

Canning Steps: Boiling Water

1. Use reputable, research-based recipe
2. Prep work area, food & jars
Sterilize jars if <10 minutes processing time
3. Heat canner water (*not boiling*)
Hot pack: 180°F, Raw pack: 140°F
4. Jars in canner
1" water over top of jars
2" if processing time > 30 minutes
5. Lid on; high heat
6. Vigorous boil? Start timing
Adjust for altitude
7. Adjust heat to maintain gentle boil
8. Ding! Timer off; heat off; lid off
9. Wait ≤ 5 minutes
10. Jars out
11. Cool jars, undisturbed 12-24 hours
Check seal; remove rings; clean jars
12. Label and store sealed jars
Cool, dry, dark location
Use within 1 year for best quality

Canning Steps: Steam

1. Use reputable, researched-based recipe
2. Prep work area, food & jars
Sterilize jars if <10 minutes processing time
3. Heat canner water (*not boiling*)
Hot pack: 180°F, Raw pack: 140°F
4. Jars in canner; lid on; high heat
5. Steady 6-8" column of steam? Start timing
Green zone on temp sensor
Adjust for altitude
Max 45 minutes
6. Adjust heat to maintain gentle boil
Steady 6-8" column of steam
7. Ding! Timer off; heat off
8. Wait 2-3 minutes
9. Lid off, jars out
10. Cool jars, undisturbed 12-24 hours
Check seal; remove rings; clean jars
11. Label and store sealed jars
Cool, dry, dark location
Use within 1 year for best quality

