



Beaver County Extension Office * Courthouse * Box 339 * Beaver OK 73932 * (580) 625-3464



Canning Correctly

Home food preservation remains an important and popular cultural activity. It is critical that those who practice preserving and processing foods at home have access to the most reliable information available concerning food safety and food quality. The Cooperative Extension System (CES) and USDA have long been recognized as credible sources for science-based recommendations. The National Center for Home Food Preservation was established with funding from the CSREES-USDA to address food safety concerns for those who practice and teach home food preservation and processing methods.

When canning in boiling water, more processing time is needed for most raw-packed foods and for quart jars than is needed for hot-packed foods and pint jars.

To destroy microorganisms in acid foods processed in a boiling-water canner, you must:

- Process jars for the correct number of minutes in boiling water.
- Cool the jars at room temperature.

The food may spoil if you fail to add process time for lower boiling-water temperatures at altitudes above 1,000 feet, process for fewer minutes than specified, or cool jars in cold water.

To destroy microorganisms in low-acid foods processed with a pressure canner, you must:

- Process the jars using the correct time and pressure specified for your altitude.
- Allow canner to cool at room temperature until it is completely depressurized.

The food may spoil if you fail to select the proper process times for specific altitudes, fail to exhaust canners properly, process at lower pressure than specified, process for fewer minutes than specified, or cool the canner with water.

For complete canning methods and processing charts, the USDA *Complete Guide to Home Canning* plus numerous fact sheets can be found on-line at <http://www.uga.edu/nchfp/index.html>

Cool Scarf Workshop— September 19th. The Executive Committee has come up with a project to help our troops. We will be making “cool scarves” to mail to soldiers in desert climates. [Tubes of fabric are filled with Polyacrylamide, which when soaked, retain the water to create a cooling effect.]

If you can sew, cut, stuff, or close baggies, we could use your help. Bring sewing supplies, a sewing machine if possible, and extra cotton fabrics in sage, khaki, or camouflage colors. 1 yard of 45” fabric is enough for 9 scarves!

Please send names and addresses of military personnel serving in desert climates so we can send neck wraps to them.



Headspace

Leaving the specified amount of headspace in a jar is important to assure a vacuum seal. If too little headspace is allowed the food may expand and bubble out when air is being forced out from under the lid during processing. The bubbling food may leave a deposit on the rim of the jar or the seal of the lid and prevent the jar from sealing properly. If too much headspace is allowed, the food at the top is likely to discolor. Also, the jar may not seal properly because there will not be enough processing time to drive all the air out of the jar.

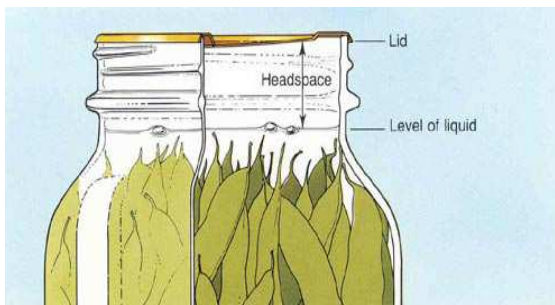
The unfilled space above the food in a jar and below its lid is termed headspace. Directions for canning specify leaving:

- 1/4-inch for jams and jellies,
- 1/2-inch for fruits and tomatoes to be processed in boiling water, and from
- 1- to 1 1/4-inches in low acid foods to be processed in a pressure canner.²

This space is needed for expansion of food as jars are processed and for forming vacuums in cooled jars. The extent of expansion is determined by the air content in the food and by the processing temperature. Air expands greatly when heated to high temperatures; the higher the temperature, the greater the expansion. Foods expand less than air when heated.

Sources. 1. <http://www.uga.edu/nchfp/>

2. <http://www.homecanning.com/>



Altitude Charts

If you are located at an elevation higher than 1,000 feet above sea level, it is necessary to adjust the processing time when using the boiling-water method and the pounds of pressure when using the steam-pressure method. Make the appropriate adjustment for your elevation as indicated by the Altitude Charts. The elevations in Beaver County range from 2300 to 2900 feet. (www.topozone.com)

BOILING-WATER CANNER

Altitude (Feet)	Increase Processing Time
1,001 – 3,000	5 minutes
3,001 – 6,000	10 minutes
6,001 – 8,000	15 minutes
8,001 – 10,000	20 minutes

STEAM-PRESSURE CANNER

Altitude (Feet)	Weighted Gauge	Dial Gauge
0 – 1,000	10	11
1,001 – 2,000	15	11
2,001 – 4,000	15	12
4,001 – 6,000	15	13
6,001 – 8,000	15	14
8,001 – 10,000	15	15

Open Food Show is Sept. 7th. HCE will be furnishing up to \$340 in prize money! Show off your culinary skills and enter. Adult classes are

1. Holiday Cookies—3 on a plate
2. Homemade Candy—3 of one type on a plate
3. Single Crust Pie
4. Double Crust Pie
5. Dinner Rolls—3 on a plate
6. Fruit/Nut Bread—loaf
7. Appetizer

Complete rules are available from the Extension Office.

Grief Seminars Offered. Two special seminars on grief conducted by Grief Counselor, author and educator Dr. Alan D. Wolfelt will be the Assembly Center of First Baptist Church, 5th and Central, in Ponca City, Oklahoma. “Helping Yourself Heal When Someone Dies” will be the topic on September 28, 2006 from 7:00 to 9:00 p.m. This seminar is free of charge and provides support in the personal grief experience. On September 29, 2006 from 9:00 a.m. to 3:30 p.m. the topic will be “Death, Grief and Mourning: Wisdom Teachings for Caregivers”. This seminar will help you learn the art of “companioning” and explores a variety of topics surrounding the care of others who are grieving.

There is a registration fee of \$30.00 for this seminar. Lunch will be provided. Advance registration for both events is required and due by September 15, 2006. Go to www.countyext.okstate.edu/kay for registration information or at: info@hospiceofnorthcentraloklahoma.com or by calling 1.800.814.9102 or 1.580.762.1641 x 287. For more information about Dr. Wolfelt, visit his website at www.centerforloss.com.

Common Pickling Problems & Solutions
 Provided by Barbara Brown, Ph.D., R.D./L.D. OSU Ext. Food Specialist

PROBLEM	CAUSE	PREVENTION
Soft or slippery pickles (if spoilage is evident, do not eat)	Brine is too weak. Vinegar is too weak. Cucumbers stored at too high a temperature during curing/brining Insufficient amount of brine. Pickles not processed properly (to destroy microorganisms). Moldy garlic or spices. Blossom ends not removed.	Maintain salt concentration specified in recipe. Use vinegar of 5 percent acidity. Store cucumbers between 70 and 75°F. This is the optimum temperature for growth of the organisms necessary for fermentation. Keep cucumbers immersed in brine. Process in boiling water canner for the specified time indicated for the product. As in all canning, a seal is necessary on the jar to prevent other microorganisms from entering. Always use fresh spices. Always remove blossom ends.
Strong, bitter taste	Spices cooked too long in vinegar, or too many spices used. Vinegar too strong. Dry weather. Using salt substitutes.	Follow directions for amount of spices to use and the boiling time. Use vinegar of the proper strength (5-percent acidity). No prevention. Bitter taste is usually in the peeling. Potassium chloride ingredient in these is naturally bitter.
Hollow pickles	Cucumbers too large for brining. Improper curing. Long lapse of time between gathering and brining. Faulty growth of cucumber.	Use smaller cucumbers for brining. Keep brine proper strength and the product well-covered. Cure until fermentation is complete. Pickling process should be started within 24 hours after harvest. None. During washing, hallow cucumbers usually float. Remove and use for relish.
Shriveled pickles	Placing cucumbers in too-strong brine, too heavy syrup or too strong vinegar. Long lapse of time between gathering and brining. Over-cooking or over-processing. Dry weather.	Follow a reliable recipe. Use amounts of salt and sugar called for in recipe, and vinegar that is 5-percent acidity. Brine within 24 hours of harvest. Follow a reliable recipe exactly. No prevention.
Scum on the brine surfaces while curing cucumbers	Wild yeasts, molds and bacteria that feed on the acid, thus reducing the concentration if allowed to accumulate.	Remove scum as often as needed.
Dark or discolored pickles (if brass, copper or zinc utensils were used do not use the pickles)	Minerals in hard water. Ground spices used. Spices left in pickles. Brass, iron, copper or zinc utensils used. Iodized salt used.	Use soft water. Use whole spices. Place spices loosely in cheesecloth bag so they can be removed before canning. Use unchipped enamelware, glass, stainless steel or stoneware utensils. Use canning or pickling salt.
Spotted, dull or faded color	Cucumbers not well cured (brined). Excessive exposure to light. Cucumber of poor quality.	Use brine of proper concentration. Complete fermentation process. Store in a dark, dry, cool place. Work with good-quality produce.
White sediment in crock or jar	Bacteria cause this during fermentation. Salt contains an anti-caking ingredient.	None. Use canning or pickling salt.



HCE NEWS

The Executive Council Met on August 23rd. Items discussed were the county fair, the HCE Country Store, the Food Show, Fall Council and the Centennial Quilt. A proposal was made to put up a commemorative plaque to honor the late Diana Croteau for her instrumental part in the pool's sun shelter. Diana was a good-hearted woman; her help and presence will be missed.

Beaver County Fair is Sept 7-9, 2006. HCE will be having the Country Store. To make this fundraiser successful, members are encouraged to donate homemade items such as candy, canned items, baked goods, or crafts.

Workers are needed to help with the Country Store

Friday, Sept 8: **Clearlake** 2pm-6 **Logan** 6-closing
Saturday Sept 9: **Anthony** 11 to 3 **Balko** 3-closing

The HCE required items are #39—Cinnamon Rolls and #70—Color or Theme Oriented Gift Basket. The basket should be a club project based on smart shopping with a \$15.00 limit on contents only; receipts are required.

The Leaders Lesson , “Rise and Shine Breakfast” will be held on Tuesday, September 26 at 10:00am in the Fairbuilding.

Coming Events

Sept 7-9 **Beaver County Free Fair**
Sept 14-17 **4 Corners Quilting Retreat at Jet**
Sept 19 **Soldier Cool Scarves Workshop**
Sept 28-29 **Grief Seminar at Ponca City**
Oct 5 **ElderFair**
Oct 11 **HCE Fall Council**

It's That Time of Year

HCE enrollment forms are available in the extension office and should be completed by new members. Membership dues need to be collected by local treasurers during the month of September and sent to the county HCE treasurer, Charlene Marshall, by October 15, 2006. Dues for 2007 are \$1.50 for county, \$7.50 for state for a total of \$9.00.

It is time to elect local officers too. Please send the names of your officers and committee chairmen to the extension office by October 1, 2006.

Lesson Ballots Ready

The 2007 HCE Lesson List will be available at the HCE Country Store. Fill you ballot out during the county fair. Don't let a few choose your lessons; make your vote count.

Fall Council has been scheduled for Wed, October 11th at the Methodist Church in Beaver. New County Officers will be elected. A Melting-Pot Luck Dinner will add an international flair to our noon meal.

4 Corners Quilting Retreat will be Sept 14-17 at the Jet Community Building. The leader is Penny Gregory of Spring Texas. Contact the Office for more details.

This newsletter is published monthly by the Beaver County OSU Extension Office, PO Box 339, Courthouse, Beaver, OK 73932 (580) 625-3464, and is one way of communicating educational information. Reference to commercial products or trade names is made with the understanding that no discrimination is intended and no endorsement is implied.



Liz Gardner-McBee
Extension Educator,
Family & Consumer Sciences/4-H Youth Dev.



Beaver County Cooperative Extension Service
Oklahoma State University
111 W 2nd ST
PO Box 339
Beaver OK 73932