

**LET'S PRESERVE TOGETHER**

**PRESTO®**

**Test Kitchen**

**PROVIDING GUIDANCE IN  
HOME FOOD PRESERVATION**

**Boiling Water Canning  
Pressure Canning  
Vacuum Sealing  
Dehydrating**

ISSUE No. 4 - JANUARY, 2025

## CANNING IN 2025

### Looking Ahead to Canning!

Growing season is just around the corner. We encourage you to look ahead to get prepared for canning season.

#### For Consumers:

- What are your canning goals?
- What do you want to grow this year to can?
- Do you plan to attend any canning classes?
- Do you have the equipment you need or planning a new purchase?
- Do you have a note on your calendar to get your canner gauge tested?
- Have you replaced your canner sealing ring and overpressure plug recently?



#### For Extension Specialists:

- Is your gauge testing equipment ready for community testing?
- Does staff have necessary training to test canning equipment?
- If you have community or educational canners, are they ready for the canning season (has sealing ring and overpressure plug been replaced recently)?
- Are you planning to offer any canning classes for the community, virtual or in-person?

### Interesting Information:

*Canning has made a big comeback with sales of Presto canners increasing 15% over the last 10 years.*



*During 2024, Presto received 526 testers/master gauges from Extension Offices for annual inspection.*

*During 2024, Presto received only 45 consumer gauges for testing. We thank Extension Agents for working with their local residents to test gauges to help assure canners are working properly and residents are canning safely. It is important though to continue to stress to consumers that gauges should be checked annually to help assure safe processing.*



**QUESTION: What is headspace? Do I really need to leave a certain amount of headspace in the jar?**

**ANSWER:** Headspace is the air space between the top of the food or its liquid and the jar lid. Yes, proper headspace is necessary. The food may expand and bubble out when air is being forced out from under the lid during processing. The bubbling food may leave a deposit on the rim of the jar or the seal of the lid and prevent the jar from sealing properly. If too much headspace is allowed, the food at the top is likely to discolor. More importantly, the jar may not seal properly because there will not be enough processing time to drive all the air out of the jar.

**QUESTION: Why do jars break during processing?**

**ANSWER:** Jars can break during processing for several reasons:

- Commercial food jars, such as mayonnaise, pickle, etc. were used instead of the recommended home canning jars
- Jars were cracked, nicked, or just weakened with age and repeated use
- Jars were packed too solidly with food or were overfilled
- Cold jars were immersed in boiling hot water (thermal shock)
- Jars were placed directly on canner bottom rather than on canning rack
- Air was exhausted too vigorously during the 10 minutes of venting
- Pressure fluctuated too much due to:
  - unsteady heat source
  - steam leak
  - rapid temperature change, such as drafts or air conditioner blowing on canner

**QUESTION: My stovetop canner cover is hard to open and close, what should I do?**

**ANSWER:** The sealing ring may need to be replaced, if it hasn't been replaced in the last 3 years. But if the canner is new, lock the cover in place for 24 hours so the sealing ring can 'set'. This will slightly form the sealing ring to the cavity.

**QUESTION: How do you determine whether to use Boiling Water Canning method or Pressure Canning method?**

**ANSWER:** The level of acidity in the food being canned determines which method of canning is required. For purposes of home canning, foods are categorized as low acid and high acid.

**Low Acid** – foods that are low acid have pH value higher than 4.6 and include vegetables, meats, poultry, and seafood. These foods must be processed using the pressure canning method.

**High Acid** – foods that are high acid have a pH value of 4.6 or less and include fruits, jams and jellies, properly pickled vegetables and tomatoes. Most fruits are naturally high acid. Pickles and tomatoes, which are not high acid, are made high acid with the addition of vinegar, lemon juice, or lime juice. These foods can be safely processed using the boiling water canning method.

**QUESTION: How do I safely store jars of canned food?**

**ANSWER:** After jars have cooled for 12-24 hours and seals have been checked, remove the bands. Wipe off any food residue from the lids and jars. Do not replace as they may rust and become difficult to remove. Date and label jars before storing. Store canned food in a cool (between 50 - 70 degrees F), dark, and dry place to maintain optimum eating quality for up to a year. Storing food next to a heat source or with exposure to sunlight can cause loss of food quality.



## PRODUCT SPOTLIGHT

# Presto Kitchen Kettle™

***The Presto Kitchen Kettle™ can be a great companion when canning!*** These versatile kettles can keep water hot while you are prepping food and filling jars. There are multiple sizes available... 5, 6, 8 and 10-quart. These kettles can:

- free up burner space for your canner
- boil large quantity of water when needed for boiling water canning, for topping off your jars of vegetables and meat when pressure canning
- brown meat for hot pack pressure canning
- heat brine for pickling and keep it boiling hot
- blanch or scald fruit and vegetables
- boil rehydrated dried beans
- boil and simmer everything from applesauce to salsa

The Presto Kitchen Kettle™ has a ceramic nonstick finish, inside and out, for stick-free cooking and easy cleaning. It is PFAS free.

The Control Master® heat control maintains the desired temperature automatically. Heavy cast aluminum base assures even heat distribution. It is fully immersible with the heat control removed.



*A note from Presto's Test Kitchen: "We use a KitchenKettle™ for almost all canning events. So many uses! Today we used 3 when canning applesauce and pinto beans."*



Here is a link to Presto's "How To" video for Boiling Water Canning: [How to Boiling Water Can with Presto Stovetop Pressure Canners - How-To - Video - Presto®](#)

Link to the Presto® KitchenKettle™: [Multi-Cookers - Presto Products - Presto®](#)

## THANK YOU

***We want to thank you for your interest and enthusiasm in this newsletter. Our mailing list continues to grow! The questions asked are excellent, and we encourage you to continue asking. Send your questions to Barb Milkert at [bmilkert@gopresto.com](mailto:bmilkert@gopresto.com) so we can address in a future issue.***

**What to do with all those beans you canned? Make hummus!** Or you can use in refried beans, soup, chili, curry, beans & rice, salads, bowl meals, burritos, even brownies! Use out of the jar, puree or mash them. You are only limited by your imagination. Beans are one of the most versatile foods that you can preserve. They are also inexpensive and nutritious.

## **Garlic Hummus**

1 pint garbanzo beans, undrained  
 ½ cup tahini, stirred well  
 ¼ cup extra virgin olive oil, plus extra for garnish  
 ¼ cup fresh lemon juice  
 2 cloves garlic, minced  
 ½ tsp cumin

**Procedure:** Add garbanzo beans, tahini, oil, lemon juice, garlic and cumin to blender or food processor. Process about 1 minute. Open cover and check taste and consistency. Season to taste with salt.

Allow hummus to sit for 30 minutes to 1 hour to allow flavors to intermingle. Just before serving, garnish as desired. Pair with Tortilla Crisps ([Tortilla Crisps - Deep Fryers - Recipes - Presto®](#)) for a delicious appetizer.



### *Variations:*

- *add ½ tsp (or more) dried red pepper flakes to blender or food processor for a little heat*
- *add ¼ cup coarsely chopped cilantro to blender or food processor for fresh colorful hummus*

## **How to Contact Presto and Valuable Resources**

**PRESTO TEST KITCHEN – BARB MILKERT**  
 715-839-2029 or [bmilkert@gopresto.com](mailto:bmilkert@gopresto.com)

**DIAL GAUGE TESTING – SHELLY**  
 800-877-0441 or [contact1@gopresto.com](mailto:contact1@gopresto.com)

**PRESTO CUSTOMER SERVICE**  
 800-877-0441 or [contact@gopresto.com](mailto:contact@gopresto.com)

**WEBSITE:** [www.gopresto.com](http://www.gopresto.com)  
**FACEBOOK:** [www.facebook.com/groups/prestodigitalcanner](https://www.facebook.com/groups/prestodigitalcanner)

**FACS RESOURCES:** [www.gopresto.com/content/support/facs-resources](http://www.gopresto.com/content/support/facs-resources) (includes previous issues of this newsletter as well as a link to sign up to receive this newsletter)