



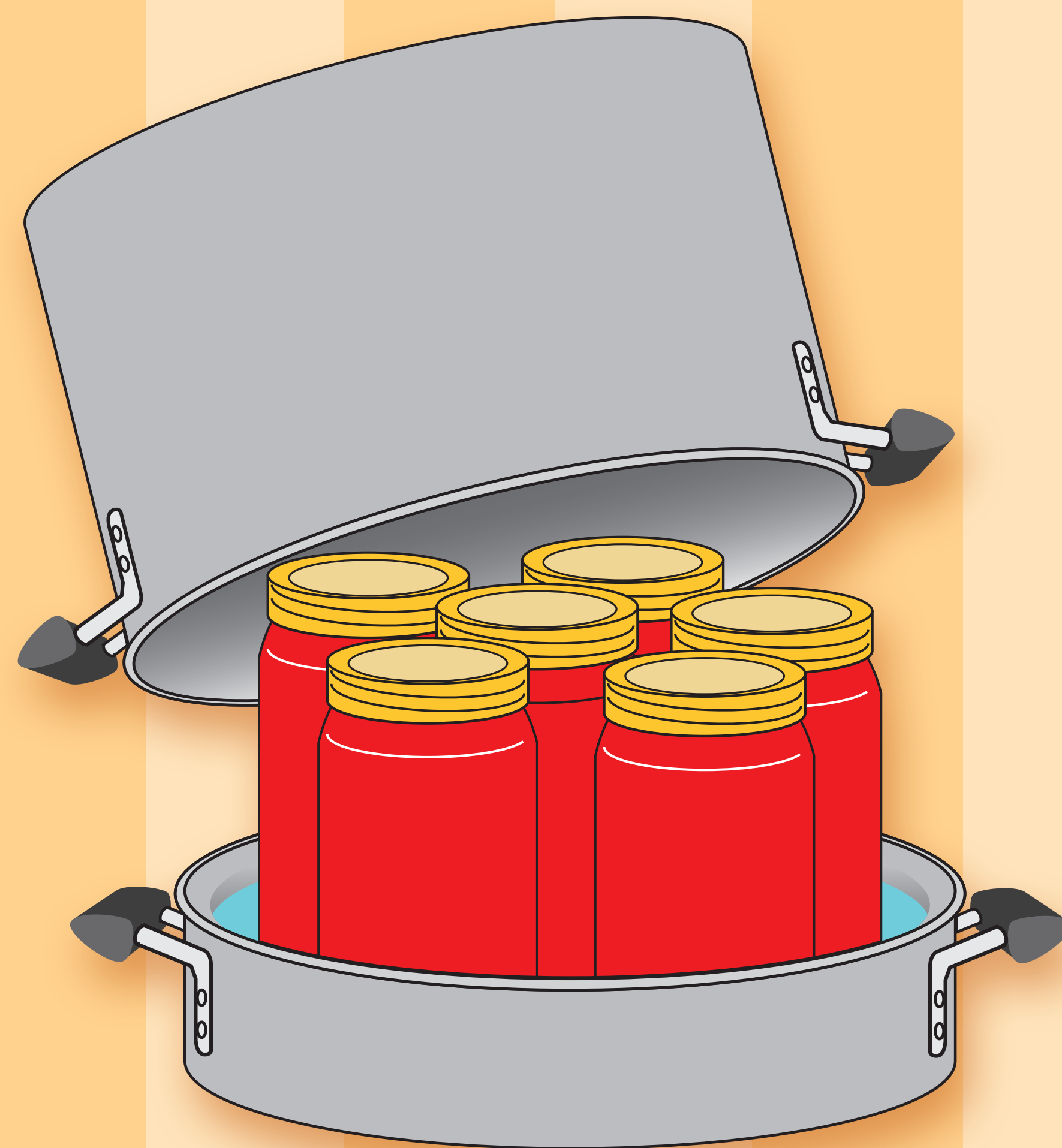
K-STATE
Research and Extension

PRESERVE IT FRESH, PRESERVE IT SAFE THE CANNER COUNTS!

For High Acid Foods: Water Bath Canner, Steam Canner

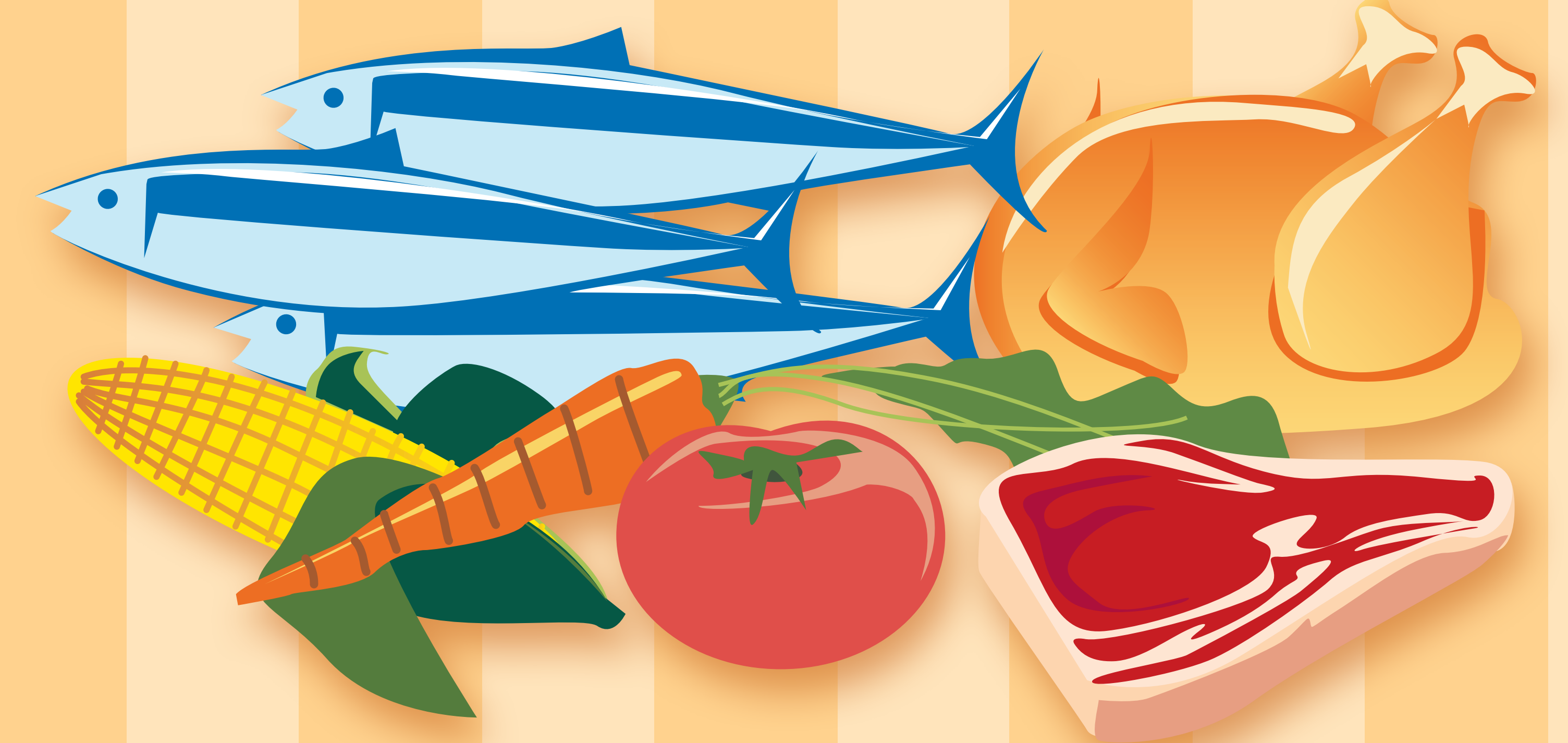


Foods include: Fruits, Pickles, Sweet Spreads, Tomatoes and Salsa

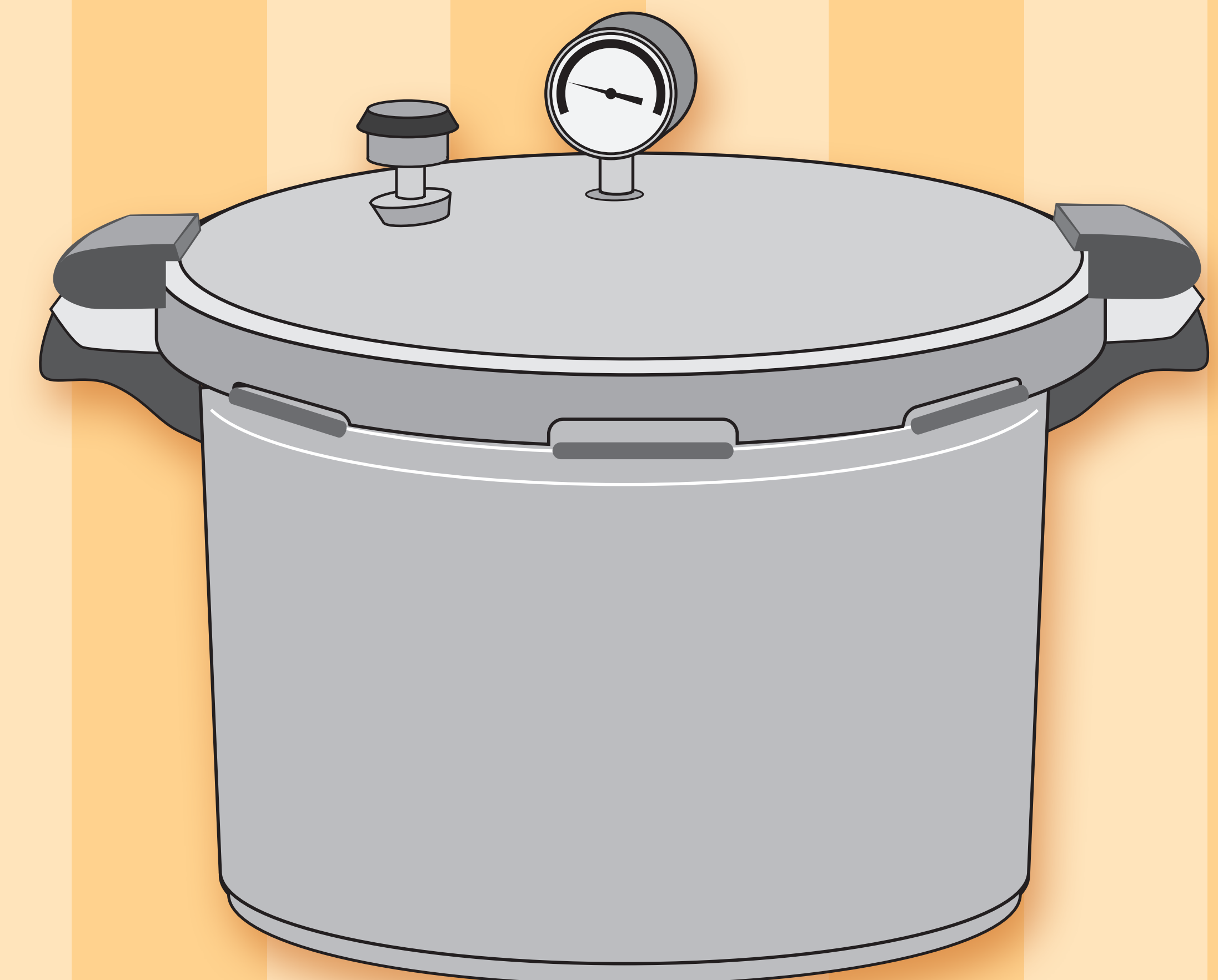


For food processed 45 minutes or less ONLY

For Low Acid Foods: Pressure Canner



Foods include: Vegetables, Meat, Seafood/Fish, Poultry and Tomato/Vegetable mixtures



Grow a garden? Buy produce at your local farmers market? Put away old recipes and methods. Respect the past and use up-to-date recipes and methods to preserve these fresh foods safely.

For questions, information, and recipes, contact your local county/district extension office or go to www.rrc.ksu.edu and click on "Food Preservation."