

Laws of Food Preservation: Canning in Jars

1. Use fresh, high quality vegetables & fruits
2. **Use a current, tested recipe from a reliable source to ensure safety and success!**
3. Consult Rutgers Cooperative Extension or the [National Center For Home Food Preservation](#)
4. **Follow the recipe amounts & directions exactly for safety!**



Process all jars as specified in the recipe

High acid foods: Fruit, tomatoes (with added acid), pickled food, jam, jelly
Process in a boiling water bath

Add lemon juice or citric acid to all tomato & fig products

Add 1 TBSP bottled lemon juice to a pint, or 2 TBSP to a quart

Low acid foods: all vegetables, meat, poultry, seafood & mixtures with these foods - **Use a pressure canner**

Store in a cool dark place & use home canned food within one year.