4-H Club Canning Project

UNIT II

# Tomatoes and Tomato Juice

Circular 418

**UNIVERSITY OF KENTUCKY**
**College of Agriculture and Home Economics**
**Agricultural Extension Division**
Thomas P. Cooper, Dean and Director

## Units in the Canning Project

Seven units are available to 4-H Club girls who wish to take the canning project. It is best to take the first 3 in the order given.

Unit I.....Fruits and Fruit Juices

Unit II.....Tomatoes and Tomato Juice

Unit III.....Vegetables

Unit IV.....Meats (Use U. S. Dept. of Agriculture AW 1-110) In this unit, can—

5 quarts chicken
5 quarts pork
5 quarts of meat (other than pork or chicken if available)
30 quarts of fruits and vegetables
Keep a record using 4-H Canning Record Book

Unit V.....Relishes and Pickles

Unit VI.....Jellies, Jams, and Marmalades

Unit VII.....Canning Budget

Help plan and can the budget for the family.
Can at least a budget for one person (100 jars).
Use budget plan in Canning Record Book.
Use the above circulars for canning directions.

A 4-H Canning Record Book is available for keeping a record in any unit.

*(This circular is a revision of Circular 378.)*

# 4-H Club Canning Project

## Unit II

# Tomatoes and Tomato Juice

By Ruth Latimer, Edith Lacy, and Dorothy Gentry

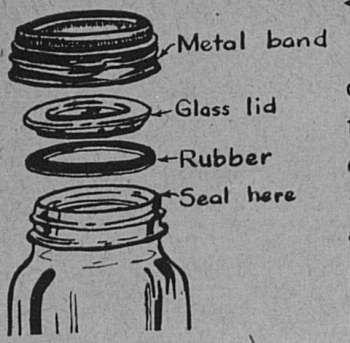
TOMATOES are one of our best home-canned sources of Vitamin C. Vitamin C is essential in maintaining strong bones and teeth and in keeping all other tissues of the body firm and healthy. It is especially necessary for healthy gums. Citrus fruits (oranges, lemons, and grapefruit) are excellent sources of Vitamin C. Tomatoes also, either fresh or properly canned, will supply our needs for Vitamin C.

### WHAT TO DO IN UNIT II

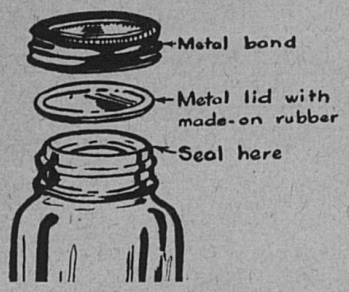
1. Can 30 quarts, as follows:
   10 quarts tomatoes
   10 quarts tomato juice
   10 quarts fruits—as a review of methods learned in Unit I.

2. Label each jar, giving complete information as shown in sample label. Use homemade labels for home storage. Get club labels from the county extension office for use in county and state exhibits.
3. Keep a complete record in the Canning Record Book.
4. Use the score card in practice judging of tomatoes and tomato juice.
5. Exhibit one quart each of tomatoes, tomato juice, large and small fruit. These are to be exhibited in clear white glass jars.

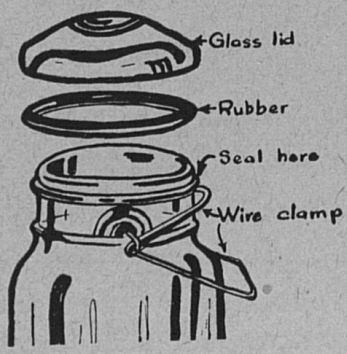
## KNOW YOUR JARS . . . AND HOW TO SEAL THEM



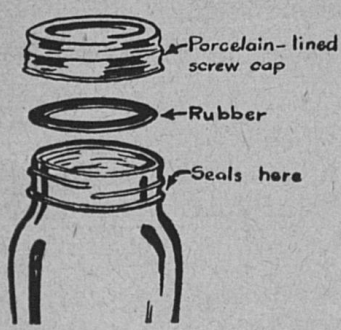

**3-piece cap—metal band,** glass lid, and rubber—Fit rubber to underside of the lid. Place lid, with rubber side down, on top of the jar. Screw the band on firmly . . . then **turn back almost a quarter turn.** After jar with food in it has been boiled and taken out of the water, **screw the band on tight.**




**2-piece cap.** Place metal lid, with rubber side down, on top of jar. Screw band on firmly, and **do not tighten** it again even after the jar of food is taken from the boiling water.




**"Lightning" jar.** Fit rubber in place on ledge at top of the jar. Put on glass lid, then push the long wire clamp tight over top of lid. Leave short wire loose. After the jars of food have been boiled and taken out of the boiling water . . . push this short wire down.

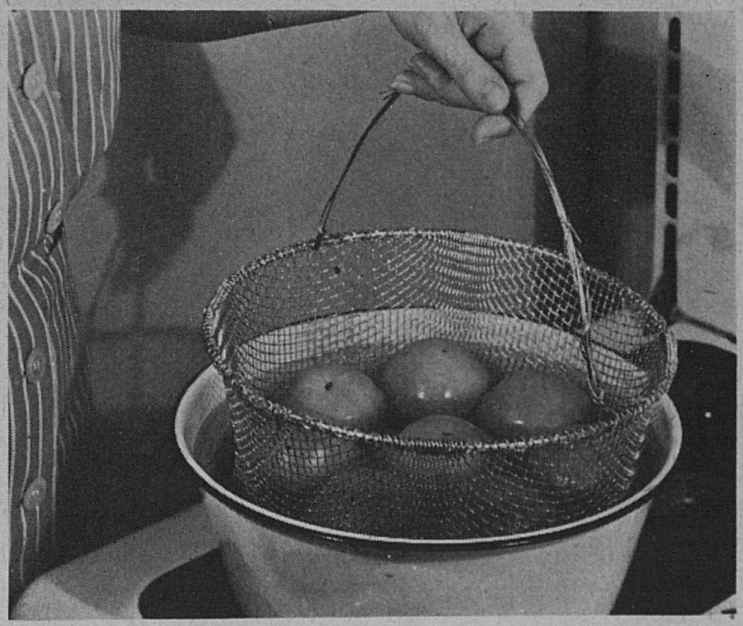



**Zinc porcelain-lined cap** with shoulder rubber ring to fit standard Mason jar. Fit wet ring down on jar shoulder, but don't stretch more than needed. Fill jar, then screw cap down firmly and turn it back ¼ turn. As soon as jar is taken from canner, quickly screw cap down tight to complete seal.

## STEPS IN CANNING TOMATOES

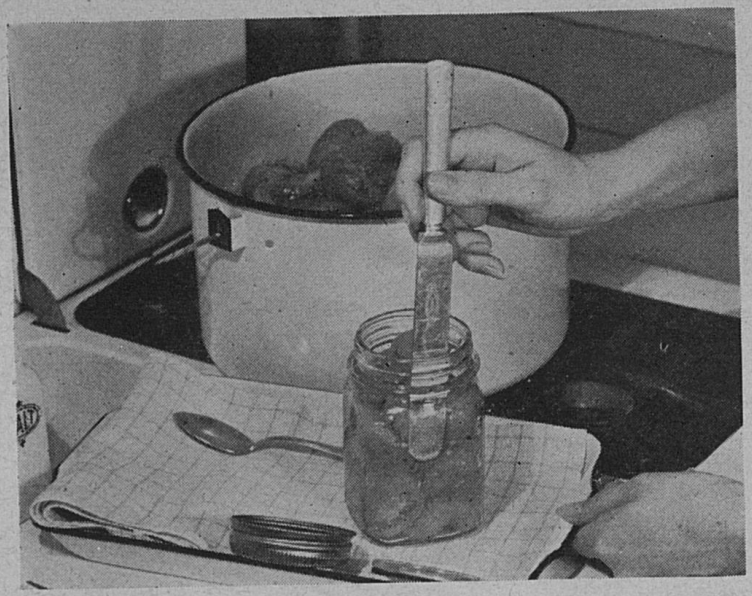
1. Use only firm, ripe tomatoes. One bad spot may spoil them all. Wash tomatoes.

2. Place in wire basket or cloth bag, and scald until skins loosen.



3. Dip in cold water, peel and remove core from stem end.

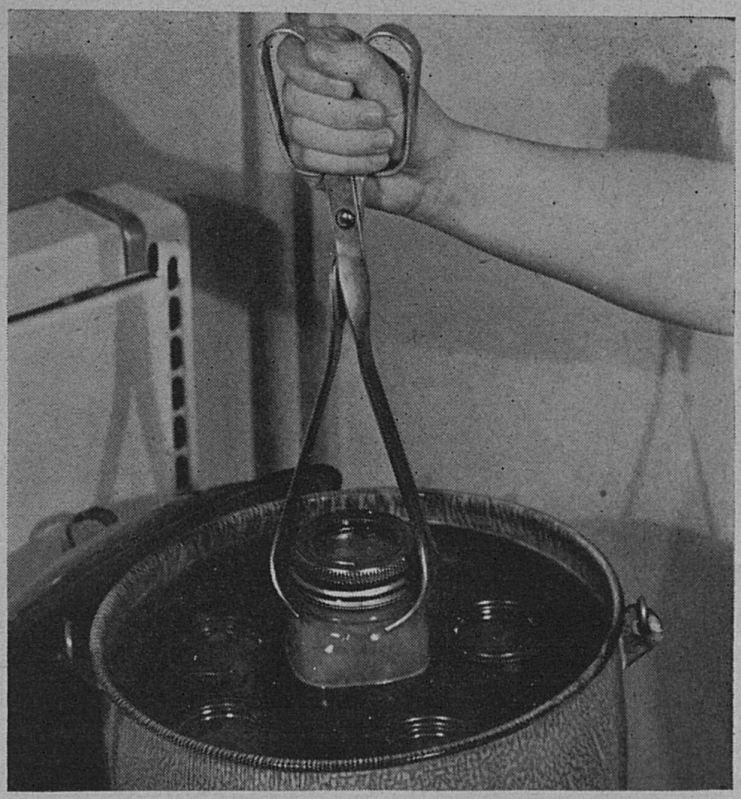

4. Pack whole or in quarters in hot sterilized jars, packing jars tightly so that tomatoes are covered with their own juice. Add a teaspoon of salt to each quart.



5. Work out air bubbles with a knife blade.

6. Wipe the jar rim with a clean, damp cloth. One speck of food or a seed is likely to prevent a perfect seal. Air may then get in and the tomatoes will spoil. Seal according to directions given for sealing jars on page 4.

7. Put jars on a rack in a kettle of boiling water. Leave space between jars. Have water 2 inches above tops. Put on lid, start counting time when water boils. Process 45 minutes in a water bath if tomatoes are packed cold. If tomatoes are precooked and packed boiling hot, process 10 minutes.



8. Remove jars from water bath. Place jars well apart, topside up on a folded cloth or rack. Keep them out of drafts to prevent hot jars from cracking.

## STEPS IN CANNING TOMATO JUICE

1. Select firm, ripe tomatoes.
2. Wash and remove core.
3. Cut tomatoes in quarters.
4. Heat only to simmering, in covered kettle, until juice flows freely.
5. Strain quickly, so as to lose as little Vitamin C as possible.
6. Add 1 teaspoon salt per quart.
7. Reheat to boiling point.
8. Pour into hot sterilized jars.
9. Seal according to directions on page 4.
10. Process 5 minutes in water bath.

## SCORE CARD FOR CANNED TOMATOES AND TOMATO JUICE

| | | Score |
|---|---|---|
| **Tomatoes** | | 60 |
| Condition when picked—evenly ripened, not defective or overripe | 30 | |
| Condition of finished product—natural, clear, bright color, not darkened, not overcooked | 30 | |
| **Pack** | | 40 |
| Uniformity in size of pieces or of whole tomatoes | 10 | |
| Condition of tomato juice—natural bright color, no water added | 10 | |
| Proportion of juice to tomato—jar full of tomato pieces or whole tomatoes which are covered by tomato juice | 10 | |
| Container—of uniform or specified size, of clear white glass, clean and neatly labeled according to directions | 10 | |
| Total | | 100 |

| | |
|---|---|
| **Tomato juice** | |
| Condition when picked—well ripened tomatoes | 40 |
| Condition of finished product—bright red color | 30 |
| Proportion of pulp to clear juice—Pulp 3/4, clear juice 1/4 | 30 |
| | 100 |

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