

FOOD PRESERVATION

Sonoma County 4-H

Name: _____ Date: _____

Guidelines for Project Proficiency Award

ADVANCED:

CANNING

Learn:

1. How use the pressure canner.
2. Methods for canning vegetables.
3. To judge canned meats and vegetables for color, texture, pack, and seal.

Do:

1. Can two or three different vegetables.
2. Can meat, poultry, or fish.

Explore:

1. Methods to use in telling or showing others how to safely can vegetables and meats.
2. Needs for canned foods for one year for the family. Which of the foods can be preserved more cheaply at home?
3. The types of spoilage that occur in canned food.

JAMS AND JELLIES

Learn:

1. Which fruits have enough pectin and acid for the long boil method?

Do:

1. Make 3 or 4 jams and jellies by the long boil method.
2. Compare taste, texture, and color to those make with commercial pectin or by freezer method.

Explore:

1. Jelling problems as they are related to acid, pectin, and sugar content.

FERMENTATION AND BRINING

Learn:

1. About lactic add fermentation of cucumbers and cabbage.
2. What causes spoilage problems in fermented foods.
3. The salt brining process for vegetables.

Do:

1. Make fermented dill pickles or green tomatoes.
2. Make sauerkraut.
3. Can the pickles and sauerkraut.
4. Make brined vegetables.

Explore:

1. The effect of temperature on fermentation.
2. Pickle recipes using freshened, brined pickles.
3. The effect of surface scum and mold on fermented pickles.

<u>Date</u>	<u>Leader's</u>
<u>Completed</u>	<u>Initials</u>

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Project Leader's Signature of Completion: _____

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