

How to Preserve: BASICS

How To Sterilize Jars and Lids: Always use heat proof jars, which are commonly known as Mason jars. These are sold with lids containing two parts: a ring and top with a rubber seal that will adhere to the top of the glass jar when it is sealed. Jars can be sterilized by running them through a dishwasher just before filling, or they can be scrubbed clean and placed upside down in a kettle of water, and boiled for 10 minutes. Keep them inverted in the hot water until just before filling. Lids should not be boiled, since the rubber may not seal properly. Place them in a bowl and pour boiling water over to keep warm and gently sterilized. Once the jar is opened, you can keep and reuse the ring, yet replace the top with the rubber seal.

Hot to Fill the Jars: Place the jars on a counter or cutting board, cover with a towel to catch any dripping. Using a wide mouth funnel, place on the top of a jar and ladle filling into the jar, leaving $\frac{1}{4}$ - $\frac{1}{2}$ " head room. Continue for each of the jars, making sure all are evenly filled with ingredients. Dip a paper towel into the hot water, and wipe the rims clean. This is important for a good seal, and to avoid any mold growing under the lids. Place the hot top with rubber seal on the jar, and screw down with the ring top. Don't squeeze too hard, just enough to close and seal. Flip the jar over upside down to start the seal process, while you bring the hot water to a boil for the next step. **Note:** Jams and jellies do not need to be hot water bathed. Simply turn over to seal the jar, flip back over after 10 minutes,

How to Hot Water Bath: Always fill hot jars with hot filling, or they may crack when reheated. Fill a large stockpot with water and bring to a boil. Lower the filled jars and add more water to the pot to cover by one inch over the jars. Bring water back to a boil and cook for required minutes, can be between 10 – 25 minutes depending on the ingredients and the recipe. Lift jars from the hot water bath, and cool on the counter until you hear the lid pop. Wipe the jar clean, label with name and date.