

FOR IMMEDIATE RELEASE

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## Get Ready for Canning Season

Gardens are growing, and more will be planted. Now is the time to prepare for preserving your harvest. It starts with equipment and recipes.

Jams and jellies, pickles, many fruits and most tomato products can be safely canned in a water bath canner. This is a large stock pot with a lid and a rack to keep the jars off the bottom of the pot. Make sure it's the right kind of pot for the type of burners on your stove top. The pot must be tall enough so when jars are added the water covers the top of the jars by 1-2 inches. Learn more about water bath canning and also steam canning in the [How-to Guide to Water Bath Canning and Steam Canning](https://bit.ly/SouthwindPreserving) at this website: <https://bit.ly/SouthwindPreserving>

Pressure canning is required for all plain vegetables and meats. There are no instructions to water bath these foods. Stovetop pressure canners are the standard, and if you have dial gauge canner from Presto, National, Maid of Honor, or Magic Seal, our Southwind Extension offices can test the gauge for accuracy. We do not test All American canner gauges.

Use [recipes that have been researched](#). The testing and research behind these recipes will get you on the right path to success. If you have your own favorite recipe, eat it fresh or freeze it for later use. More information on canning, freezing and dehydrating can be found on the [Preserve it Fresh, Preserve it Safe](#) website at <https://www.rrc.k-state.edu/>.

The Southwind District is planning to host a canning workshop this fall—stay tuned for updates by following us on Facebook! There are many ways to preserve food, and we're here to help you do it safely and confidently. For more information, contact Sandy Haggard at [sjhaggard@ksu.edu](mailto:sjhaggard@ksu.edu) or 620-365-2242.

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