

Bean Canning Recipe Dangerous

Home canners who put up their green beans according to a recipe that is now circulating throughout North Carolina may find that the only way that so-called "new method" saves time is by shortening your life.

According to Jane Aitchison, foods and nutrition specialist with the North Carolina Agricultural Extension Service, the recipe could produce deadly results.

In it, 6 quarts of green beans are covered with water and simmered. A mixture of 1/2 cup each of sugar and vinegar is boiled together, then added to the beans with 1 teaspoon salt.

The bean mixture is then poured into jars; lids and bands are screwed on and the jars are put up for storage without any further processing.

Canners are interested in this method because they are told they can skip the step that requires the beans to be processed in a pressure canner.

However, beans are a low acid food and need to undergo pressure canning. The addition of the vinegar to the beans does not even begin to change the pH and raise the acid content enough to make the mixture suitable for water bath canning.

In fact, according to Ms. Aitchison, in order for the beans to qualify for water bath canning instead of pressure canning, there would need to be at least 1/2 cup vinegar for each quart jar used in the recipe. And that recipe would certainly fall into the pickled product category, she says.

Without high acidity and with the heat treatment provided by a pressure canner, botulism toxin can easily form in the jar.

Botulism toxin is so potent that just a taste of a food containing it can cause death.

For those who worry about the cost of pressure canning their beans - rest easy. According to research done by another extension foods specialist, Dr. Nadine Tope, the cost of energy needed to process 7 quarts of green beans in a pressure canner is only about 4 or 5 cents.

The following are tested, safe, green bean canning recipes provided by the Agricultural Extension Service. For more information on canning of any kind, call your county extension office.

canning tips

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HOT PACK GREEN BEANS

1. Use freshly gathered beans which are young, tender and crisp. Wash them thoroughly and rinse carefully. Lift the beans out of the water and drain.
2. Trim the ends, remove any strings; cut or break into pieces. Prepare only enough for one canner load.
3. Cover the beans with boiling water and boil for five minutes.
4. Stand clean, hot canning jars on a wood or cloth surface. Add 1 teaspoon salt per quart, 1/2 teaspoon per pint.

Pack the beans in the jars, leaving 1 inch head space, and cover with boiling water. Eliminate air bubbles with a non-metallic kitchen utensil.

5. Wipe the top and threads of the jar with a clean damp cloth. If using vacuum lids with metal screw bands, put the lid on with the sealing compound next to the jar. Screw the band down evenly and tight.

6. Place the jars into a steam pressure canner containing two to three inches of water, or the amount recommended by the manufacturer.

7. Place the canner over heat and lock the cover

according to manufacturer's instructions.

8. Leave the vent open until steam escapes steadily for 10 minutes.

9. Close the vent. At altitudes less than 2,000 feet, bring the pressure to 10 pounds. Keep the pressure steady for 20 minutes for pints; 25 minutes for quarts. For altitudes higher than 2,000 feet, contact your extension home economics agent for further instructions.

10. Remove the canner from the heat. Let the pressure fall to zero naturally. Wait 2 minutes, then slowly open the petcock. Unfasten the cover; slide cover slightly toward you, allowing steam to escape on opposite side, or according to manufac-

turer's instructions.

11. Lift the cover. Let set 10 minutes and remove the jars, placing jars on cloth, out of drafts, with space between them. Do not tighten the bands on jars after processing.

12. Let the jars stand several inches apart until cool; about 12 hours.

13. Test the seal by checking the center of the lid. If the dome is down, the jar is sealed. Remove the metal screw bands and store the jars in a dry, dark, cool place.

Note: The processing times given in this recipe are for young, tender green beans only. If you like to can beans when they reach the "shell out" stage, they will require 15 to 20 minutes longer processing time.

Ask your extension agent to be sure.

COLD PACK GREEN BEANS

1. Wash, drain, string, trim ends and break or cut freshly gathered beans into 2 inch pieces.

2. Pack tightly into hot, clean jars, leaving 1 inch head space.

3. Add 1/2 teaspoon salt to each pint or 1 teaspoon salt to each quart.

4. Cover beans with boiling water, leaving 1 inch head space.

5. Adjust the caps and process pints for 20 minutes at 10 pounds pressure. Follow hot pack recipe for jar cooling and storage directions.

Mushrooms and Rice Make Unusual Salad



Mushrooms give a fascinating meaty quality to any dish they're in.

Here they form a novel combination with nutty-textured brown rice, nutritious alfalfa sprouts and diced tomato. But remember - when you're preparing the salad, don't soak fresh mushrooms. Just give them a quick rinse in cool water and blot dry on paper towels.

MUSHROOMS AND RICE HEALTH SALAD

1/2 pound fresh mushrooms
2 1/4 cups cooked brown rice (1/2 cup raw)
1 cup diced tomato
1 cup alfalfa or bean sprouts
1/4 cup prepared Italian salad dressing
Rinse, pat dry and slice mushrooms (makes about 2 1/2 cups). Place in a medium bowl with rice, tomato and sprouts. Add salad dressing; toss gently. Cover and refrigerate at least 1 hour. Yield: 4 to 6 portions (5 cups).

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Moorman-Byrd Reunion Slated

The Family Circle Club of the Moorman, Byrd and Rice families will hold their 1979 family reunion in Pittsburgh, Pa. August 18 and 19. The theme for the reunion will be "strengthening family ties."

The Moorman and Byrd families held their reunion last year in Winston-Salem at the Downtowner Motor Inn, the Masonic Lodge Hall and Tanglewood Park. The principal speaker for

last year's event was Robert Moorman. The youngest and oldest in each family were honored.

The program committee for this year's event are Mrs. Everleen Byrd, Mrs. Willie Groce, Robert Moorman and James Byrd. Mrs. Sandra Thomas will be doing background information of the family tree and roots.

The officers of the Family Circle Club are: Rutherford Moorman, Jr., president; Arnella Hardy, secretary; Mrs. Willie Mae Grace, financial secretary; and Wash T. Byrd, treasurer.

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