cooling rack.
- Let jars cool, undisturbed, for 12 to 24 hours.
- Once jars are completely cool, look and feel for an inward curve/indent in the center of the lids to check vacuum seals.
- Remove bands from sealed jars and wipe clean.
- Store in a cool, dark, dry place. Enjoy within one year for best quality. If jars are not sealed or are taken home before cooling, keep in a refrigerator. Once opened, store jars in a fridge and eat tomatoes within one week.



Altitude Adjustments and Processing Times for Hot Packs of Crushed Tomatoes in Pint Jars:

| Altitude | Process Time |
|------------------|--------------|
| 0-1,000 feet | 35 minutes |
| 1,001-3,000 feet | 40 minutes |
| 3,001-6,000 feet | 45 minutes |
| above 6,000 feet | 50 minutes |

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