



MORRIS COUNTY
ECONOMIC DEVELOPMENT CORPORATION
CREATE. INNOVATE. GROW.

7. CANNING & FOOD PRESERVATION

FREEZING ADVICE

- Set freezer to -10F degrees at least 24 hours ahead of freezing
- Spread packages around til frozen, then stack
- Keep freezer at 0 degrees Fahrenheit





PACKING FROZEN FOODS

7. Canning & Food Preservation

**COOL FOODS
BEFORE
FREEZING**

**BLANCH
VEGETABLES
FIRST**

**SERVING
SIZES (ONE
QUART)**

**AVOID
TRAPPED
AIR**

**KEEP
SEALING
EDGES DRY**

**EXPAND AND
LOOSEN SEAL
FOR TRAPPED
FOOD**



BLANCHING



Use Blancher or
Pot With Lid



1 Gallon of Water
Per 1 lb Vegetables



Place blanching basket
into boiling water and
put lid on



Start timer when
boiling starts



Immediately Chill in
Ice Bath then Package



Guide: Water Bath Canning




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Fill your canner or pot halfway with hot water on medium heat



Pack the jars leaving headspace as indicated in the recipe



Run a spatula around the inside of the jar to release trapped air



Wipe the rims of the jar to remove food particles



Apply lid and screw on the band. Let the air inside the jar escape



Pack the jars and place them on the rack in the canner



When canner is full, add or remove boiling water as needed and allow water to rise 1 inch above jars



Place lid on canner and turn on high heat to boil



Set timer for processing time and keep at steady boil



Remove jars and turn off stove when timer signals the end



Place jars on a cooling rack and have them sit for 12-24 hours before storing