

UNIVERSITY OF KENTUCKY

COLLEGE OF AGRICULTURE

EXTENSION DIVISION

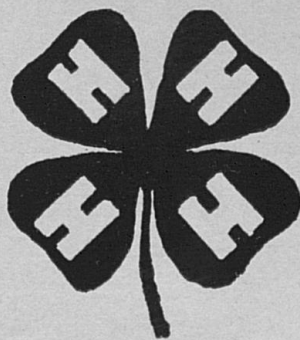
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CIRCULAR NO. 181

(Revised)

OUTLINES FOR 4-H CLUB CANNING

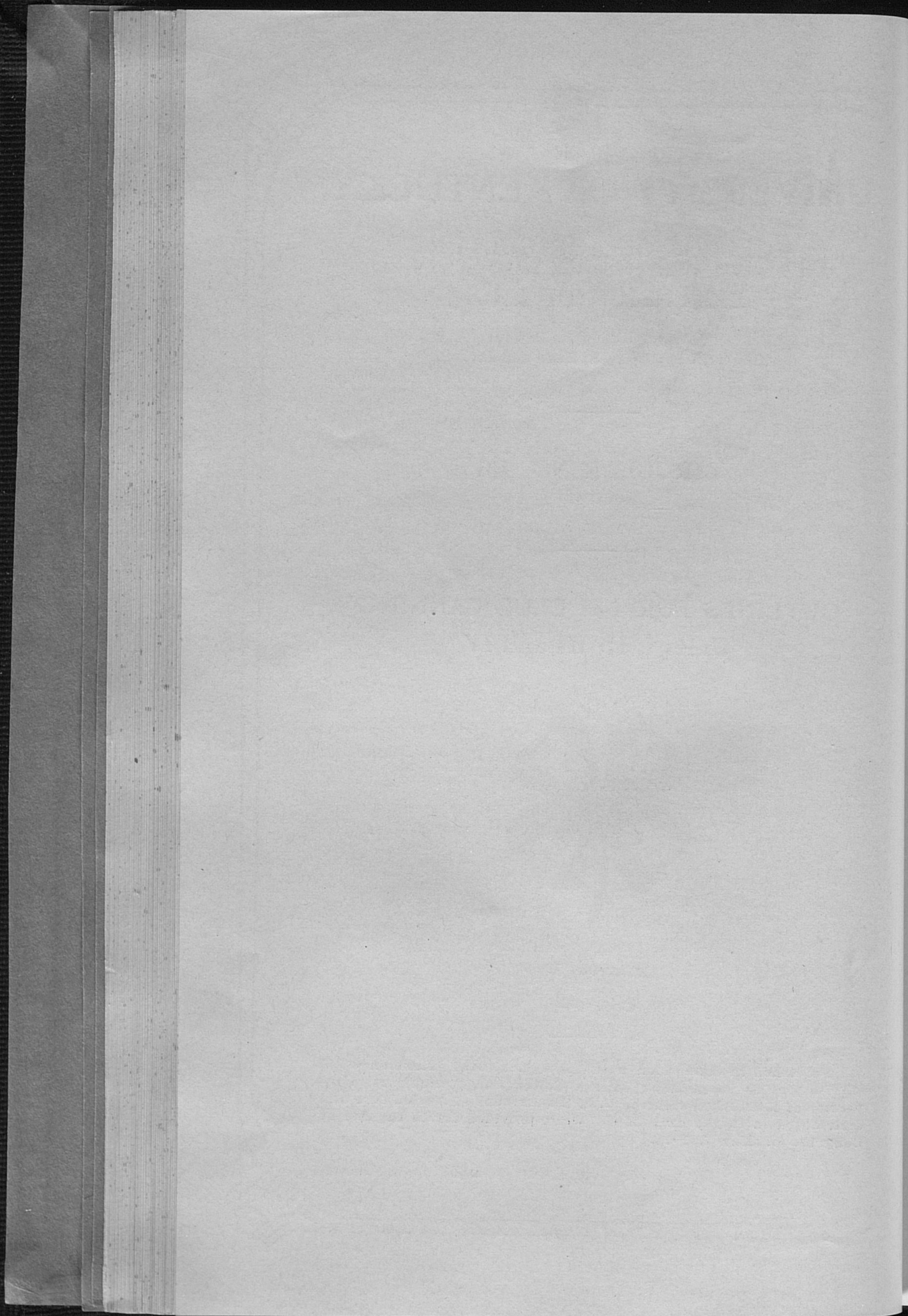
Units I, II, III and IV



Lexington, Ky.

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OUTLINES FOR 4-H CLUB CANNING

Units I, II, III and IV

BY ANITA BURNAM AND EDITH LACY

All club girls know that one of the four "H's" of our club emblem stands for Health. In order to ensure good health every farm family should produce during the summer enough fruits and vegetables for daily use and a surplus for canning and storage, to provide balanced meals in the winter season when fresh foods are not available. Our knowledge of nutrition has taught us that health, resistance to disease, "pep" and energy, largely depend on proper food. Proper food in the winter means that each person should have two fruits and two vegetables every day to supplement the meat, bread, potatoes, dried beans, or other foods. The surest way to have these essentials is to can the surplus from the garden and orchard. Garden plans should be made early in order that a variety of vegetables may be raised and a surplus provided for canning, drying and storage. (Reference: Garden Project, Circular No. 222.)

The Canning Project includes a great deal more than simply learning the latest methods of conserving foods. If a club girl continues in canning work for several years she should be able to:

1. Know the foods the body needs.
2. Plan a food budget for the family.
3. Make a garden plan that will provide enough vegetables for the daily needs and a surplus for the unproductive months.
4. Can foods by the surest methods.
5. Know good canned products and standards for judging them.
6. Plan balanced meals using canned products.
7. Prepare attractive dishes from canned foods.

CANNING HINTS TO REMEMBER

1. Use only fresh, sound products for canning. Can fruits and vegetables the same day they are gathered.
2. Use only clean, tested jars, as faulty jars and rubbers are often the cause of spoilage and loss of the product.
3. Follow definite directions and time tables in all canning. References: Kentucky Extension Circular No. 220. U. S. D. A. Bulletin No. 1471. Consult the County Home Demonstration Agent or write to the 4-H Club Department, Lexington, Kentucky.
4. Label each product before storing. Use a small, white label for home use and the regulation green and white label for exhibits. This oval label should be placed one inch from the bottom of the jar, on the smooth side.
5. Avoid unnecessary handling of products.
6. Store canned goods in a dry, cool, dark place.

GENERAL RULES

1. Age. Each member shall be between 10 and 18 years of age, inclusive.
2. Unit of Work. Each member shall enroll in the unit in which she is best fitted to do the work and derive the most benefit from the work done. This is to be determined by consultation with the county home demonstration agent, local leader or a home economics club specialist.
3. Project Repetition. No canning unit shall be repeated.
4. Honesty. Each member shall do her own canning.
5. Record Book. Each member shall keep an accurate and complete record of all her home canning and write a story of her club experience, in the record book provided for this purpose.
6. Jars. Where the requirement is 10 quarts, a club member may substitute 20 pints. Pints may be more practical if the family is small. This substitution may be made in both the project and exhibit.

7. Exhibit. Each member shall exhibit the products specified in the unit of work in which she is enrolled. This exhibit shall be made in either a local or county canning show. Record book up-to-date shall accompany the exhibit.
8. Exhibit Containers.
 - (a) Type. All canned products are to be in clamp-top, clear glass jars. Jelly glasses with tight-fitting tops are to be used for jelly. (For products not to be exhibited other types of containers may be used.)
 - (b) Size. Quarts are preferred for canned fruits and vegetables. Pints should be used only for preserves and relishes.
 - (c) Paraffin is to be used on all jams, preserves and jellies.
9. State Fair Exhibit. Entries are to be selected at a County Exhibit.
10. Judging. Each member should have experience in judging canned products and be familiar with the score cards by which canned products are judged. This will help her to improve the quality of her canning.

REQUIRED PROJECT WORK

UNIT I

- (a) Can 10 quarts of fruits—at least three varieties.
- (b) Can 10 quarts of tomatoes and tomato juice.
- (c) Learn the score card for canned fruits. See Extension Circular No. 206.
- (d) Judge one canned fruit. For example, four jars of peaches.
- (e) Keep complete record.
- (f) Exhibit two jars of fruit, two varieties, and one jar of whole tomatoes, with complete record book.

If three varieties of fruit cannot be obtained on the farm,

without money expenditure, the entire 20 quarts may be tomatoes and tomato juice. In this case the exhibit should consist of two quarts of whole tomatoes and one quart of tomato juice.

UNIT II

- (a) Can 10 quarts of tomatoes and tomato products.
- (b) Can 10 quarts of fruit—at least three varieties.
- (c) Can 10 quarts of vegetables—at least four varieties. The following are suggested: String beans, greens, okra, beets or carrots, and soup mixture.
- (d) Keep a complete record.
- (e) Exhibit six jars, six varieties, consisting of one jar of tomatoes, two of fruit and three of vegetables, with complete record book.
- (f) Learn the score card for canned vegetables. See Circular No. 206.
- (g) Judge two classes of canned vegetables (four jars each).

UNIT III

- (a) Can 15 quarts of fruit—at least three varieties.
- (b) Can 25 quarts of vegetables (tomatoes included)—at least six varieties. Corn, lima beans and peas should be included.
- (c) Learn the score cards for preserves, butters and jellies. Extension Circular No. 206.
- (d) Keep a complete record.
- (e) Make 10 glasses of jelly—at least three varieties.
- (f) Can 5 pints of preserves, jam and marmalade—at least three varieties.
- (g) Judge in a contest one class each of a fruit, a vegetable, a preserve and a jelly.
- (h) Exhibit twelve containers (twelve varieties) consisting of three jars of fruits, three or vegetables, three of preserves or jam, and three glasses of jelly, with complete record book.

UNIT IV

- (a) Plan a Food Preservation Budget for the family, for the year, in cooperation with parents. This should be planned before the garden is planted, in order that the garden may supply the needed vegetables for canning and storage. It is suggested that each club girl conserve food for the family according to the budget planned.
- (b) Can 40 quarts of fruits and vegetables.
- (c) Can 6 quarts of meat—at least three varieties.
- (d) Can 5 pints of relish or pickles—at least two varieties.
- (e) Can 5 pints of preserves, marmalades and jams—at least three varieties.
- (f) Make 10 glasses of jelly—at least three varieties.
- (g) Keep a complete record, including budget.
- (h) Exhibit 24 containers,* twenty-four varieties, as follows:
 - (1) 4 jars of fruits (two large, two small).
 - (2) 8 jars of vegetables.
 - (3) 1 jar of soup mixture.
 - (4) 3 jars of meat.
 - (5) 1 jar of fruit or tomato juice.
 - (6) 2 jars of preserves, jams, marmalades, butters.
 - (7) 2 jars of pickles—relish.
 - (8) 3 glasses of jelly.
 - (9) Complete record and budget.
- (i) Learn score cards for meats, pickles, and relishes. Extension Circulars No. 206 and No. 220.

*Championship entry.

