

FOOD PRESERVATION

Sonoma County 4-H

Name: _____ Date: _____

Guidelines for Project Proficiency Award

Beginning:

Date
Completed Leader's
Initials

BEGINNING CANNING

Learn:

1. Basic classification of foods - acid, low acid, etc. _____
2. Kinds of canners and when to use which. _____
3. About canning jars, lids, and other necessary equipment. _____
4. About seasonal availability of food - when food is plentiful and least expensive. _____
5. The recommended canning method, time, and temperature for fruits and tomatoes. _____

Do:

1. Help select fruit or tomatoes for canning. _____
2. Learn to use the water bath canner. _____
3. Assemble equipment, wash jars. _____
4. Learn how to wash and prepare fruit for canning (peeling, quartering, etc..). _____
5. Learn how' to fill jars, remove air bubbles, etc. _____
6. Help can three fruits or two fruits and tomatoes. _____
7. Learn to check for a seal. _____
8. Learn how to label and store canned foods. _____
9. Judge product for taste, color, and for safe keeping qualities. _____

Explore:

1. The cost of a home canned product versus a like product commercially canned. _____
2. Ways to serve the canned foods to the family. List five. _____

JAMS AND JELLIES

Learn:

1. Methods for making jams and jellies. _____
2. When the best fruits for jam and jelly are available. _____

Do:

1. Select and prepare fruit for jam. _____
2. Make a freezer jam with commercial pectin. _____
3. Select proper containers for freezer jam. _____
4. Label and store jam. _____
5. Judge jam for color, flavor, and texture. _____

Explore:

1. Ways to serve jam to the family. List five. _____
2. The cost of a jar of jam and compare this with an equal weight at the supermarket. - _____
3. The keeping quality of jam. After several months, check for freezer _____

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burn or other changes.

<u>Date</u>	<u>Leader's</u>
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DRYING

Learn:

1. How drying preserves food.
2. Different ways to dry food.

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Do:

1. Select fruit for making leather.
2. Make and dry one or two different kinds of fruit leather. Try a combination of fruits.
3. Select meat for jerky.
4. Follow directions for sun or oven drying jerky.
5. Select the proper packaging for leather and jerky.
6. Label and store dried product as recommended.
7. Judge leather and jerky for color, flavor, and texture.

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Explore:

1. The values of sun drying versus oven or dehydrator drying.
2. The effect of lemon juice or ascorbic acid on the color and flavor of fruit leather. Make one roll of fruit leather (light colored fruit) with lemon juice and one without. Compare.
3. The values of dried food as snacks.

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FREEZING

Learn:

1. How freezing preserves food.
2. Which containers are suitable for the freezing process.
3. How to select food for freezing.
4. How to seal containers for freezing. Why is the seal important?
5. How to prepare foods for freezing.

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Do:

1. Quick freeze loose berries with dry sugar or without any sugar.
2. Freeze fruit in syrup containing crystalline ascorbic acid.
3. Judge frozen fruit for color, taste, and texture.
4. Make up a display of freezer containers.

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Explore:

1. The differences in berries frozen at different temperatures. Which gives the best results?
2. The characteristics of freezer bum. How can this be avoided?

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Project Leader's Signature of Completion: _____

Date: _____

Club Leader's Signature of Completion: _____

Date: _____