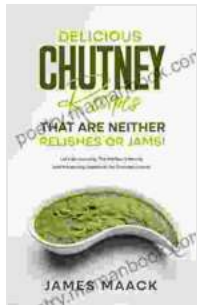


Let Go Canning: A Beginner's Guide to Preserving Your Harvest



Delicious Chutney Recipes That Are Neither Relishes or Jams!: Let's Go Canning: The Perfect Canning and Preserving Cookbook for Chutney Lovers!

★★★★★ 5 out of 5

Language	: English
File size	: 16817 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 67 pages
Lending	: Enabled



What is Let Go Canning?

Let go canning is a method of preserving fruits and vegetables that involves cooking them in a sugar syrup and then sealing them in jars. This method is different from traditional canning in that it does not require the use of a pressure cooker or boiling water bath. This makes it a great option for beginners who are looking for a simple and safe way to preserve their food.

Benefits of Let Go Canning

There are many benefits to let go canning, including:

1. It is a simple and safe way to preserve food.

2. It does not require the use of a pressure cooker or boiling water bath.
3. It can be used to preserve a wide variety of fruits and vegetables.
4. The resulting products are delicious and can be enjoyed for months.

How to Let Go Can

To let go can, you will need the following:

1. Fresh fruits or vegetables
2. Sugar
3. Water
4. Jars with lids and rings

Once you have gathered your supplies, you can follow these steps to let go can:

1. Prepare your fruits or vegetables. Wash them thoroughly and remove any stems or seeds.
2. Make a sugar syrup. Combine 1 cup of sugar with 1 cup of water in a saucepan. Bring the mixture to a boil over medium heat, stirring constantly. Reduce heat to low and simmer for 5 minutes, or until the sugar has dissolved.
3. Add your fruits or vegetables to the sugar syrup. Bring the mixture back to a boil over medium heat. Reduce heat to low and simmer for the amount of time specified in the recipe. (See below for recommended simmer times.)

4. Remove your fruits or vegetables from the sugar syrup and pack them into jars. Leave 1/2 inch of headspace at the top of each jar.
5. Pour the sugar syrup over the fruits or vegetables, filling the jars to within 1/2 inch of the top.
6. Wipe the rims of the jars with a clean cloth. Place the lids on the jars and screw on the rings until they are finger-tight.
7. Process the jars in a boiling water bath for the amount of time specified in the recipe. (See below for recommended processing times.)
8. Remove the jars from the boiling water bath and let them cool completely. Once the jars are cool, check the seals by pressing on the lids. The lids should not pop up or flex when pressed.

Recommended Simmer and Processing Times

The following are recommended simmer and processing times for different types of fruits and vegetables:

Fruit or Vegetable	Simmer Time	Processing Time
Apples	5 minutes	20 minutes
Apricots	5 minutes	20 minutes
Berries (blackberries, blueberries, raspberries, strawberries)	5 minutes	15 minutes
Cherries	5 minutes	20 minutes

Fruit or Vegetable	Simmer Time	Processing Time
Peaches	5 minutes	20 minutes
Pears	5 minutes	20 minutes
Plums	5 minutes	20 minutes
Rhubarb	5 minutes	15 minutes
Tomatoes	5 minutes	15 minutes

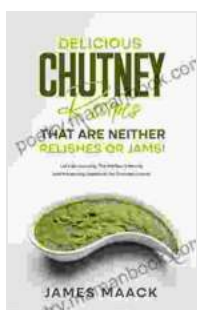
Troubleshooting

If you encounter any problems when let go canning, here are some troubleshooting tips:

- **The lids did not seal.** This can be caused by a number of factors, including:
 - The rims of the jars were not clean.
 - The lids were not placed on the jars correctly.
 - The rings were not screwed on tightly enough.
- **The jars cracked during processing.** This can be caused by:
 - The jars were not heated evenly.
 - The jars were filled too full.
 - The jars were not processed for long enough.

- **The food spoiled.** This can be caused by:
 - The food was not properly prepared.
 - The jars were not properly sealed.
 - The jars were not stored in a cool, dark place.

Let go canning is a simple and safe way to preserve your harvest. It is a great option for beginners who are looking for a low-cost way to preserve their food. With a little practice, you can can a variety of fruits and vegetables to enjoy all year long.

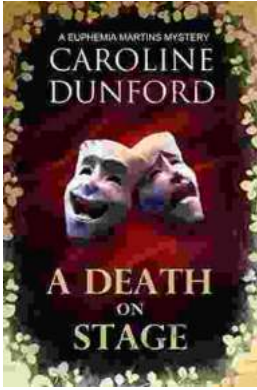


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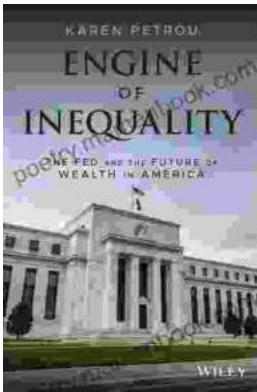
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