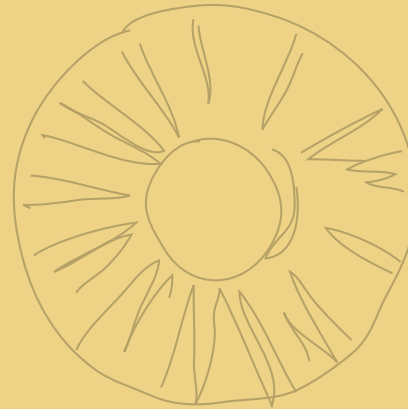
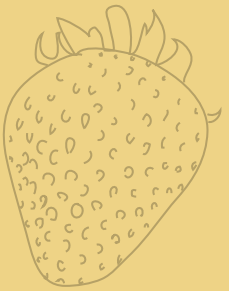
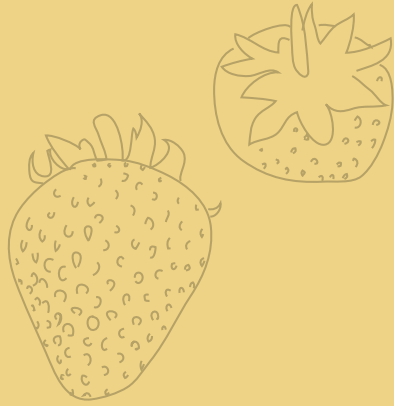
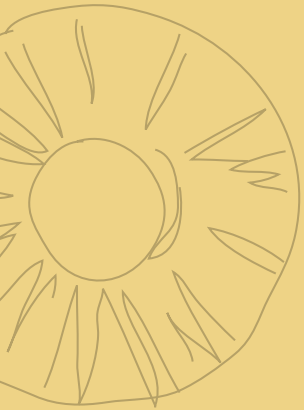


canning manual

This Canning Manual is a project of the Re-Thinking Soup program at the Jane Addams Hull-House Museum at UIC.

Re-Thinking Soup is a modern day soup kitchen, a public and communal event that takes place every Tuesday from 12 to 1pm at the Hull-House Museum. We gather together to eat delicious, healthy soup and have fresh, organic conversation about urgent social, cultural, economic, and environmental food issues in our communities. The soups are made with produce harvested from the Hull-House Urban Farm. The Urban Farm, located one block south of the Museum, serves as the Museum's laboratory for growing organic heirloom vegetables and nurturing diversity.

Re-Thinking Soup and the Urban Farm strive to prevent monocultures and, instead, promote a pluralistic society and a healthy democracy. The Farm acknowledges the link between a healthy, diverse bio-culture—which is sustained by heirloom fruits and vegetables—and a vibrant and diverse society, shaped by artisans, farmers, ethnic restaurants and markets, and by the people who support these initiatives.



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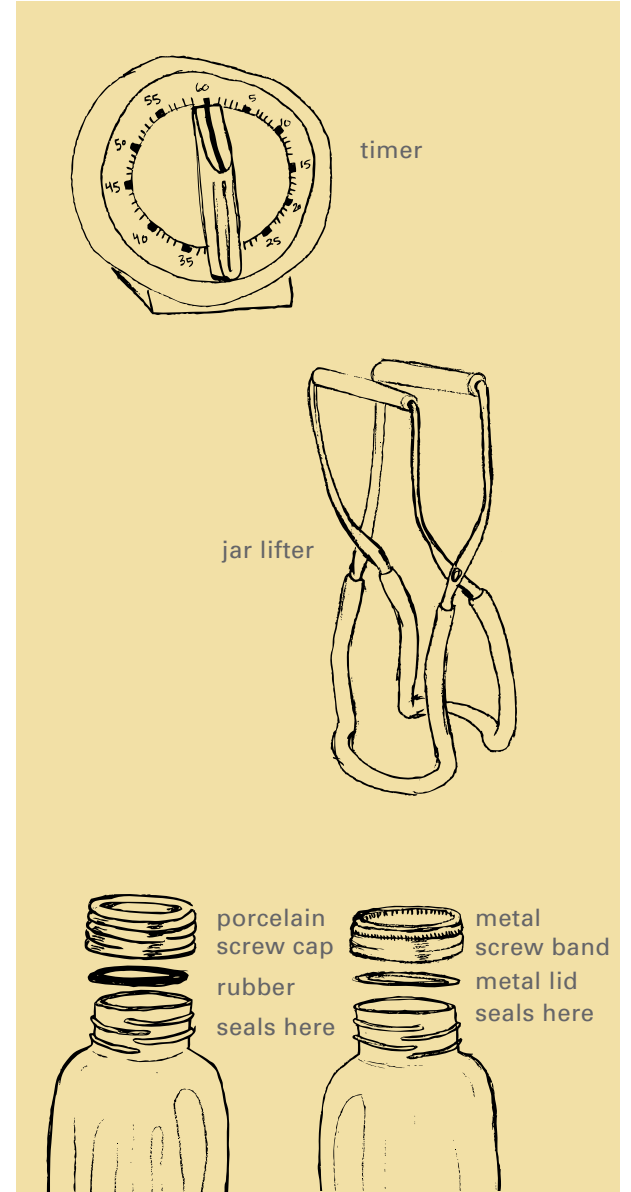
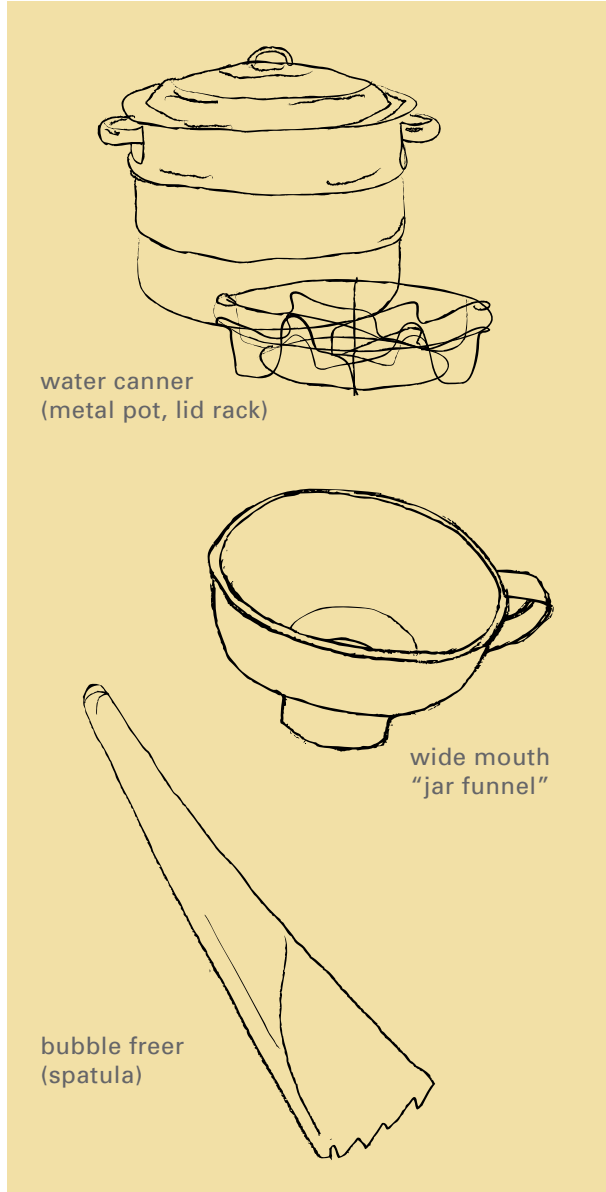
The Preservation Project

Preserving fruits and vegetables is the surest way to be able to eat local and sustainable food throughout the year, and also “preserve” a long tradition of home economics. Our Preservation Project is the way in which the museum preserves not only fruits and vegetables for the winter months, but also aspects of our history. Each Hull-House jar of organic preserved goods features a different feminist from the “Grand Domestic Revolution,” a quiet revolution started in the kitchen that brought women into the public sphere.

It is possible to eat all food types year-round, even if they are not in season. Through canning processes and heat treatment, these foods become stabilized and have a longer shelf-life. By applying heat, harmful micro-organisms are killed and all air is pushed out, preventing further food contamination.

Only food types with a high acidity level (with a pH less than 4.6) can be processed by submerging them in boiling water. The high acidity prevents the *Clostridium Botulium* spores from growing and producing the deadly toxins, also known as Botulism. High acid foods include fruits, pickled vegetables, jams, jellies, and other preserves.

Low acid foods (with a pH higher than 4.6), such as vegetables, meats, poultry and seafood, need a higher boiling temperature. A temperature of at least 240°F can only be reached with a pressure canner.



10 STEPS FOR SUCCESSFUL BOILING WATER CANNING

- 1 Fill the canner with enough water to cover the tops of the jars, approximately 1 to 2 inches of water.
- 2 Center the canner over the burner and preheat the water to 140°F for raw-packed foods and to 180°F for hot-packed foods.
- 3 Prepare the food you are processing by following your favorite recipe. Fill the jars, wipe the rim, and fit the lids.
- 4 Using a jar lifter, load filled jars into the canner on top of the rack one at a time. Make sure the jar lifter is securely positioned below the neck of the jar. If you have space for two levels, place a rack between the layers so that water can circulate around the jars. Note: To keep the water level above the jar tops, add more boiling water as needed during the process.
- 5 Turn the heat setting to its highest position, cover the canner with its lid, and heat until the water boils vigorously. Keep the canner covered for the process time. The heat setting may be lowered as long as a gentle but complete boil is maintained for the entire process time.
- 6 Set a timer (after the water is boiling) for the total minutes required for processing the food. Note: If the water stops boiling at any time during the process, turn the heat to its highest setting, bring the water back to a vigorous boil, and begin the process over using the total original process time.

- 7 Once time is up, turn off the heat and remove the canner lid. Wait 5 minutes before removing jars. Using a jar lifter, remove the jars one at a time, being careful not to tilt them. Carefully place them directly onto a towel or cake cooling rack, leaving at least one inch of space between the jars during cooling. Avoid placing the jars on a cold surface or in a cold draft.
- 8 Let the jars sit undisturbed while they cool, from 12 to 24 hours. Do not tighten ring bands on the lids or push down on the center of the flat metal lid until the jar is completely cooled. Note: Check that all the jars have sealed properly. For those that have not, refrigerate and use first, freeze, or reprocess within 24 hours.
- 9 Wipe jars and lids to remove all leftover residues. Label jars with the content, date, and lot number if you have processed more than one batch. Proper labeling will make identifying easier, especially in the case of spoilage.
- 10 Store in a cool, dry place out of direct light. For best quality, consume within one year. Before opening the jars, look closely for signs of spoilage. Discard any jars with bulging lids, leaks, mold, or rotten smell—do not even question it!!