DELTA RIDGE TECHNOLOGIES

Canning and Preserving

Acid decides the method, altitude decides the pressure

THE TWO RULES THAT KEEP FOOD SAFE, THEN THE TABLES



Almost everything that goes wrong with home canning traces back to one of two mistakes: canning a low acid food in a water bath, or using the wrong pressure for the altitude you live at. Get those two right and the tables do the rest.

RULE ONE: ACID DECIDES THE METHOD

High acid, which means most fruit, pickles, jams, jellies and tomatoes with added acid: boiling water bath is enough. **Low acid**, which means vegetables, meat, fish, soups and beans: pressure canner only, no exceptions, no shortcuts, no oven canning.

RULE TWO: ALTITUDE CHANGES PRESSURE

Water boils cooler the higher you go, so the same time at the same pressure sterilises less. Above 1,000 feet both time and pressure change. Write your own altitude on page 2 and use that row and no other.

Where these numbers come from, and your job. The times below follow the USDA and National Center for Home Food Preservation guidance most state extension offices publish. Recipes change, gauges drift, and your altitude is yours. Before your first batch of the season, open your county extension site or the NCHFP tables and check the one page you are using. If this journal and the official table wins.

MY TWO NUMBERS

	YOURS	WHERE I FOUND IT
Altitude above sea level, feet		
County extension office		

SAMPLE

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