

Canning

Jump Start

Guide



water bath **EQUIPMENT**

C H E C K L I S T

Everything you need to get started with water bath canning!



ITEM & DESCRIPTION

LARGE POT for processing jars

WIRE RACK or SILICONE TRIVET that fits in bottom of large pot

MEDIUM/LARGE HEAVY-BOTTOMED POT for cooking preserves

JAR LIFTER for lifting jars from boiling water

FUNNEL for pouring food into jars

NEW LIDS (*never reuse lids!)

CANNING JARS in your choice of sizes

RINGS in regular or wide-mouth, depending on jar

CANNING COOKBOOK that is well-known and trusted

steam canner

FACT SHEET *and* EQUIPMENT CHECKLIST

KEY TAKEAWAYS FOR A FAST CANNING EXPERIENCE

- 1 Reduces total canning time significantly
- 2 Best for canning recipe processing times between 10-45 minutes
- 3 Safe for the same high-acid, tested recipes used in a water bath canner
- 4 Best for canning under 7000 ft elevation
- 5 Uses less than half the water of a water bath canner
- 6 Uses less energy in the canning process
- 7 Not a pressure canner



ITEM & DESCRIPTION

STEAM CANNER for processing jars

MEDIUM/LARGE HEAVY-BOTTOMED POT for cooking preserves

JAR LIFTER for lifting jars from boiling water

FUNNEL for pouring food into jars

NEW LIDS (*never reuse lids!)

CANNING JARS in your choice of sizes

RINGS in regular or wide-mouth, depending on jar

CANNING COOKBOOK that is well-known and trusted

canning season

CHEAT SHEET

PREPARE

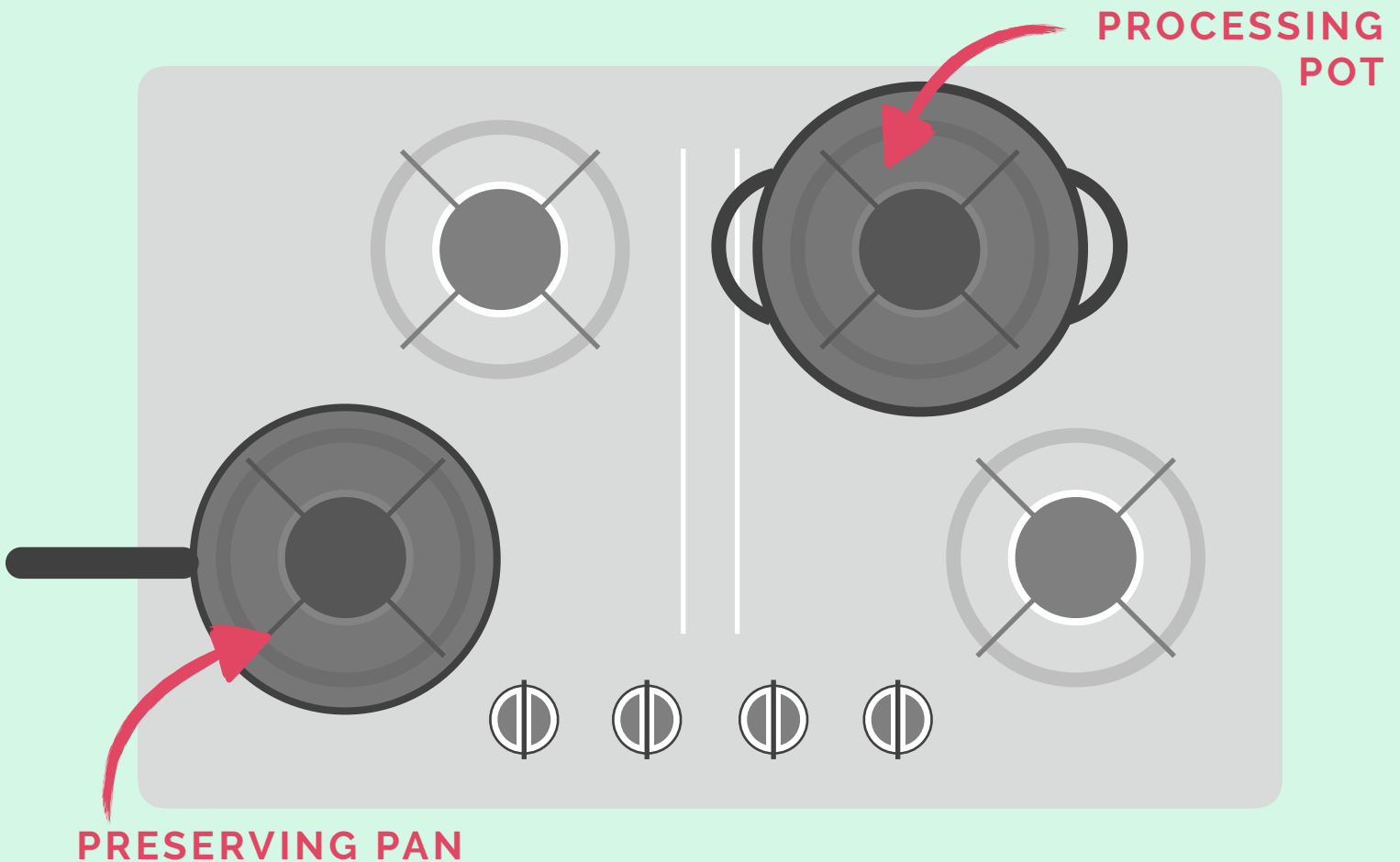
1

PROCESSING POT

Fill with jars & boiling water

2

PRESERVING PAN



1

HOT JARS OUT OF WATER

2

HOT FOOD INTO JARS

3

HOT JARS BACK INTO WATER

PROCESS

canning

ELEVATION A D J U S T M E N T

If you live above 1000 feet elevation you need to figure out your altitude adjustments for water bath canning.

As altitude increases and atmospheric pressure decreases, the boiling point of water decreases. To compensate for the lower boiling point of water, the cooking time must be increased.

+5
mins

1000 ft

+10
mins

2000 ft

+15
mins

3000 ft

+20
mins

4000 ft

For safety in water bath canning you must bring the contents of your jar to at least 212°F. To compensate for the temperature difference you must increase your total canning processing time.

canning season

PLANNER & CHECKLIST

RECIPE PLAN

SPRING

SUMMER

FALL

WINTER



EQUIPMENT

JAM JARS & HALF PINTS

PINTS & QUARTS

NEW LIDS

RINGS

JAR LIFTER & FUNNEL

POTS & PANS



DRY GOODS

STORE BOUGHT LEMON JUICE

APPLE CIDER VINEGAR

WHITE VINEGAR

CITRIC ACID

SUGAR

SALT

Let's Learn More Together

I know for some of you, this guide will have you off and canning up a storm.

For others, you might want a bit more instruction.

I wanted to offer a special discount just for you to get **50% off of the Start Canning Video Course** at www.startcanning.com

Copy code: **UBSTARTCANNING50** and go to www.startcanning.com to redeem.

50% off!

It's a video course that feels like we are canning together, making

- jam
- roasted peppers &
- tomato sauce

Course Curriculum

Introduction	
📄 Welcome to Start Canning & Facebook Group	Start
📄 An overview of the usda site- free resources! (34:58)	Preview
📄 The Ebook: Canning 101 & Printable Resources	Start
Equipment & Basic Process	
📄 Equipment (12:35)	Start
📄 Pantry Items (10:42)	Start
📄 Basic Process of Canning (11:15)	Start
📄 All About Jars (7:09)	Start
📄 Equipment Resource Page	Start
Let's Start Canning	
📄 Prepping Pots (2:12)	Preview
📄 Strawberry Jam (28:36)	Start

📄 Strawberry Rhubarb Jam (14:38)	Start
📄 Strawberry Syrup & Butter (29:48)	Start
📄 Pickled Pearl Onions (30:06)	Start
📄 Tomato Sauce (13:28)	Start
📄 Roasted Bell Peppers (21:20)	Start
📄 Strawberry Tasting (3:31)	Start
📄 Pasta with Peppers & Sauce (8:12)	Preview
Bonus Recipes	
📄 Pickled Onion & Tomatillo Sauce (salsa verde) (3:18)	Start
📄 Apple Butter (2:58)	Preview

With those lessons, you'll be able to can anything you want! You'll feel confident with the canning process no matter the recipe, and you'll love being able to go back to the lessons any time you'd like. You'll master both water bath canning AND those types of recipes so you'll be able to preserve 4 seasons a year.

Start Canning is my premium canning video course and so many students have LOVED it; it's the next best thing to hanging out together, canning in your kitchen! I can't wait to see you in the course.

Learn more at www.startcanning.com

10 Easy Canning Recipes *with step-by-step instructions*



By Jennifer Gomes
thedomesticwildflower.com

Homemade Strawberry Jam

You will need

10 cups strawberries, washed and chopped
7 cups sugar
2 lemons, squeezed
2 boxes pectin

For a half batch:

5 cups strawberries
3 1/2 cups sugar
1 lemon, squeezed
1 box pectin

1. Prepare your water bath canning pot or your steam canner. Fill the water bath canning pot with water, add 5 pint (2 measuring cups total each) jars, and bring to a boil **OR** fill the steam canner to fill line and turn on low with the 5 pint jars nearby on a towel-covered counter top.

2. Combine strawberries and lemon juice and simmer together in a preserving pan (a heavy bottomed, wide pan) and stir occasionally for 15 minutes.

3. Optional: Remove from heat and ladle into a food mill. **Process** jam through for a super smooth jam.

4. Return strawberries to a boil, **add sugar**, and **whisk in pectin**, a little at a time, quickly.

5. Ladle into jars one at a time, apply lids and rings, and either submerge into the boiling water of the boiling water bath with a jar lifter **OR** set gently on the rack of the steam canner.

6. Process for 10 minutes **PLUS** 5 minutes for every 1000 ft above sea level. Remove from heat, rest jars carefully on towel covered countertop. Label cooled jars and store for up to 1 year.

Learn more at www.thedomesticwildflower.com



Customize Your Strawberry Jam

You will need

10 cups strawberries, washed and chopped

7 cups sugar

2 lemons, squeezed

2 boxes liquid pectin

Customize with an optional add in- 1 teaspoon each per 1 cup/half pint jar

-vanilla paste or extract

-rose water

-orange flower water

-finely minced jalapeno, seeds removed

-dried or fresh lavender

-lemon or orange zest

-teaspoon balsamic vinegar

1. Prepare your water bath canning pot or your steam canner. Fill the water bath canning pot with water, add 7-8 half pint jars, and bring to a boil **OR** fill the steam canner to fill line and turn on low with the pint jars nearby on a towel-covered counter top.

2. Combine strawberries and lemon juice. Simmer together in a preserving pan (a heavy bottomed, wide pan) and stir occasionally for 15 minutes.

3. Optional: Remove from heat and ladle into a food mill. **Process** jam through for a super smooth jam.

4. Return strawberries to a boil, **add sugar**, and **whisk in pectin** quickly.

5. Ladle into jars one at a time, adding 1 teaspoon of your optional add-in flavoring. Stir with a toothpick or spoon to quickly incorporate.

6. Apply lids and rings, and either submerge into the boiling water of the boiling water bath with a jar lifter **OR** set gently on the rack of the steam canner.

7. Process for 10 minutes **PLUS** 5 minutes for every 1000 ft above sea level. Remove from heat, rest jars carefully on towel covered countertop. Label cooled jars and store for up to 1 year. Yields 10 half pint jars.

Learn more at www.thedomesticwildflower.com



Mixed Berry Jam

You will need

5 cups berries

3-4 cups sugar depending on desired set (more for firmer jam)

1 lemon, squeezed, for taste

2 boxes pectin (liquid or powdered)

1. Prepare your water bath canning pot or your steam canner. Fill the water bath canning pot with water, add 5 half pint jars, and bring to a boil **OR** fill the steam canner to fill line and turn on low with the 5 half pint jars nearby on a towel-covered counter top.

2. Combine berries and lemon juice and simmer together in a preserving pan (a heavy bottomed, wide pan) and mash with a potato masher or wooden spoon for 5 minutes.

3. Optional: Remove from heat and ladle into a food mill. **Process** jam through for a super smooth jam.

4. Return berries to a boil, **add sugar**, and **whisk in pectin**, a little at a time, quickly.

5. Ladle into jars one at a time, apply lids and rings, and either submerge into the boiling water of the boiling water bath with a jar lifter **OR** set gently on the rack of the steam canner.

6. Process for 10 minutes **PLUS** 5 minutes for every 1000 ft above sea level. Remove from heat, rest jars carefully on towel covered countertop. Label cooled jars and store for up to 1 year.

Learn more at www.thedomesticwildflower.com

Easy, Fast Tomato Sauce

You will need

12 pounds cherry or other thin-skinned tomatoes, halved or quartered
1/2 a medium onion, diced
2 teaspoons chopped garlic, jarred type is fine
2 tablespoons olive oil, 2 teaspoons salt, 1 teaspoon black pepper
citric acid, 1/2 teaspoon added to each pint jar upon lid application

- 1. Prepare** your water bath canning pot or your steam canner. Fill the water bath canning pot with water, add 7 pint jars, and bring to a boil **OR** fill the steam canner to fill line and turn on low with the 7 pint jars nearby on a towel-covered counter top.
- 2. Blend the tomatoes.** Start on the "food chop" setting, and then move to a medium blend setting, for up to two minutes or until the visible skin pieces in the blender are smaller than half an inch.
- 3. Combine** olive oil, garlic, and onion in the bottom of a preserving pan at medium-low heat and cook till onion is soft. Add salt and pepper.
- 4. Pour** the blended tomato on top of the cooked garlic & onion mixture and stir to combine. Repeat the blending process until all tomatoes are blended and added.
- 5 Cook** on medium heat until sauce is reduced, darker red in color, about 1 hour.
- 6. Ladle into jars** one at a time, maintain 1/2 inch headspace, add 1/2 teaspoon citric acid to each jar, apply lids and rings, and either submerge into the boiling water of the boiling water bath with a jar lifter **OR** set gently on the rack of the steam canner.
- 7. Process** for 25 minutes PLUS 5 minutes for every 1000 ft above sea level. Remove from heat, rest jars carefully on towel covered countertop. Label cooled jars and store for up to 1 year. Yields 8-10 pints.

Learn more at www.thedomesticwildflower.com



Fast Raspberry Jam

Ingredients:

3.5 pounds raspberries (about 7 cups)

2/3 cup bottled lemon juice

1 1/2 cup sugar

1.75-ounce box of powdered pectin-optional if a firm jam is desired

1. Prepare your water bath canning pot or your steam canner. Fill the water bath canning pot with water, add 5 pint jars, and bring to a boil OR fill the steam canner to fill line and turn on low with the 5 pint jars nearby on a towel-covered countertop.

2. Combine raspberries, sugar, and lemon juice and bring to a boil in the preserving pan (a heavy bottomed, wide pan) mashing with a potato masher or wooden spoon.

3.If desired, whisk in pectin, a little at a time, quickly. Boil for 1-2 minutes longer.

4. Ladle into jars one at a time, maintain ½ inch headspace, and apply lids and rings, and either submerge into the boiling water of the boiling water bath with a jar lifter OR set gently on the rack of the steam canner.

6. Process for 10 minutes PLUS 5 minutes for every 1000 ft above sea level. Remove from heat, rest jars carefully on towel covered countertop. Label cooled jars and store for up to 1 year.

Learn more at www.thedomesticwildflower.com

Strawberry Champagne Jam

You will need

- 8 cups strawberries, washed and chopped
- 1 1/2 cups water
- 6 cups sugar
- 1 cup champagne, poured into 4 cup bowl, foam and fizz allowed to settle
- 1 3 oz pouch liquid pectin

- 1. Prepare** your water bath canning pot or your steam canner. Fill the water bath canning pot with water, add 8 half pint jars, or 14 tiny 4 ounce jars and bring to a boil **OR** fill the steam canner to fill line and turn on low with the 8 pint jars nearby on a towel-covered counter top.
- 2. Combine** strawberries and water and simmer together in a preserving pan (a heavy bottomed, wide pan) and stir occasionally for 15 minutes. Mash with a wooden spoon or potato masher when berries are soft.
- 3. Optional:** Remove from heat and ladle into a food mill fitted with medium plate. **Process** jam through for a super smooth jam.
- 4.** Return strawberries to a boil, **add sugar**, and cook on low while you complete the next step.
- 5. Whisk pectin into champagne**, noticing as you whisk that the pectin will thicken the champagne to the consistency of thin pancake syrup. Add champagne mixture to strawberries, reduce heat to very low, and immediately proceed to the next step.
- 5. Ladle into jars** one at a time, apply lids and rings, and either submerge into the boiling water of the boiling water bath with a jar lifter **OR** set gently on the rack of the steam canner.
- 6. Process** for 10 minutes **PLUS** 5 minutes for every 1000 ft above sea level. Remove from heat, rest jars carefully on towel covered countertop. Label cooled jars and store for up to 1 year.

Yields 8 cups Strawberry Champagne Jam

Learn more at www.thedomesticwildflower.com

Homemade Applesauce

You will need

8 cups apples, washed and chopped, stems, cores, and seeds may remain
water to cover- at least 8 cups

1 cup sugar

2 tablespoons real maple syrup

2 teaspoons vanilla

1 teaspoon cinnamon

**for baby food, omit all but apples and water, and use 4 ounce jelly jars.

1. Prepare your water bath canning pot or your steam canner. Fill the water bath canning pot with water, add 8 half pint (1 measuring cup total) jars, and bring to a boil **OR** fill the steam canner to fill line and turn on low with 10-11 half-pint jars nearby on a towel-covered counter top.

2. Combine apples and water and simmer together in a preserving pan (a heavy bottomed, wide pan) and stir occasionally for 30 minutes or until apples are very soft.

3. Puree: Remove from heat and ladle into a food mill. **OR** apples could be peeled and cored prior, and mashed with a potato masher.

4. Return apples to a boil, **add sugar**, maple syrup, vanilla, and cinnamon. **Cook** for 5 minutes.

5. Ladle into jars one at a time, apply lids and rings, and either submerge into the boiling water of the boiling water bath with a jar lifter **OR** set gently on the rack of the steam canner.

6. Process for 10 minutes **PLUS** 5 minutes for every 1000 ft above sea level. Remove from heat, rest jars carefully on towel covered countertop. Label cooled jars and store for up to 1 year.

Yields about 10 cups of applesauce.

Learn more at www.thedomesticwildflower.com

Canned Peach Sauce

You will need

8 cups apples, washed and chopped, stems, cores, and seeds may remain
water to cover- at least 8 cups

1 cup sugar

2 tablespoons real maple syrup

2 teaspoons vanilla

1 teaspoon cinnamon

****for baby food, omit all but apples and water, and use 4 ounce jelly jars.**

1. Prepare your water bath canning pot or your steam canner. Fill the water bath canning pot with water, add 8 half pint (1 measuring cup total) jars, and bring to a boil **OR** fill the steam canner to fill line and turn on low with 10-11 half-pint jars nearby on a towel-covered counter top.

2. Combine apples and water and simmer together in a preserving pan (a heavy bottomed, wide pan) and stir occasionally for 30 minutes or until apples are very soft.

3. Puree: Remove from heat and ladle into a food mill. **OR** apples could be peeled and cored prior, and mashed with a potato masher.

4.Return apples to a boil, **add sugar**, maple syrup, vanilla, and cinnamon.
Cook for 5 minutes.

5. Ladle into jars one at a time, apply lids and rings, and either submerge into the boiling water of the boiling water bath with a jar lifter **OR** set gently on the rack of the steam canner.

6. Process for 10 minutes **PLUS** 5 minutes for every 1000 ft above sea level. Remove from heat, rest jars carefully on towel covered countertop. Label cooled jars and store for up to 1 year.

Yields about 10 cups of applesauce.

Learn more at www.thedomesticwildflower.com

Homemade Tomato Jam

You will need

- 6 pounds Roma tomatoes, washed, cored and chopped
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 2 teaspoons minced garlic
- 2 bay leaves
- 1 1/2 cups sugar
- 1/2 cup balsamic vinegar
- 1/4 cup dry white wine
- 2 teaspoons dried thyme, rosemary, & oregano

- 1. Prepare** your water bath canning pot or your steam canner. Fill the water bath canning pot with water, add 5 half-pint (1 measuring cup total each) jars, and bring to a boil **OR** fill the steam canner to fill line and turn on low with the 5 pint jars nearby on a towel-covered counter top.
- 2. Combine** tomatoes, salt, pepper, garlic, and bay leaves and simmer together in a preserving pan (a heavy bottomed, wide pan) and stir occasionally for 45 minutes-1 hour, or until reduced by half.
- 3. Optional:** Put through a food mill or use an immersion blender to puree smooth. Remove bay leaves at this time.
- 4. Stir in** sugar, balsamic vinegar, white wine, herbs and cook uncovered until very thick, up to 45 minutes.
- 5. Ladle into jars** one at a time, apply lids and rings, and either submerge into the boiling water of the boiling water bath with a jar lifter **OR** set gently on the rack of the steam canner.
- 6. Process** for 10 minutes **PLUS** 5 minutes for every 1000 ft above sea level. Remove from heat, rest jars carefully on towel covered countertop. Label cooled jars and store for up to 1 year.

Ranch Style Salsa

You will need

- 3 pounds tomatoes, washed, cored, peeled and chopped
- 3/4 pound mixed peppers including up to half jalapeños, half inch- quarter inch in size
- 4 cloves garlic
- 1 medium white or sweet onion, chopped into half inch- quarter inch in size
- 2 teaspoon salt
- 1/2 cup chopped cilantro
- 1/2 cup lime juice

- 1. Prepare** your water bath canning pot or your steam canner. Fill the water bath canning pot with water, add 5 pint (2 measuring cup total each) jars, and bring to a boil **OR** fill the steam canner to fill line and turn on low with the 5 pint jars nearby on a towel-covered counter top.
- 2. Roast** tomatoes, onions and peppers on a baking sheet in a 450 degree oven for 20 minutes or until they are beginning to blacken. Alternatively, grill.
- 3. Combine** tomatoes, peppers (as you combine, remove what seeds you can), onions, garlic, and salt. Bring to a boil and simmer for 5 minutes.
- 4. Stir in** lime juice and cilantro.
- 5. Ladle into jars** one at a time, leave 1/2 inch headspace apply lids and rings, and either submerge into the boiling water of the boiling water bath with a jar lifter **OR** set gently on the rack of the steam canner.
- 6. Process** for 20 minutes **PLUS** 5 minutes for every 1000 ft above sea level. Remove from heat, rest jars carefully on towel covered countertop. Label cooled jars and store for up to 1 year.

Will yield about 8 measuring cups of salsa.

Learn more at www.thedomesticwildflower.com