

BUCKEYE “JAM” BOREE

STRAWBERRY FREEZER JAM

1 quart of strawberries (about 1 2/3 cups)

2/3 cup sugar

2 Tablespoons Instant Pectin

Yields 4 Jars of Jam



fayette.osu.edu

Strawberry S'mores



Prep Time: 5 minutes

Ingredients:

- 2 strawberries
- 1 graham cracker
- 2 tablespoons low-fat vanilla yogurt

Directions:

1. Rinse the strawberries in water
2. Slice the strawberries
3. Break the graham cracker into 2 squares
4. Spread the yogurt on 1 square
5. Place strawberry slices on the yogurt
6. Top with the other graham cracker
7. Enjoy!

Makes: 1 serving

Nutritional Information:

Total calories: 57
Total fat: 1g
Protein: 2g
Carbs: 9g
Fiber: 1g
Saturated Fat: 0g
Sodium: 64g



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

FAYETTE COUNTY EXTENSION

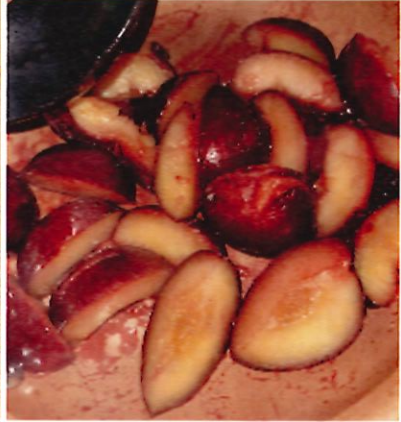
CFAES provides research and related educational programs to clientele on a nondiscriminatory basis. For more information, visit cfaesdiversity.osu.edu. For an accessible format of this publication, visit cfaes.osu.edu/accessibility.

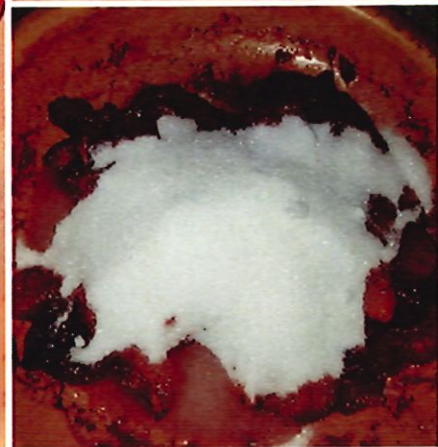
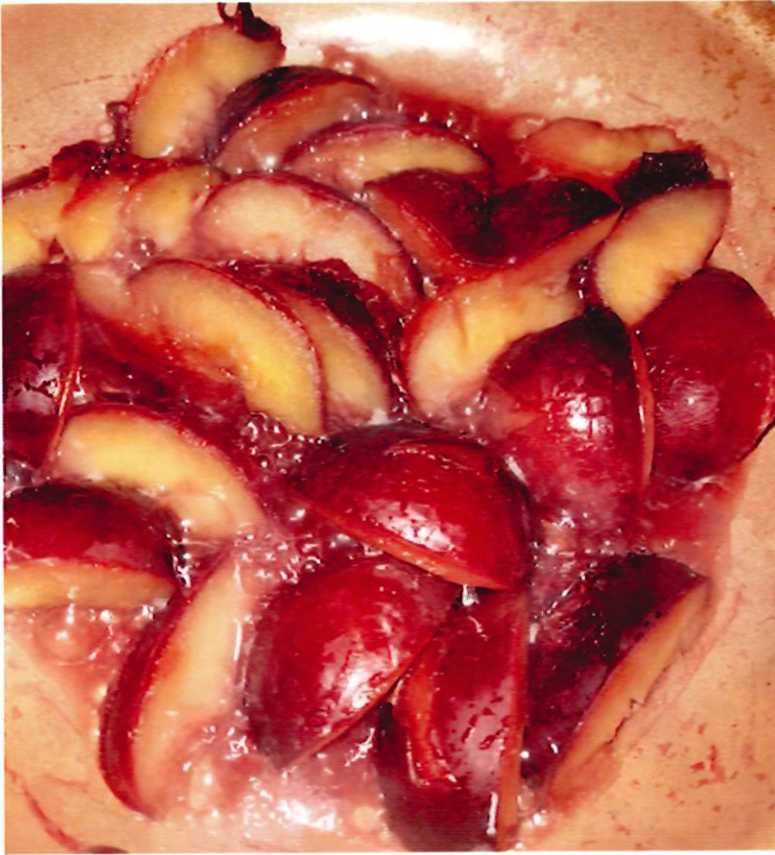
Easy Plum Jam Recipe



Easy Homemade Plum Jam Recipe

- 1 pound Plums
 - 1 cup Sugar
 - 1/4 cup Water
 - 1 tbsp Lemon Juice
1. Wash, pit, and dice plums to your desired size.
 2. In a large skillet add water and plums, cook on low heat until plums start to reduce. Cook for 15-20 minutes, stirring occasionally. Use the back of a fork to smash plums if you want them a little more mashed.
 3. On medium-low heat, and add sugar and lemon juice. Stir continuously until all ingredients are well incorporated.
 4. Bring to a boil, stirring continuously. Cook for 5 minutes.
 5. If jam has any froth on top, remove with a spoon, and discard.
 6. You can eat the jam right away, cool and keep in the fridge for later, or store long-term in sterilized jars sealed with lids.

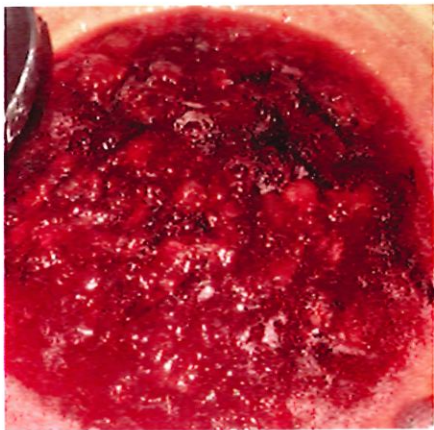




Best Ways to eat Plum Jelly and Jam?

Homemade Plum Jam makes for the perfect topping or addition to so many dishes. I personally love to add this jam on top of my favorite toast. Some other great ways to eat plum jam is:

- Over the top of pancakes or waffles for breakfast or brunch.
- Added to your favorite pastry crusts to make the best sweet treats.
- Poured on top of cream cheese, and eaten with crackers for a quick elevated snack.



<https://www.thefouracrefarm.com/easy-plum-jam-recipe/>



THE OHIO STATE
UNIVERSITY

EXTENSION

Freezer Storage

extension.osu.edu

fcs.osu.edu

HYG-5402

Family and Consumer Sciences

Date: 05/28/2015

Revised by: Melinda Hill, Extension Educator, Family and Consumer Sciences

Original authors: Lydia Medeiros, Extension Specialist, Department of Human Nutrition, retired, and Lesley Fisher, former Student Research Assistant, Department of Human Nutrition

Storing foods in the freezer is a great way to maintain their quality, freshness and nutritional value. The recommended freezer temperature (0 degrees Fahrenheit) will keep food safe to eat indefinitely. Freezing to this temperature inactivates any bacteria, yeasts and molds present in food. Be careful in thawing as these can become active again and cause food spoilage and foodborne illness. Remember, bacteria are not killed by freezing temperatures; they just become dormant.

The Colder, the Better

Freezers should be kept at a temperature of 0°F or lower. The food, color, flavor and texture will be retained best if the product is frozen in peak condition. When foods are frozen quickly, fewer ice crystals form. If foods have large ice crystals, they will affect quality when thawed. Ideally, food items 2 inches thick should freeze in 2 hours. When you are adding a quantity of food, turn down the dial to ensure a colder freezer. Lay packages out on other frozen items to freeze quickly. Allowing air to circulate around packages will ensure quick freezing for best quality. Once items are frozen, they may be stacked.

Packaging

Remember these three rules when wrapping for freezer storage:

1. Wrap tightly.
2. Wrap again.

3. Wrap individual portions separately.

Wrapping tightly and double wrapping helps maintain quality and prevents freezer burn. Wrapping individual portions separately lets you remove some of the food to prepare without thawing food that is not needed for your meal.

Use only moisture- and vapor-proof materials for storing solid foods. Good choices are polyethylene bags, freezer film wraps and aluminum foil over a layer of plastic film next to the food. Acid foods may react to the aluminum if in direct contact. For liquid foods, use plastic containers or canning jars specifically designed for freezer storage. Optimal storage materials are also easy to mark. Label your foods with the date and contents so that keeping an inventory is easy. It is safe to freeze items in original packaging; however, doing so might not preserve the quality if frozen for a length of time. Over-wrap the items for best results.

Package Dating

Here are some package dating tips to help protect yourself and your family:

- Buy the food with the longest best-if-used-by date for best food quality. If you can't use perishable foods within 3 to 7 days, freeze for later use.
- Be sure to freeze food before the best-if-used-by date to maintain the highest quality while frozen.
- When you thaw, open and prepare the food, use it quickly to keep it safe.
- Discard prepared foods or improperly thawed and opened foods that have been uneaten within 4 days.

Thawing and Refreezing Foods

Most partially thawed foods will refreeze safely if they still contain ice crystals and are firm in the center. However, many foods, such as partially thawed ice cream, will not be top quality. If meats have completely thawed, but are below 40°F, they may be refrozen without cooking as long as each package is inspected for no off color or odors that might indicate spoilage. Casseroles or vegetables should be refrozen only if ice crystals are still present. Note that the quality of the food might decline with additional freezing/thawing. If the temperature of the food is above 40°F or if the temperature is unknown, it should be discarded.

Search Ohioline (ohioline.osu.edu) for the Ohio State University Extension fact sheet "**What To Do When Your Freezer Stops**" for information on what to do when your freezer's

power goes out and what to do with its food contents.

More Tips on Freezing Foods

- Foods that contain whole grains should be stored in the freezer because of their oil content. The oil will become rancid over time if not frozen.
- Store yeast in a cool environment like the refrigerator or the freezer. The date on a package of yeast is an expiration date. Since it is a living organism, the expiration date is very important to be sure the yeast is still viable and able to cause fermentation.
- To store leftover baked goods, wrap the leftovers tightly in aluminum foil and then place in a zipper-lock bag and store in the freezer. To thaw, take the food out of the bag and place on the center rack of a 450°F oven for 10 to 15 minutes. Carefully remove the foil and place back in the oven until the crust reaches the desired crispness (probably a few minutes).
- Bagels and hamburger buns defrost more quickly when frozen presliced or separately. Wrap each bagel in plastic wrap, slipping a layer of plastic between the presliced halves as well as around them. Then, place the contents in a freezer bag. Freezing this way allows frozen bagels to go straight from the freezer to the toaster. This technique also works for English muffins. French toast and pancakes can be stored layered between parchment squares but will keep better if wrapped in plastic wrap than in foil.
- If you usually buy fresh ground beef, shape it and then freeze it in individual patties.
- If keeping meat in the freezer, it may be left in its original packaging for up to 2 weeks. Beyond that time period, the meat needs to be wrapped tightly in moisture- and vapor-proof material designed for use in the freezer to prevent unwanted freezer burn.
- Defrost frozen fish, poultry or meat in the refrigerator. Never defrost these foods on the counter or in the sink where the room temperature is more likely to allow the growth of bacteria. Thawing time will vary depending on the weight of the meat: approximately 4 to 7 hours per pound for a large roast; 3 to 5 hours per pound for a small roast; and 12 to 14 hours for a 1-inch steak. Frozen foods may also be cooked without thawing. Allow about one-third to one-half more cooking time.
- Fresh fish may be stored in the freezer in moisture- and vapor-proof wrap to keep air away from the product. Frozen fish products should be placed in the freezer immediately after purchasing unless you are planning to thaw and cook the fish. While fish may be thawed in the refrigerator, it should be cooked immediately after defrosting. Frozen packages take 18 to 24 hours for 1 pound of fish. Avoid refreezing fish, as it results in poorer quality and a higher bacteria count.
- If you finish a bag of coffee beans in less than 10 to 12 days, store the coffee in either its original bag or in a zipper-lock bag away from heat and light. If you plan to keep beans longer than this, store them in the freezer. If you buy ground beans,

store them in the freezer. If possible, measure the appropriate amount into a filter and cool to room temperature before brewing.

Food Storage Chart

Here is a chart with information on the appropriate length of storage in the freezer for various foods.

Food	Recommended Storage Time for Top Quality (at 0°F)	Helpful Handling Hints
Meat: Beef, Pork, Veal, Lamb, Wild Game		Check for holes in trays and plastic wrap of fresh meat. Rewrap if needed. For best quality, double-wrap.
Bacon	1 to 2 months	
Canned Meat (marked "Keep Refrigerated")	Do not freeze.	
Chops: Beef, Veal, Lamb, Pork	4 to 6 months	
Corned Beef	1 month, drained	
Frankfurters	1 to 2 months	Freeze in original packaging.
Ground Meat (uncooked)	3 to 4 months	Overwrap if storing longer than 2 months.
Ham (vacuum-sealed, whole, half or sliced)	1 to 2 months	
Luncheon Meats	1 to 2 months	Product may "weep" when defrosted.
Roasts: Beef, Lamb, Pork, Veal	6 to 12 months	
Sausage (fresh, unsalted or smoked)	1 to 2 months	

Steaks: Beef, Lamb, Pork, Veal	6 to 12 months	
Fish		For best quality, double-wrap.
Cooked, Commercially Frozen Seafood	3 months	
Lean Fish: Cod, Flounder, Haddock, Sole, Trout, Pollock, Perch	6 months	
Fatty Fish: Mackerel, Bluefish Salmon, Tuna, Smelt	2 to 3 months	
Shellfish	3 months	
Poultry: Chicken, Duck, Turkey		For best quality, double-wrap.
Whole or cut up	12 months	
Livers/GIBLETS	3 to 4 months	
Cooked Poultry	4 to 6 months	
Chicken Nuggets and Patties	1 to 3 months	
Eggs		
Eggs in the Shell	Do not freeze.	
Whole Eggs Out of the Shell	12 months	
Egg Substitutes (unopened)	12 months	If opened, do not freeze.
Main Dishes		
Meat, Fish, Poultry: Pie and Casseroles	2 to 4 months	
Commercially Frozen Meals/TV Dinners	3 to 4 months	

Soups and Stews	2 to 3 months	
Prestuffed Pork, Lamb, Chicken, Beef	Does not freeze well.	
Dairy		
Butter or Margarine	12 months	
Hard Cheeses: Cheddar, Swiss, etc.	4 to 6 months	
Processed Cheeses (loaves, slices)	4 to 6 months	
Soft Cheese: Brie, Cottage	3 months	
Milk	3 months	
Cream: Heavy, Light, Half-and-Half	2 to 4 months	
Yogurt	1 to 2 months	
Ice Cream and Sherbet	2 months	
Vegetables		Visit ohioline.osu.edu for more information on freezing vegetables.
Commercially Frozen	8 months	
Frozen from Fresh in the Home	8 months	
Fruits		Visit ohioline.osu.edu for more information on freezing fruits.
Berries, Cherries, Peaches, Pears, Pineapple	9 to 12 months	
Fruit Juice Concentrates	8 to 12 months	
Citrus Fruits	4 to 6 months	
Baked Goods		Freezing does not refresh baked goods; it

		can only maintain whatever the quality of the food was before freezing.
Yeast Bread and Roll Dough (unbaked)	1 month	
Yeast Bread and Rolls (baked)	2 to months	
Quick Bread and Muffins (baked)	2 to 3 months	
Cake Batter	1 month	
Baked Cake (unfrosted)	2 to 4 months	
Baked Cake (frosted)	1 month	
Angel Food Cake	6 to 12 months	
Chiffon Sponge Cake	1 to 2 months	
Fruit Cake	6 to 12 months	
Cookies (baked at home)	8 to 12 months	
Cookies (commercially packaged)	8 to 12 months	
Cookie Dough (unbaked)	3 months	
Fruit Pies and Pastries (baked)	1 to 2 months	
Fruit Pies and Pastries (unbaked)	2 to 4 months	
Cream Pies and Pastries	3 months	
Pancake and Waffle Batter	3 months	
Other Food Staples		
Coconut (shredded)	1 year	
Herbs	1 to 2 years	

Nuts (unsalted)	9 to 12 months	
Nuts (salted)	6 to 8 months	
Popcorn (unpopped)	2 to 3 years	
Rice (cooked)	6 months	
Spices (ground)	1 to 2 years	
Spices (whole)	2 to 3 years	

Resources

For more information about freezing foods, search Ohioline (ohioline.osu.edu) for these Ohio State University Extension fact sheets:

- **Freezing Basics, HYG-5341**
- **Freezing Cooked Foods, HYG-5308**
- **Freezing Fruits, HYG-5349**
- **Freezing Meat, Poultry and Game, HYG-5334**
- **Freezing Vegetables, HYG-5333**

Originally posted May 28, 2015.

Ohioline

<https://ohioline.osu.edu>

CFAES provides research and related educational programs to clientele on a nondiscriminatory basis. For more information, visit cfaesdiversity.osu.edu. For an accessible format of this publication, visit cfaes.osu.edu/accessibility.

Copyright © 2015, The Ohio State University



Food Preservation Resources

Simple, Safe, Easy to Learn

Canners

- Presto® - 800-877-0441
Recipes, supplies, instruction manual downloads
gopresto.com
- All American Canner® - 920-682-8286
Wisconsin Aluminum Foundry Supplies, kits,
books allamerican1930.com
- WearEver® and Mirro® (Cookware) –
800-850-2501
mirro.com

Dehydrators

- Excalibur®
Instructional videos and blurbs, recipes,
supplies excaliburdehydrator.com
- Nesco® and American Harvest® -
800-288-4545
Supplies, cookbooks, kits etc. nesco.com



Resources

- *USDA Complete Guide to Home Canning Book* 2015.
- *So Easy to Preserve* by Andress and Harrison, University of Georgia Extension Service, Sixth Edition Book 2014.
- National Center for Home Food Preservation nchfp.uga.edu
- Ohioline Fact Sheets
ohioline.osu.edu
- Ohio State University fcs.osu.edu

Freeze Dryers

- Harvest Right – 801-386-8960
<https://harvestright.com/>



Food Preservation Industry Contact Information: Ingredients and Other Supplies

JARS:

- **Jarden Home Brands** - 800-240-3340
ballmasonjars.com
Kerr, Golden Harvest, Ball Jars and lids, pectins, Pickle Crisp, Fruit-Fresh, Produce Protector, salsa, pickle seasoning mixes, bubble spatulas, lid wands, jar funnel, jar lifters

INGREDIENTS:

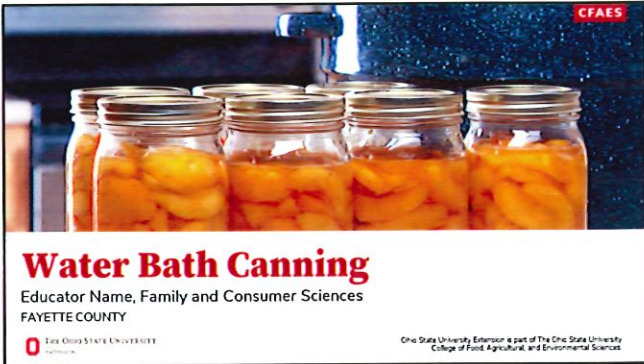
- **Kraft Foods** - 800-323-0768
myfoodandfamily.com/barnds/sure-jel
Pectin hotline: 800-437-3284
SureJell, Certo, MCP pectins, Jam/Jelly recipes
- **Mrs. Wages** - 800-647-8170
mrswages.com
(Precision Foods) Pectins, pickling lime, citric acid, fresh fruit preserver, pickling, salsa, and tomato sauce seasoning mixes
- **Heinz** - 800-255-5750
heinzvinegar.com
Vinegar, pickling recipes

STORAGE:

- **Reynolds Consumer Products** - 800-433-2244
reynoldsbrands.com
Freezer goods (foil, paper, and bags) with illustrated directions
- **Ziploc and Saran** - 800-494-4855
ziploc.com
- **S.C. Johnson & Sons, Inc.**
saranbrands.com
Food freezers and storage bags, containers

*Where trade names or vendors appear, no discrimination is intended and no endorsement by Ohio State University Extension is implied. Food Preservation team, Ohio State University Extension, 2024.





Water Bath Canning
 Educator Name, Family and Consumer Sciences
 FAYETTE COUNTY


THE OHIO STATE UNIVERSITY

Ohio State University Extension is part of The Ohio State University College of Food, Agricultural, and Environmental Sciences

1

Extension is

- An education-driven organization that promotes lifelong learning.
- A disseminator of the latest research and technologies to increase productivity and expand the state's economic base.
- A statewide network – with a presence in every county – that links individuals, communities, and businesses to research and development resources of Ohio State.




THE OHIO STATE UNIVERSITY

2

Extension is

An equal opportunity provider

- This presentation is available in alternative media upon request.
- Where trade names or vendors appear, no discrimination is intended, and no endorsement by Ohio State University Extension is implied.



THE OHIO STATE UNIVERSITY

3

Today's Topics

- How to use a water bath canner
- Principles of safe food handling when preserving food



THE OHIO STATE UNIVERSITY

4

Handling Food Safely

- Prevent bacteria from spreading through your kitchen
 - Wash hands for 20 seconds before handling food
 - Sanitize cutting boards, utensils, and countertops
 - Use a solution of 1 Tablespoon of unscented, liquid chlorine bleach in 1 gallon of water



THE OHIO STATE UNIVERSITY

5

Before preserving any food consider the types of foods your family enjoys and the usefulness of the preserved product in your lifestyle.

THE OHIO STATE UNIVERSITY

6

Why Preserve?

- Save garden produce for later use
- Year-round availability of foods
- Less food waste
- Control quality and ingredients
- Increased convenience
- Family activity
- Personally fulfilling
- Share with others



The Ohio State University

7

7

Methods of Food Preservation

- Canning
- Freezing
- Drying
- Fermentation
- Freeze Drying



The Ohio State University

8

8

Costs of Food Preservation



Produce and ingredients
Grow your own, buy local, or at the store



Equipment and supplies – small and large
Canners, freezers, freeze-dryers, jars/tids, bags, trays, accessories, etc.



Fuel, energy, water and time
Heat source and water for canning, electricity for freezers/freeze-dryers, and a lot of your own time and energy

The Ohio State University

9

9

Basics of Home Canning

- Food is placed in a jar and is heated to a temperature that destroys microorganisms
- The heat also inactivates enzymes that lead to food spoilage
- After air is driven from the jar during heating, a vacuum seal forms upon cooling



10

Methods of Canning

- Boiling water canning
 - Used for "acid" foods
 - pH of 4.6 or lower
- Pressure canning
 - Used for "low acid" foods
 - pH above 4.6



11

"Acid" Foods


- pH less than 4.6
 - Generally, all fruits
 - Tomatoes, with added acid
 - Sauerkraut and fermented pickles
 - Foods to which large amounts of acid are added



12

“Low Acid” Foods

- pH greater than 4.6
- Generally, all vegetables
- Meats
- Poultry
- Seafood
- Soups
- Mixed canned foods




The Ohio State University

13

Why pressure can?

- *Clostridium botulinum*!
- *C. botulinum* forms protective, heat-resistant spores
- Spores require higher temperatures for destruction.
- Canning low acid foods in boiling water canners is **ABSOLUTELY** unsafe because 212F is not high enough to destroy *C. botulinum* bacteria.



The Ohio State University

14

Caution!


- FOLLOW DIRECTIONS EXACTLY!
- Altering tested recipes in any way may result in an unsafe product
- Examples:
 - Adding extra sugar or fat
 - Having food pieces larger than called for in directions
 - Adding thickeners such as rice or noodles

The Ohio State University

15

Equipment for Canning

- Current safe canning recommendations
- Canner
 - Pot deep enough to allow 1-2" of boiling water over the top of the jars
- Rack for canner
- Jars & Lids
- Jar lifter



The Ohio State University

16

Reputable Sources


- USDA, Complete Guide to Home Canning, 2015
- So Easy to Preserve, University of Georgia Cooperative Extension, Sixth Edition, 2020
- National Center for Home Food Preservation nchfp.uga.edu
- Ohio State University Extension Ohioline Fact Sheets ohioline.osu.edu

The Ohio State University

17

Boiling Water Canners

- Removable perforated racks
- Fitted lids
- The pot must be deep enough to allow at least one inch of briskly boiling water over the tops of the jars during processing




The Ohio State University

18

Canning Jars

- Glass, Mason-type intended for canning
- Available in regular or wide mouth
- Two-piece self-sealing lids
- Range from ¼ pint to ½ gallon




 THE OHIO STATE UNIVERSITY
EXTENSION

19

Jars and Lids

- Wash canning jars; don't use if chipped, nicked or scratched – keep hot until used
- Remove air bubbles (plastic knife)
- Wipe jar rims
- Adjust two-piece lids; tighten fingertip-tight



 THE OHIO STATE UNIVERSITY
EXTENSION

20

Methods of Packing

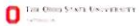
- Raw Packing
 - ✓ Raw food placed directly into jar; boiling hot liquid added to cover the food
 - ✓ Carefully add jars to canner to avoid breakage from heat shock
- Hot Packing
 - ✓ Food is cooked in liquid before packing; cooking liquid poured over food
 - ✓ Less floating of foods in the jar
 - ✓ Easier to pack, foods more pliable
 - ✓ Fewer jars needed

 THE OHIO STATE UNIVERSITY
EXTENSION

21

Headspace

- The space in the top of the jar between the inside of the lid and the top of the food or liquid
- Check directions for correct headspace for each food
- Typically (check your recipe)
 - ¼ inch for soft spreads and juices
 - ½ inch for fruits, tomatoes, and pickles
 - 1 inch for all low acid foods



22

Process Times Affected by:

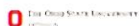
- Acidity of food
- Preparation style of food
- Composition of the food
 - Viscosity, tightness, heat transfer, starches/fats/bones
- Temperature of food when jarred
- Temperature of processing
- Size & shape of jar



23

Canning Fruit

- Prevent darkening
 - 1 teaspoon (3000mg) ascorbic acid dissolved in 1 gallon water
 - Commercial ascorbic acid mixture
 - Heat the fruit
- Liquid options
 - Sugar syrup
 - Helps retain shape, color and flavor of fruit
 - Juice
 - Commercial unsweetened apple, pineapple or white grape juice
 - Water
 - Missing preservative aspects of sugar




24

24

Acidifying Tomatoes

- Most tomatoes have a pH between 4 and 4.6
- All tested pure-tomato recipes have added acid
- Pints
 - ¼ teaspoon citric acid
 - 1 tablespoon bottled lemon juice
 - 2 tablespoons 5% vinegar
- Quarts
 - ½ teaspoon citric acid
 - 2 tablespoons bottled lemon juice
 - 4 tablespoons 5% vinegar (¼ cup)



THE OHIO STATE UNIVERSITY

25

Boiling Water Canning Procedures


1. Start with about 6 inches of water in the canner
 - Hot packed jars – simmering water
 - Raw packed jars – hot water
2. Place jars on rack in canner
3. Water must be over the tops of the jars by at least one to two inches
4. Add more hot or boiling water if necessary
5. Begin timing the process when a full boil is reached

THE OHIO STATE UNIVERSITY

26

Boiling Water Canning Procedures

6. Adjust for altitude if over 1000 ft.
7. After processing time is complete, turn off canner, remove lid and wait 5 minutes before removing jars
8. Remove jars straight up and out of canner and place on padded surface away from drafts
9. Cool 12 to 24 hours, undisturbed
10. Check seals
11. Remove rings
12. Wipe off jars before storing



THE OHIO STATE UNIVERSITY

27

Storage

- Do not move jars for at least 12 hours to allow a good seal to develop
- After 12-24 hours
 - Check seals
 - Remove ring bands
 - Wash jars
 - Label and date
- Store in a cool, dry, dark place for up to 1 year
- Jars that did not seal should be stored in the refrigerator



28

Storing Canner

- Thoroughly wash and dry canner and lid
- Place crumpled clean paper or paper towels in it
- Turn lid upside down on the canner bottom for storage



29

Summary

- Consider the type and use of the food to be preserved to meet your family's needs.
- Use recommended, up-to-date resources.
- Canning food is an excellent way to preserve the harvest of summer for the months to come
- Only "acid" foods can be safely canned in a water bath canner.

30

Meet the team

The OSU Extension Food Preservation Team is available to answer your questions.


Nicole Arnold, Assistant Professor, Food Safety Specialist
 Lisa Barlage, Educator, Ross County
 Sofia Carter, Educator, Champaign County
 Shari Gallup, Assistant Professor, Licking County
 Laura Halladay, Healthy People Program Specialist
 Candace J. Heer, Assistant Professor, Morrow County
 Melinda Hill, Educator, Wayne County
 Tina McGilvary, Educator, Darke County
 Emily Marrison, Assistant Professor, Coshocton County
 Melissa J. Rupp, Assistant Professor, Fulton County
 Kate Shumaker, Educator, Holmes County
 Megan Taylor, Educator, Union County
 Treva Williams, Educator, Scioto County

 THE OHIO STATE UNIVERSITY
 31

31

References


Canning Basics. OhioLine, <https://ohioline.osu.edu/factsheet/HYG-5338>
 Canning Tomatoes. OhioLine, <https://ohioline.osu.edu/factsheet/HYG-5336>
 Food Preservation: Basics for Canning Fruit. OhioLine, <https://ohioline.osu.edu/factsheet/HYG-5343>
 National Center for Home Food Preservation, University of Georgia. nchfp.uga.edu
 United States Department of Agriculture (2015). Complete Guide to Home Canning. Agriculture Information Bulletin No. 539.


 THE OHIO STATE UNIVERSITY
 32

32

Questions and Evaluation


- What questions do you have?
- Please complete the post-evaluation



 THE OHIO STATE UNIVERSITY
 33

33

Contact Information
Phone Number | Name.#
county.osu.edu | fcs.osu.edu

 THE OHIO STATE UNIVERSITY
COLUMBUS, OHIO

34
