

## Extension news

PAIGE UNDERWOOD

The ripe juicy fruits of the season taste good. But the squirts and dribbles of their juices leave tell-tale signs on clothes and table linens.

When a ripe fruit or berry squirts juice on your blouse or shirt, your first inclination may be to wipe it off with soap and water. Don't! Using soap on any fruit stain may help set the stain.

Instead, apply an enzyme pre-soak to the stained area or soak in cold water. Then work a detergent into the stain.

Launder the garment using a bleach appropriate to the fabric. You may need to sponge set stains with white vinegar. Then work a detergent into the stained area and launder the garment.

If the fabric can tolerate it, pour boiling water through the stain. To do this, place the stained area over a bowl and secure with a rubberband.

Please register by calling 426-7697.

## Canning tips

### Figure product yield

Ever wonder how many fruits or vegetables to buy for home canning?

You can expect to get 30-44 pints of peaches and 30-40 pints of snap beans from one bushel of green beans.

About 16 to 20 quarts of summer squash can be canned from one bushel of product and 50 pounds of pumpkin fill about 15 quart jars.

Knowing how much canned product can be obtained from fresh fruits or vegetables can help you decide whether it is economical to buy the product and can it yourself or buy the produce already canned, according to Dr. Tope.

### Jars won't close?

Jars that don't seal after processing happen once in a while to every home canner, but when it happens often it's a good sign you're doing something wrong.

The most common reason is failure to read and the instructions on the package of lids, according to foods and nutrition specialists with the North Carolina Agricultural Extension Service.

Since each manufacturer uses a different composition for the sealing compound around the edge of the lid, following the directions on the box is very important.

A jar may also fail to seal if you leave the wrong amount of headspace at the top of the jar or forget to "knife out" any air bubbles inside the jar.

Failures can be due to defective jars or the use of jars other than standard canning jars.

Seals may fail if you don't process the food as long as recommended in a reliable

canning book or if there is food on the sealing edge of jars.

Not holding an even steady temperature during processing may also result in food on the sealing edge of jars. The same thing may happen if steam is released too quickly after processing. Let the pressure in the canner reach zero naturally before removing the cover, they advise.

Using bands that have dents, rusty spots or warped edges may cause uneven pressure on the lid and keep jars from sealing. Problems may also be caused by tightening or loosening the bands immediately after processing.

Don't lift jars by the tops or invert the tops while hot; either can prevent sealing.

Always use tongs for removing jars from the canner and leave the jars with space between them in an upright position to cool.

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