

HOUSEHOLD MEMOS... by Lynn Chambers

Vegetable	Preparation Required	PROCESSING	
		Pressure Cooker	Minutes Pounds
Asparagus	Wash, precook 3 minutes, pack.	40	10
Beans (String)	Wash, string, cut or leave whole, precook 5 minutes.	40	10
Beans, Lima	Shell, grade, wash, precook 5 minutes, then pack.	55	10
Beets	Wash, retain stem, cook 15 minutes, slip skins, pack.	40	10
Brussels Sprouts	Remove outer leaves, wash, precook 5 minutes, add fresh water.	40	10
Cabbage	Wash, peel, precook 5 minutes, pack hot.	35	10
Carrots	Remove outer leaves, wash, precook 4 minutes, pack.	35	10
Cauliflower	Remove husk, precook 5 minutes, pack.	80	10
Corn on Cob	Cut from cob, precook 5 minutes, pack.	80	10
Corn, Whole-Kernal	Wash, steam to wilt, pack loosely.	60	10
Greens, all kinds	Wash, pare, precook 5 minutes, pack.	35	10
Parsnips, Turnips	Shell, grade (use only young), precook 3 minutes, pack loosely.	60	10
Peas	Cut in pieces, steam or bake until tender, pack.	60	10
Pumpkin, Squash	Wash, cut in pieces, steam or bake until tender, pack.	60	10
Sauerkraut	Wash, cut, add salt, no water.		

Vegetable Preparation and Processing (See Directions Below)

Home-grown vegetables are beginning to push their way out of the soil in your own victory gardens. Perhaps, at first, you will be so delighted that you will want them all for the table, but soon will come the realization that you can "put up" most of your points for next winter if you can them now.

Because pressure cookers are unrationed this year, most homemakers will use them for processing vegetables. That is all to the good, for the use of the pressure cooker cuts down processing time, and insures more success in canning if properly used.

Non-Acid Vegetables. Before getting into the fundamentals of canning, we must understand the difference between acid and non-acid vegetables. Tomatoes are in the acid group, but the others, green beans, corn, peas, etc., are all non-acid, and require processing under pressure so that they will keep.

Fresh Vegetables. Selection of the vegetable for canning is one of the important steps. You will be much more careful of what vegetables you put up, if you remember these two points:

1. You get out of your can only what you put into it, i. e., if you can an old, withered ear of corn, then that's what you'll have when you open the jar.
2. Canning, at best, does not improve your food; it only preserves it.

Save Used Fats!

Short Route to Jar. Another old maxim that comes in handy during canning time is the one which goes, "two hours from garden to can." That means that you pick the vegetables from your garden and start canning immediately.

If you buy vegetables, get to the market early, and select those that come in fresh in the morning. Take them home and get them started on their way to the jar as fast as possible.

Incidentally, if you are using your own victory garden as a supply base for canning vegetables, be sure to pick them in the morning while the morning dew is still on them. Picking them later in the day, after the sun has dried out some of their natural moisture, will not give nearly as good results.

Preparation Required. 1. It's a good idea to wash jars first in hot soapy suds and check them for nicks and cracks. All canning equipment may be prepared a day ahead to have everything in readiness when canning actually begins. 2. Prepare vegetable as directed in chart above. In many cases pre-cooking is recommended to shrink the vegetable and set the color.

Lynn Says:

Are you perplexed as to how many jars you should have for canning? How much will the vegetable make when "put up?" Here are some guides: Asparagus—12 pounds yields 6 pints "stalk," or 2 pints "cut." Beets—1 bushel makes 40 pint jars, cut in thin slices. Corn—100 ears of Golden Bantam yields about 14 pints. Greens—1 bushel spinach yields 13 pint jars. Dandelion greens—1 bushel yields 15 pint jars. String beans—1 bushel yields 17 to 20 quarts. Tomatoes—1 bushel yields 16 to 20 quarts.

3. As soon as vegetable is prepared, get into the jar as soon as possible, otherwise flat sour may develop.

Packing Vegetable. 4. Most vegetables are packed to within one-half inch of the top of the jar. Exceptions to this rule are corn, peas and lima beans.

5. Liquid in which vegetable was precooked may be added to the jar except in the case of strong liquids such as spinach and greens.

Before Processing. 6. Wipe top of jar before placing on lid. Use manufacturers' directions in this case, as all lids differ and your manufacturer knows what kind of tightening is necessary.

Processing. 7. Process vegetable, using time table given above. In using the pressure cooker, allow steam to escape for 7 to 10 minutes before closing petcock. Allow pressure gauge to come up to desired temperature before starting to count processing time. When processing time is over, remove cooker from range, then let pressure gauge come back to zero before opening.

Storage Tips. 8. Remove jars from cooker and lay on several thicknesses of cloth or paper. Do not tighten lid unless so directed by the manufacturer of the jar. Some jars should not be inverted. Here again, consult your individual directions.

9. Store in a cool, dark place. Make sure the jars are not in a draft.

Use of Vegetables. Before tasting or using any home-canned vegetables, boil them in an open vessel for 10 minutes. This will kill any of the toxins which may have formed in the jars.

Non-dieting friends will like this: **Chocolate Chip Pie.**

- 1 baked pie shell
- 1 tablespoon unflavored gelatin
- 1/2 cup cold water
- 1 1/2 cups milk
- 3 egg yolks
- 1/2 cup sugar
- 1/4 teaspoon salt
- 1/4 teaspoon nutmeg
- 1/2 teaspoon vanilla
- 3 egg whites
- 3 tablespoons sugar

Soak gelatin in cold water. Scald milk. Add slowly to beaten egg yolks. Add 1/2 cup sugar, salt and nutmeg. Cook in double boiler over hot water, stirring constantly until mixture coats a spoon. Add soaked gelatin and vanilla. Chill until slightly thickened. Beat egg whites until stiff. Beat in remaining 3 tablespoons sugar. Fold in gelatin mixture. Pour into baked pie shell. Chill until firm. Sprinkle with chipped semi-sweet chocolate.

Lemon Meat Loaf. (Serves 5 to 6)

- 1 1/2 pounds lean pork, ground
- 2 eggs, beaten
- 1/2 cup cracker crumbs
- 2 strips bacon
- Juice and rind of 1 lemon
- 1 cup canned tomatoes
- Salt and pepper to taste
- 1/2 cup milk

Combine the meat, eggs, cracker crumbs, seasonings and lemon juice and rind. Place in loaf pan and cover with tomatoes and strips of bacon. Bake covered in a slow (250-degree) oven for 2 hours. Remove cover and add milk and continue baking uncovered for 1/2 hour more.

If you wish more detailed instructions on vegetable canning, write to Miss Lynn Chambers, Western Newspaper Union, 210 South Desplaines Street, Chicago 6, Illinois. Please don't forget to enclose a stamped, self-addressed envelope for your reply.

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