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UCCE Master Food Preservers of Sacramento County

Monthly Wednesday Night Demonstration

August 15, 2018

Tomatoes All Year



Resources:

- Please visit the National Center for Home Food Preservation at <http://nchfp.uga.edu> for detailed information about research-based methods of home food preservation.
- UC ANR Catalog (<http://anrcatalog.ucanr.edu>)
 - Publication #8116: Tomatoes: Safe Methods to Store, Preserve and Enjoy
- University of Nebraska Extension, Freezing Raw Tomatoes With and Without Their Skins, <https://food.unl.edu/freezing-raw-tomatoes-or-without-their-skins>

Should you need assistance or require special accommodations for any of our educational programs, please contact us at 916-875-6913.

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TOMATO KETCHUP

Source: Ball Complete Book of Home Preserving, 2012

Preserving Method: Boiling Water or Steam Canning

Makes about 7 (16 oz) pints

Ingredients:

- 3 Tbsp celery seeds
- 4 tsp whole cloves
- 2 cinnamon sticks, broken into pieces
- 1-1/2 tsp whole allspice
- 3 cups cider vinegar
- 24 lbs. tomatoes, cored and quartered (about 72 medium)
- 3 cups chopped onions (about 4 medium)
- 1 tsp cayenne pepper
- 1-1/2 cups granulated sugar
- 1/4 cup pickling salt

Directions:

1. TIE celery seeds, cloves, cinnamon sticks and allspice in a square of cheesecloth, creating a spice bag.
2. COMBINE vinegar and spice bag in a stainless-steel saucepan. Bring to a boil over high heat. Remove from heat and let stand for 25 minutes. Discard spice bag.
3. COMBINE tomatoes, onions and cayenne in a clean large stainless-steel saucepan. Bring to a boil over high heat, stirring frequently. Reduce heat and boil gently for 20 minutes. Add infused vinegar and boil gently until vegetables are soft and mixture begins to thicken, about 30 minutes.
4. TRANSFER mixture, working in batches, to a sieve placed over a glass or stainless-steel bowl and press with the back of a spoon to extract all the liquid. This can also be done using a food mill. Discard solids.
5. RETURN liquid to saucepan. Add sugar and salt. Bring to a boil over medium heat, stirring occasionally. Reduce heat and boil gently, stirring frequently, until volume is reduced by half and mixture is almost the consistency of commercial ketchup, about 45 minutes.
6. PREPARE boiling water canner. Heat jars in simmering water until ready for use. Do not boil. Wash lids in warm soapy water and set bands aside.
7. LADLE hot ketchup into hot jars leaving 1/2 inch headspace. Remove air bubbles. Wipe rim. Center lid on jar. Apply band until fit is fingertip tight. Place jar in either a boiling water canner or atmospheric steam canner. Repeat until all jars are filled.
8. PROCESS jars for 15 minutes, adjusting for altitude*.
9. *If using a boiling water canner:* Turn off heat and remove cover. Let jars sit in canner 5 minutes. *If using a steam canner:* Turn off heat and wait 2-3 minutes before removing cover.
10. Remove jars from canner; do not retighten bands if loose. Cool 12 hours. Check seals. Label and store jars.

*Altitude Adjustment Chart for Boiling Water or Atmospheric Steam Canner Recipes .Note: the maximum total processing time in an atmospheric steam canner is 45 minutes.

Feet	Increase in 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

HERBED TOMATOES

Source: www.freshpreserving.com

Preserving Method: Boiling Water or Steam Canning

Makes about 6 (16 oz) pints

Adding dried herbs and spices to home-canned tomatoes gives you a head start on recipes that require seasoned tomatoes. Choose the spice blend that suits the kind of recipes you are likely to make.

Ingredients:

- 12 cups halved cored peeled tomatoes (about 24 medium or 8 lbs)
- Spice blend(s), see below (each blend makes enough for 6 quarts or 12 pints jars of tomatoes)
- Citric acid or bottled lemon juice
- Salt, optional

Directions:

1. COMBINE tomatoes with just enough water to cover in a large saucepan. Boil gently for 5 minutes.
2. ADD to **each hot jar** the specified quantity of your chosen spice blend, ¼ tsp citric acid or 1 Tbsp bottled lemon juice and 1/4 tsp salt, if using.
3. PACK tomatoes into hot jars leaving 1/2 inch headspace. Ladle hot cooking liquid over tomatoes leaving 1/2 inch headspace. Remove air bubbles. Wipe rim. Center hot lid on jar. Apply band and adjust until fit is fingertip tight.
4. PROCESS filled jars in either a boiling water canner or atmospheric steam canner for 40 minutes for pints and quarts, adjusting for altitude*.
5. *If using a boiling water canner:* Turn off heat and remove cover. Let jars sit in canner 5 minutes. *If using a steam canner:* Turn off heat and wait 2-3 minutes before removing cover.
6. Remove jars from canner; do not retighten bands if loose. Cool 12 hours. Check seals. Label jars.

Italian Spice Blend	Mexican Spice Blend	Cajun Spice Blend
4 tsp basil	6 tsp chili powder	3 tsp chili powder
2 tsp thyme	2 tsp ground cumin	2 tsp paprika
2-1/2 tsp oregano	2 tsp oregano	1-1/2 tsp onion flakes
1-1/2 tsp rosemary	2 tsp garlic powder	1-1/2 tsp garlic powder
1-1/2 tsp sage	2 tsp ground coriander	1-1/2 tsp ground allspice
1 tsp garlic powder	1-1/2 tsp seasoned salt, optional	1-1/2 tsp thyme
1 tsp hot pepper flakes, optional		1 tsp cayenne pepper
ADD 2-1/4 tsp of spice blend to each pint jar. If omitting hot pepper flakes, use only 2 tsp.	ADD 2-1/2 tsp of spice blend to each pint jar. If omitting seasoned salt, use only 2 tsp.	ADD 2 tsp of spice blend to each pint jar.

*Altitude Adjustment Chart for Boiling Water or Atmospheric Steam Canner Recipes. Note: the maximum total processing time in an atmospheric steam canner is 45 minutes.

Feet	Increase in 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

ROASTED TOMATILLO-CHIPOTLE SALSA

Source: Ball complete Book of Home Preserving, 2012

Preserving Method: Boiling Water or Steam Canning

Makes about 6 (16 oz) pints

Ingredients:

- 12 dried chipotle chili peppers, stemmed
- 12 dried cascabel chili peppers, stemmed
- 2 lbs husked tomatillos
- 2 lbs Italian plum tomatoes
- 2 small onions
- 1 head garlic, broken into cloves
- 1 cup white vinegar
- 2 tsp granulated sugar
- 1 tsp salt

Directions:

1. In a large dry skillet, over medium heat, working in batches, toast chipotle and cascabel chilies on both sides, about 30 seconds per side, until they release their aroma and are pliable. Transfer to a large glass or stainless-steel bowl. When all chilies have been toasted, add 2 cups hot water. Weigh chilies down with a bowl or a weight to ensure they remain submerged, and soak until softened, about 15 minutes. Working in batches, transfer chilies and soaking liquid to a blender or a food processor fitted with a metal blade and puree until smooth. Set aside.
2. Meanwhile, under a broiler, roast tomatillos, tomatoes, onions and garlic, turning to roast all sides, until tomatillos and tomatoes are blistered, blackened and softened, and onions and garlic are blackened in spots, about 15 minutes. Set onions and garlic aside until cool. Place tomatillos and tomatoes in paper bags. Secure openings and set aside until cool enough to handle, about 15 minutes. Set onions and garlic aside until cool. Place roasted tomatillos and tomatoes in paper bags. Secure openings and set aside until cool enough to handle, about 15 minutes. Peel tomatoes, onions and garlic. Finely chop onion and garlic. Set aside.
3. Puree roasted tomatillos and tomatoes and reserved pureed chilies until smooth. Set aside.
4. In a large stainless-steel saucepan, combine tomatillo puree, roasted onion and garlic, vinegar, sugar and salt. Bring to a boil over medium-high heat, stirring constantly. Reduce heat and boil gently, stirring frequently, until slightly thickened, about 15 minutes.
5. Ladle hot salsa into hot jars, leaving $\frac{1}{2}$ inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot salsa. Wipe rim. Apply two-piece metal lids.
6. Place jars in either a boiling water canner or atmospheric steam canner and process for 15 minutes, adjusting for altitude*.
7. *If using a boiling water canner:* Turn off heat and remove cover. Let jars sit in canner 5 minutes. *If using a steam canner:* Turn off heat and wait 2-3 minutes before removing cover.
8. Remove jars from canner; do not retighten bands if loose. Cool 12 hours. Check seals. Label jars.

*Altitude Adjustment Chart for Boiling Water or Atmospheric Steam Canner Recipes. Note: the maximum total processing time in an atmospheric steam canner is 45 minutes.

Feet	Increase in 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

TOMATO APPLE CHUTNEY

Source: www.freshpreserving.com

Preserving Method: Boiling Water or Steam Canning

Makes about 5 (8 oz) half pints

Serve this tasty chutney warmed over baked Brie for an appealing appetizer. Allow a plentiful supply of crackers and apple slices for spreading the Brie.

Ingredients:

- 1-1/2 cups white vinegar
- 2 cups chopped cored peeled apples (about 2 medium)
- 5 cups chopped cored peeled tomatoes (about 7 medium)
- 1-1/2 cups lightly packed brown sugar
- 1 cup chopped English cucumber (about 1 medium)
- 3/4 cup chopped onions (about 1 small)
- 3/4 cup chopped seeded red bell peppers (about 1 large)
- 1/2 cup raisins
- 1 red chili pepper, finely chopped
- 1/4 tsp finely chopped garlic (about 1/2 clove)
- 1-1/2 tsp ground ginger
- 1/2 tsp salt
- 1/2 tsp ground cinnamon

Directions

1. PREPARE boiling water canner. Heat jars in simmering water until ready for use. Do not boil. Wash lids in warm soapy water and set bands aside.
2. COMBINE vinegar and apples in a large saucepan. Add remaining ingredients. Bring to a boil, stirring frequently. Reduce heat and simmer 30 minutes, stirring frequently.
3. LADLE hot chutney into hot jars leaving 1/2 inch headspace. Remove air bubbles. Wipe rim. Center hot lid on jar. Apply band and adjust until fit is fingertip tight.
4. PROCESS filled jars in either a boiling water or atmospheric steam canner for 10 minutes, adjusting for altitude*.
5. *If using a boiling water canner:* Turn off heat and remove cover. Let jars sit in canner 5 minutes. *If using a steam canner:* Turn off heat and wait 2-3 minutes before removing cover.
6. Remove jars from canner; do not retighten bands if loose. Cool 12 hours. Check seals. Label and store jars.

*Altitude Adjustment Chart for Boiling Water or Atmospheric Steam Canner Recipes. Note: the maximum total processing time in an atmospheric steam canner is 45 minutes.

Feet	Increase in 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

SALSA VERDE

Source: www.freshpreserving.com

Preserving Method: Boiling Water or Steam Canning

Makes about 6 (8 oz) half pints or 3 (16 oz) pints

This spicy green tomato salsa certainly isn't a traditional salsa verde, which is usually made with tomatillos, but we think it's every bit as delicious. Enjoy it with grilled meats and fish or straight from the jar as a dip for tortilla chips.

Ingredients:

- 7 cups chopped cored peeled green tomatoes (about 12 medium)
- 5 to 10 jalapeno, Habañero or Scotch bonnet peppers, seeded and finely chopped
- 2 cups chopped red onion (about 2 large)
- 2 cloves garlic, finely chopped
- 1/2 cup lime juice
- 1/2 cup loosely packed finely chopped cilantro
- 2 tsp ground cumin
- 1 tsp dried oregano
- 1 tsp salt
- 1 tsp freshly ground black pepper

Directions:

1. PREPARE boiling water canner. Heat jars in simmering water until ready for use. Do not boil. Wash lids in warm soapy water and set bands aside.
2. COMBINE tomatoes, peppers, onion, garlic and lime juice in a large saucepan. Bring to a boil. Stir in cilantro, cumin, oregano, salt and pepper. Reduce heat and simmer 5 minutes.
3. LADLE hot salsa into hot jars leaving 1/2 inch headspace. Remove air bubbles. Wipe rim. Center hot lid on jar. Apply band and adjust until fit is fingertip tight.
4. PROCESS filled jars in either a boiling water or atmospheric steam canner for 20 minutes, adjusting for altitude*.
5. *If using a boiling water canner:* Turn off heat and remove cover. Let jars sit in canner 5 minutes.
If using a steam canner: Turn off heat and wait 2-3 minutes before removing cover.
6. Remove jars from canner; do not retighten bands if loose. Cool 12 hours. Check seals. Label and store jars.

Quick Tip: Use from 5 to 10 hot peppers to reach the level of heat you desire. When cutting or seeding hot peppers, wear rubber gloves to prevent hands from being burned.

*Altitude Adjustment Chart for Boiling Water or Atmospheric Steam Canner Recipes. Note: the maximum total processing time in an atmospheric steam canner is 45 minutes.

Feet	Increase in 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

BRUSCHETTA IN A JAR

Source: www.freshpreserving.com

Preserving Method: Boiling Water or Steam Canning

Makes about 7 (8 oz) half pints

What could be more welcoming than warm, freshly toasted homemade tomato bruschetta? Just spoon these zesty tomatoes onto a toasted baguette and garnish with grated cheese and a splash of olive oil, if desired.

Ingredients (full recipe – half recipe available on website)

- 5 cloves garlic, minced
- 1 cup dry white wine
- 1 cup white wine vinegar
- 1/2 cup water
- 2 Tbsp sugar
- 2 Tbsp dried basil
- 2 Tbsp dried oregano
- 2 Tbsp balsamic vinegar
- 9 cups chopped cored plum tomatoes (about 4 lbs or 12 medium)

Directions

1. PREPARE boiling water canner. Heat jars in simmering water until ready for use. Do not boil. Wash lids in warm soapy water and set bands aside.
2. COMBINE garlic, wine, wine vinegar, water, sugar, basil, oregano and balsamic vinegar. Bring to a full rolling boil over high heat, stirring occasionally. Reduce heat, cover and simmer 5 minutes or until garlic is heated through. Remove from heat.
3. PACK tomatoes into hot jars leaving 1/2 inch headspace. Ladle hot vinegar mixture over tomatoes leaving 1/2 inch headspace. Remove air bubbles. Wipe rim. Center hot lid on jar. Apply band and adjust until fit is fingertip tight.
4. PROCESS filled jars in either a boiling water or atmospheric steam canner for 20 minutes, adjusting for altitude*.
5. *If using a boiling water canner:* Turn off heat and remove cover. Let jars sit in canner 5 minutes. *If using a steam canner:* Turn off heat and wait 2-3 minutes before removing cover.
6. Remove jars from canner; do not retighten bands if loose. Cool 12 hours. Check seals. Label and store jars.

*Altitude Adjustment Chart for Boiling Water or Atmospheric Steam Canner Recipes. Note: the maximum total processing time in an atmospheric steam canner is 45 minutes.

Feet	Increase in 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

SUN-DRIED TOMATO JELLY

Source: Ball Complete Book of Home Preserving, 2012

Preserving Method: Boiling Water or Steam Canning

Makes about 5 (8 oz) jars

Ingredients:

- 7 cups sliced cored plum tomatoes
- 10 sun-dried tomatoes, coarsely chopped
- 2 dried hot chili peppers
- 1/4 cup dried basil
- 1/3 cup balsamic vinegar
- 1/2 cup lemon juice
- 5 cups granulated sugar
- 2 pouches liquid pectin (3 oz each)

Directions:

1. In a large stainless steel saucepan, combine plum tomatoes, sun-dried tomatoes, chili peppers, basil and vinegar. Bring to a boil over medium heat. Reduce heat and boil gently, stirring occasionally and crushing fresh tomatoes, for 30 minutes, until sun-dried tomatoes are softened. Remove from heat, cover and let steep for 15 minutes.
2. Transfer to a dampened jelly bag or a strainer lined with several layers of dampened cheesecloth set over a deep bowl. Let drip, undisturbed, for about 30 minutes. Measure 2 cups tomato juice.
3. Meanwhile, prepare canner, jars and lids.
4. Transfer tomato juice to a clean large, deep stainless steel saucepan. Stir in lemon juice and sugar. Over high heat, stirring constantly, bring to a full rolling boil that cannot be stirred down. Stir in pectin. Boil hard, stirring constantly, for 1 minute. Remove from heat and quickly skim off foam.
5. Quickly pour hot jelly into hot jars, leaving 1/4-inch headspace. Wipe rim. Center lid on jar. Screw band down until resistance is met, then increase to fingertip-tight.
6. Place jars in either a boiling water or atmospheric steam canner and process for 10 minutes, adjusting for altitude*.
7. *If using a boiling water canner:* Turn off heat and remove cover. Let jars sit in canner 5 minutes. *If using a steam canner:* Turn off heat and wait 2-3 minutes before removing cover.
8. Remove jars from canner; do not retighten bands if loose. Cool 12 hours. Check seals. Label and store jars.

*Altitude Adjustment Chart for Boiling Water or Atmospheric Steam Canner Recipes. Note: the maximum total processing time in an atmospheric steam canner is 45 minutes.

Feet	Increase in 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

SWEET TOMATO LEATHER

Source: Excalibur, 2012

Small cherry tomatoes or varieties with high solid content are best for leathers. Wash thoroughly and remove stems and blemishes. Puree in a blender. Begin with a few wedges of tomato to obtain juice then add more tomatoes to the desired amount. The addition of a lemon wedge and 1 tablespoon of honey per cup of puree makes delightfully sweet leather. Dehydrate the leather until it can be easily peeled off the trays lined with Paraflexx[®], kitchen parchment paper or plastic wrap and until the center is no longer tacky. Sweet tomato leather dries in 8 to 10 hours at 135°F

DEYDRATED TOMATOES

Source: Excalibur, 2012

Use dark red tomatoes with meaty walls.

1. Wash the tomatoes and remove the stems.
2. To remove skins, dip the tomatoes in boiling water then immediately in cold water. The skins should just slip off.
3. Cut larger tomatoes in 1/4" slices and halve the cherry variety. If you have an excess of low-acid tomatoes that you would like to try to dry, puree them in a blender and add 1 tablespoon lemon juice or vinegar to each quart.
4. Dry at 155°F until leathery or brittle. For puree, line trays with Paraflexx[®], kitchen parchment paper or plastic wrap before pouring.

Note: Chop dehydrated tomatoes for chili, soups, stews and vegetable dishes. The dry puree can be powdered and converted into tomato sauce or tomato paste; this is a good way to make use of leather that has turned out too thin and brittle.

FREEZING GREEN TOMATO SLICES

Source: Ball Blue Book, 2014, page 157

Select firm green tomatoes. Wash, core and slice 1/4 inch thick. Pack tomatoes into plastic freezer jars or plastic freezer containers with a double thickness of freezer wrap between slices. Seal and freeze.

FREEZING RED TOMATOES (freezing, juiced, stewed)

So Easy to Preserve, 2011, page 278

Preparation: Select firm, ripe tomatoes with deep red color.

Raw (with skins removed): Wash and dip in boiling water for 30 seconds to loosen skins. Core and peel. Freeze whole or in pieces. Pack into containers, leaving 1: headspace. Seal and freeze. Use only for cooking or seasoning as tomatoes will not be solid when thawed.

Raw (with skins left on): Prepare tomatoes for freezing (wash, rinse, and dry with a paper towel) and cut away the stem scar. Place the tomatoes on cookie sheets and freeze. Tomatoes do not need to be blanched before freezing. Once frozen, transfer the tomatoes from the cookie sheets into freezer bags or other containers, leaving 1-inch headspace. To use the frozen tomatoes, remove them from the freezer a few at a time or all at once. To peel, just run a frozen tomato under warm water in the kitchen sink. Its skin will slip off easily.

Juice: Wash, sort and trim firm, vine-ripened tomatoes. Cut in quarters or eighths. Simmer 5 to 10 minutes. Press through a sieve. If desired, season with 1 teaspoon salt to each quart of juice. Pour into containers, leaving headspace (see below). Seal and freeze.

Stewed: Remove stem ends, peel and quarter ripe tomatoes. Cover and cook until tender (10 to 20 minutes). Place pan containing tomatoes in cold water to cool. Pack into containers, leaving headspace (see below).

Headspace to Allow Between Packed Food and Closure

Type of Pack	Container with wide top opening		Container with narrow top opening	
	Pint	Quart	Pint	Quart
Liquid Pack*	1/2 inch	1 inch	3/4 inch**	1 ½ inches
Dry Pack*	1/2 inch	1/2 inch	1/2 inch	1/2 inch

*Fruit packed in juice, sugar, syrup or water; crushed or pureed fruit, or fruit juice.

**Headspace for juice should be 1 1/2 inches.

PICKLED HOT PEPPERS (Hungarian, Banana, Chile, Jalapeno)

Source: National Center for Home Food Preservation, 2018

(https://nchfp.uga.edu/how/can_06/pickled_hot_peppers.html)

Preserving Method: Boiling Water or Steam Canning

Makes about 9 pints

Ingredients

- 4 lbs hot long red, green, or yellow peppers
- 3 lbs sweet red and green peppers, mixed
- 5 cups vinegar (5%)
- 1 cup water
- 4 tsp canning or pickling salt
- 2 tbsp sugar
- 2 cloves garlic

Caution: Wear rubber gloves when handling hot peppers or wash hands thoroughly with soap and water before touching your face.

Directions

1. Wash peppers. If small peppers are left whole, slash 2 to 4 slits in each. Quarter large peppers. Blanch in boiling water or blister in order to peel. Peppers may be blistered using one of the following methods:
 - Oven or broiler method: Place peppers in a hot oven (400°F) or broiler for 6-8 minutes or until skins blister.
 - Range-top method: Cover hot burner, either gas or electric, with heavy wire mesh. Place peppers on burner for several minutes until skins blister.
 Cool and peel off skin. Flatten small peppers.
2. Fill jars, leaving 1/2-inch headspace. Combine and heat other ingredients to boiling and simmer 10 minutes. Remove garlic. Add hot pickling solution over peppers, leaving 1/2-inch headspace.
3. Adjust lids and process according to the recommendations in [Table 1](#).
4. *If using a boiling water canner:* Turn off heat and remove cover. Let jars sit in canner 5 minutes. *If using a steam canner:* Turn off heat and wait 2-3 minutes before removing cover.
5. Remove jars from canner; do not retighten bands if loose. Cool 12 hours. Check seals. Label and store jars.

Table 1. Recommended process time for **Pickled Hot Peppers** in a boiling-water or atmospheric steam canner.

		Process Time at Altitudes of		
Style of Pack	Jar Size	0 - 1,000 ft	1,001 - 6,000 ft	Above 6,000 ft
Raw	Half-pints or Pints	10 min	15 min	20 min

CHOICE SALSA

Source: National Center for Home Food Preservation, 2018

(https://nchfp.uga.edu/how/can_06/pickled_hot_peppers.html)

Preserving Method: Boiling Water or Steam Canning

Makes about 6 pint jars

Ingredients

- 6 cups peeled, cored, seeded and chopped ripe tomatoes
- 9 cups diced onions and/or peppers of any variety (See Notes below)
- 1 and ½ cups commercially bottled lemon or lime juice
- 3 teaspoons canning or pickling salt

CAUTION: Wear plastic or rubber gloves and do not touch your face while handling or cutting hot peppers. If you do not wear gloves, wash hands thoroughly with soap and water before touching your face or eyes.

Directions

1. Wash and rinse pint or half-pint canning jars; keep hot until ready to fill. Prepare lids and ring bands according to manufacturer's directions.
2. To prepare tomatoes: Dip washed tomatoes in boiling water for 30 to 60 seconds or until the skins split. Submerge immediately in cold water. Peel off loosened skins and remove cores. Remove seeds and chop (1/4- to 1/2-inch pieces).
To prepare onions: Peel, wash, core and dice onions (1/4-inch pieces).
To prepare bell peppers: Wash and core bell peppers. Remove the seeds and membranes before dicing (1/4-inch pieces).
To prepare hot peppers: Wash and remove stems of hot peppers. Keep or remove as much of the seeds and membranes as you wish, depending on the 'pepper heat' of the salsa that you desire. Dice peppers (1/4-inch pieces).
3. Combine prepared ingredients in a large pot; add lemon juice and salt. Bring to a boil over medium heat while stirring. Reduce heat and simmer salsa for an additional 3 minutes, stirring as needed to prevent scorching.
4. Fill the hot salsa into prepared hot jars, leaving 1/2-inch headspace. If needed, remove air bubbles and re-adjust headspace to 1/2-inch. Wipe rims of jars with a dampened clean paper towel. Adjust lids and bands.
5. Process in either a boiling water or atmospheric steam canner according to the recommendations in Table 1.
6. *If using a boiling water canner:* Turn off heat and remove cover. Let jars sit in canner 5 minutes.
If using a steam canner: Turn off heat and wait 2-3 minutes before removing cover.
7. Remove jars from canner; do not retighten bands if loose. Cool 12 hours. Check seals. Label and store jars.

Table 1. Recommended process time for **Choice Salsa** a boiling-water or atmospheric steam canner.

		Process Time at Altitudes of		
Style of Pack	Jar Size	0 - 1,000 ft	1,001 - 6,000 ft	Above 6,000 ft
Hot	Half-pint or Pint Jars	15 min	20 min	25 min

Notes: This is a fairly acidic salsa, but was tested with a wide variety of tomatoes, peppers and onions to ensure the necessary acidification for boiling water canning and still allow for some consumer choice in the ingredients.

The peppers used may be sweet bell peppers (of any color) and/or hot peppers.

The purpose of the commercially bottled lemon or lime juice is to standardize a minimum level of acidity in the recipe. For the purposes of our testing, we used lemon juice as it was deemed the most acceptable flavor for the proportions in this particular recipe. For safety reasons, do not substitute vinegar for the lemon or lime juice. Do not use bottled key lime juice.

Do not alter the proportions of tomatoes, vegetables and acid because that might make the salsa unsafe when this canning process is used. The chopped tomatoes and diced peppers and/or onions are to be measured level in dry measuring cups; the lemon or lime juice is measured in a liquid measuring cup. We did not test other vegetables for flavor or acidity.

Additional Note: *Refrigerate any leftover salsa after filling jars, and enjoy freshly made!* Refrigerate the canned salsa once jars are opened for use.