

ca e. e. f. he a. be .h. h
ch. c ac.

e. ece d e c fa a e a d ha
a ged edge. e. de. de f. ha d ha a bbe-
e ea gc d. e. he. ece a h eaded
e a ce ba d. ha. e. he. f. he a
h d. he d. ace. F. he a fac. e'
d ec. he g. h c. e. ce. he ea g
c d f each b a da ed e e.

Ja e f c e ca ca ed. d c ed
h e ece d a be ed. e e e
h gh-acdf d. H e e. he e a a e ade f. h
ga f e h gh. eed. ac g ach e a d
h a de e e e. e a. e h e
e. eca ga d fee g. e e gh be -
be c cache, h ch ca ca e a. be a,
e. eca. y. he. e. eca e.

Me a ca a d d a be ed f h e ca g
-acd ea a d. h. d e a e ed l
da d l d eca h ach g d.
A a a ca ha e a e a e g. ha a -
a ef -acdf d. A ca ea e ece a y
f. h. ce. U e U. e. y f A a a C. e a. e
E e. Se. ce. b ca ca g ca f
f a ca g. he e. d c.

U. e. he. f. he h eca ga e a a e,
a a f e, a da. h. a. c. fe. a. af
ga. K. e. c. gb ad, ea g.
a d c. a e a. he. a e eed ed f a g
he f d. ce.

Beginning to Can

Read h gh ece e ea ch-e ed ec, e bef e
beg g. ca. Dec de ad a ce ha e. e.
y eed. A e be a e. e. a d cheo f
cea e a d g de bef e. a. g. ca.
he. a d ea ch g f a eed ed e d.

Center the lid, ga e. d , . he cea ed.
f. he a. Add. he e. a. ce ba d , e. he a.
d. y fee. he gh. e. a ce. e e. -
y ha da d. gh. e. he. ce ba d 1. 1
che e. e ba d h d be gh. e gh
h d. he d , ace, b. e e gh. a
he a. e. f. he a d. g. ce. g.
bec e a. gh. ac. ea.

Process immediately a e. a. a e c. ed. -
e. he. b f c ga
g . he f d. P ce f d f . he e () 0.7 La g (e -US)/MCID US. e5 (h)2271561DC BT12 0()16(g)9 (()16

Adjustments for Altitude

The boiling time for each recipe is based on an altitude of 1,000 feet. For each 1,000 feet above sea level, add 2 minutes to the cooking time. If the altitude is 2,000 feet or more, add 4 minutes for each 1,000 feet.

When a recipe is adapted for an altitude of 2,000 feet or more, the boiling time is based on 1,000 feet for each 2,000 feet of altitude. Check the recipe for the recommended altitude.

Steps to Successful Canning

1. Know the recipe and the boiling time for each recipe.
2. Check the recipe for the altitude. If the altitude is above 1,000 feet, adjust the boiling time; add 2 minutes for each 1,000 feet above 1,000 feet; add 4 minutes for each 1,000 feet above 2,000 feet.
3. Set the boiling water for the recipe. Wash the jars and lids.
4. Fill the jars with the recipe. Seal the jars.
5. Pack the jars; seal the jars. Use the recommended headspace.