



Clark County

Master Food Preservers

WASHINGTON STATE UNIVERSITY
EXTENSION

Find us on 

Canning and Preserving - WSU Clark County Extension

Lists upcoming classes, various notifications, recalls and much, much more on its posts.



WSU Home Food Preservers - Clark County

A Q&A format page ran by Clark County Master Food Preservers. This is a closed group site, just ask to join!



Clark County

Master Food Preservers

WASHINGTON STATE UNIVERSITY
EXTENSION



2018

Resources and Classes

WSU Clark County Extension

1919 NE 78th St

Vancouver, WA 98665

(360) 397-6060

Email – wsufoodsafety@clark.gov

<http://extension.wsu.edu/clark/?p=1134>

WSU Extension programs and employment are available to all without discrimination. Evidence of noncompliance may be reported through your local WSU Extension office.



What is the WSU Extension

Master Food Preserver program?

The WSU Master Food Preserver (MFP) program is a volunteer outreach program for bringing research-based food preservation and food safety education to consumers and communities in Clark & Cowlitz counties.



Volunteers receive over 50 hours of initial training and then provide 50 hours of volunteer time each year.

Master Food Preserver activities and outreach include:

- Teaching “You Can” food preservation classes
- Market Fresh newspaper articles for The Columbian
- Answering questions for the Help Line
- Developing and Staffing displays at the fair and events
- Testing dial pressure gauges
- Participating in the Facebook group

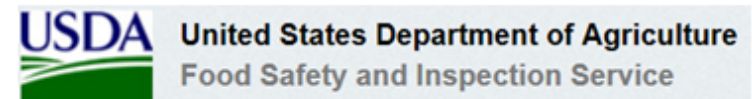
ONLINE FOODSAFETY RESOURCES



<http://www.uga.edu/nchfp>

[Foodsafety.gov](https://www.foodsafety.gov)

<https://www.foodsafety.gov/index.html>



<https://www.fsis.usda.gov/wps/portal/fsis/home>



www.foodsafety.gov/keep/foodkeeperapp/index.html

FIGHT BAC!®
Partnership for Food Safety
Education

Supporting consumers to prevent food poisoning.

www.fightbac.org/

Available Publications

Washington State University Extension Publications

<http://extension.wsu.edu/clark/?p=1134>

Available for download in PDF format

Using and Caring for your Pressure Canner	PNW421
Freezing Home Prepared Convenience Foods	PNW296
Canning Vegetables	PNW172
Canning Fruits	PNW199
Freezing Fruit & Vegetables	PNW214
Drying Fruits & Vegetables	PNW397
Canning Tomatoes and Tomato Products	PNW300
Pickling Vegetables	PNW355
Salsa Recipes for Canning	PNW395
Storing Fruits & Vegetables at Home	EB1326E
Pickling Fish & Other Aquatic Foods for Home Use	PNW183
Canning Seafood	PNW194
Smoking Fish at Home Safely	PNW238
Canning Meat, Poultry and Game	PNW361
Home Canning Smoked Fish	PNW450
Making Jerky at Home Safely	PNW632
Home Freezing of Seafood	PNW586
Big Game from Hunt to Home	PNW517
Pickled Eggs	EB1104
Storing Food for Safety and Quality	PNW612
Storing Vegetables and Fruits at Home	EB1326
Making Jams, Jellies and Fruit Spreads	FS232E
Low Sugar Fruit Spreads	FS236E
Remaking Soft Jams & Jellies	FS253E
Preserving Berries	FS233E
Preserving Berry Syrups at Home	FS238E
Yogurt Made Simple	FS173E
Using a Food Thermometer	MISC0513

Master Food Preserver Training Starts October 5th!

Space is limited. Application deadline: September 1.

All Classes are Friday 8:45-4:30 pm

Food Safety & Nutrition	October 5
Dehydrating & Freezing	October 12
Canning Basics	October 19
Pickling	October 26
Jams & Jellies	November 2
Pressure Canning	November 9
Review, Potluck. Celebration!	November 16

Requires application, signed volunteer contract and \$225 to cover cost of classes.

Materials provided: WSU Extension MFP Handbook, So Easy to Preserve and USDA Complete Guide to Home Canning.

Orientation and Information Session:

September 7, 2018

3:00 to 4:30 pm

WSU Clark County Extension

78th Street Heritage Farm

1919 NE 78th Street

Vancouver, WA 9866

Steps for Safe and Successful Home Canning

Safe Recipes



Use research-based, laboratory tested, up-to-date recipes from the resources in this brochure.

Follow Directions



Read recipe and directions carefully before starting. Know the difference and appropriate use of water bath canners and pressure canners.

Store Properly



Date and store home-canned foods no more than 12 months between 50-70 degrees F. Avoid direct sunlight.

WATER BATH OR PRESSURE CAN?

There are 2 acceptable methods for canning foods at home:

- 1) Boiling Water Bath Canning
- 2) Pressure Canning

Acid Foods	Low Acid Foods
pH of 4.6 or lower	pH higher than 4.6
Most fruits, pickles, fully fermented sauerkraut, jams, and jellies.	Meats, poultry, fish, seafood, and all fresh vegetables except some tomatoes.
Boiling Water Bath Canning is Safe	<i>Must use Pressure Canner to Prevent Botulism</i>

What about tomatoes?

Some tomatoes have a pH above 4.6. They require acidification with lemon juice, vinegar, or citric acid before canning. To be safe, always use a USDA tested and approved canning recipe.

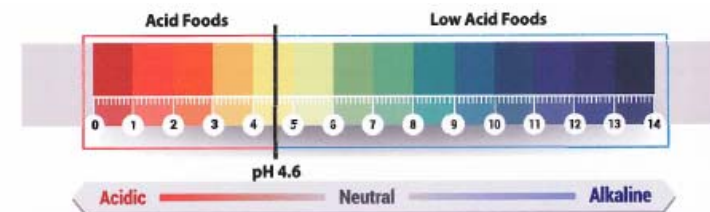


Figure 3.1. The pH scale is used to determine whether foods are canned in a boiling water canner (acid foods) or in a pressure canner (low-acid foods).

Adapted from:

Fundamentals of Consumer Food Safety and Preservation: Master Handbook EC002

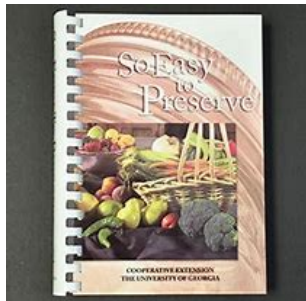
Lizann Powers-Hammond & Sandra M. McCurdy, 2015

SAFE CANNING RESOURCES

WSU Extension and PNW Publications

<http://extension.wsu.edu/clark/healthwellness/foodpreservation/>

Most available for free download or for purchase at the WSU Extension Clark County office (prices vary)



So Easy to Preserve
The University of Georgia

Available at WSU Clark
Co Extension Office **\$30**

USDA Complete Guide to Home Canning

Available for download at: http://nchfp.uga.edu/publications/publications_usda.html

ALSO AVAILABLE AT THE WSU EXTENSION CLARK COUNTY OFFICE: CLEAR JEL 1 POUND PACKAGE \$5

MOBILE APPS FOR FOODSAFETY



Food Keeper App

www.foodsafety.gov/keep/foodkeeperapp/



Canning Timer & Checklist App

<https://catalog.extension.oregonstate.edu/pnw689>



Preserve the Taste of Summer is a comprehensive food preservation program that includes eight lessons. It is a great opportunity for anyone age 18 years or older who is interested in learning how to safely preserve foods. It is designed for beginning canners and also veteran canners who want to update their knowledge and skills. The lessons provide the most current USDA approved food preservation recommendations. Take this program from the convenience of your own home at



ONLINE LESSON SERIES

Lesson 1: Intro to Food Preservation

Lesson 2: Canning Basics

Lesson 3: Canning Acid Foods

Lesson 4: Canning Low Acid Foods

Lesson 5: Pickled & Fermented Foods

Lesson 6: Making & Preserving Fruit Spreads

Lesson 7: Frozen & Refrigerated Foods

Lesson 8: Drying Foods

Lesson Series Cost: **\$25**



ONLINE LESSONS

COST: \$25

The online lessons can be viewed at your convenience. They do not need to be viewed at the same time. You will need a computer, smart phone or tablet and a stable internet or wi-fi connection.

To register for the online series, visit

<http://preservesummer.cahnrs.wsu.edu>

2018 Class Schedule

These classes are held at the WSU Clark County Extension / Heritage Farm at 1919 NE 78th Street, Vancouver, WA

Cost: \$20 per class or \$100 for all 8 "You Can!" classes

"You Can!" Spring Series

Thursdays 1:00 pm – 3:00 pm

April 5 – Canning Fruits

April 12 – Jams & Jellies

April 19 – Pickling Fruits and Vegetables

April 26 – Fermented Vegetables and Yogurt

May 3 – Canning Tomatoes and Salsas

May 10 – Dehydrating Fruits and Vegetables

May 17 – Preserving Vegetables, Beans, and Soups

May 24 – Preserving Meat, Fish, Poultry and Making Jerky



"You Can!" Summer Series

Thursdays 6:00 pm – 8:00 pm

July 19 – Canning Fruits

July 26 – Jams & Jellies

August 2 – Pickling Fruits and Vegetables

August 9 – Fermented Vegetables and Yogurt

August 16 – Canning Tomatoes and Salsas

August 23 – Dehydrating Fruits and Vegetables

August 30 – Preserving Vegetables, Beans, and Soups

September 6 – Preserving Meat, Fish, Poultry and Making Jerky

Preserving Fish & Seafood

Wednesday, June 20, 2018

6:00 pm – 8:00 pm

Preserving Wild Game

Wednesday, July 25, 2018

6:00 pm – 8:00 pm

Cost: \$20 per class

To register, search for class on:

BROWN

PAPER

TICKETS

Safe Canning Reminders

- If recipe lists lemon juice, use bottled not fresh.
- If recipe lists vinegar, use 5% acidity or higher.
- Recipes developed before 1989 are NOT recommended.
- Only dried herbs may be added to a canning recipe for added flavor, fresh herbs are not safe unless the recipe calls for them.
- Tomatoes must have bottled lemon juice added for safe processing.
- Always remove the rings from your jars before storing.



Help

Plan BEFORE You Can

Contact us before getting started to make sure you are using a safe, USDA tested technique for preserving your bounty.

Food Safety & Preservation Helpline

360-395-6060 ext. 5366

Monday through Friday

10 AM - 4 PM

“A sealed jar is not always a safe jar”



Ask Karen

USDA Food Safety Inspection Services - www.fsis.usda.gov

“Ask Karen” is a knowledge base with consumer information about preventing food-borne illness, handling food safely, proper food storage, and safe preparation of meat, poultry, and egg products. You can ask questions from a virtual representative 24/7 or have a live, online chat from 10am - 4pm, Monday thru Friday Eastern Time (excluding federal holidays), or call 888-674-6854

Out and About Classes

These classes are sponsored by the following businesses and taught by WSU Master Food Preservers.

Contact businesses for registration.

Shorty's Garden Center

10006 Mill Plain Blvd, Vancouver, WA - 360.892.7880

Saturdays 10:00 pm – 12:00 pm

- ◆ June 23 - Jams & Jellies
- ◆ July 14 - Fruits
- ◆ July 28 - Pickles, Relish & Salsa
- ◆ August 18 - Canning/Freezing Vegetables & Meat

Parkrose Hardware - Hazel Dell

8002 NE 6th Ave, Vancouver, WA 360.635.4700

- ◆ August 25 – Canning Fruits, Jams & Jellies (10 am - 11 am)
- ◆ August 25 – Tomato Products & Salsa (2 pm - 3 pm)

Parkrose Hardware - Vancouver

16509 SE 1st Street, Vancouver, WA , 360.693.7881

- ◆ August 26– Canning Fruits, Jams & Jellies (10 am - 11 am)
- ◆ August 26 – Tomato Products & Salsa (2 pm - 3 pm)

Bob's Sporting Goods

1111 Hudson St, Longview, WA 360.425.3870

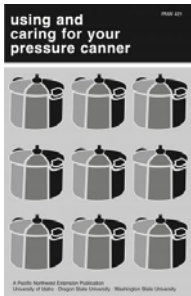
Tuesdays 5:00 pm – 7:00 pm

June 5	Fruits, Salsas & Pie Fillings
June 12	Making Jams & Jellies
June 19	Pickling
June 26	Tomato & Salsa
July 10	Preserving Meat, Poultry & Seafood
July 17	Preserving Vegetables, Beans & Soups
July 24	Drying & Dehydrating Fruits & Vegetables

Pressure Canner Gauges

There are 2 types of pressure gauges for canners:

DIAL	WEIGHTED
	
Needs to be tested each year	Does not need to be tested.
Very precise adjustments for higher altitudes.	Only 5, 10 & 15 pound increments.
Watch dial to make sure at proper pressure.	"Listen" to make sure at proper pressure.
Must be replaced if more than 2 pounds off.	Always accurate if used correctly.



This publication and many others are available for PDF download on the WSU Clark County Extension website:

<http://extension.wsu.edu/clark/?p=1134>

Dial Gauge Testing Clinics



WSU Clark County Extension

1919 NE 78th St, Vancouver WA 98665 · 360-397-6060

Thursday's - 12:30PM - 1:30PM

July 26

August 9 · August 23

September 6 · September 20

October 4

Wilco - Battle Ground

815 W Main St, Battle Ground, WA 98604 · 360-687-3113

Saturday's - 11:00AM - 12:00PM

June 9 · June 23

July 7 · July 21

August 4 · August 18

September 8 · September 22

October 6

Wilco - Vancouver

1901C NE 162nd Ave, Vancouver WA 98684 · 360-258-4233

Saturday's - 2:00PM - 3:00PM

June 16

July 14

August 11

September 8

October 13

Bring: Lid with dial gauge, rubber gasket/ring and safety plug and \$5.00 per gauge (cash or check made out to WSU Extension)

Note: All American pressure gauges must be taken off the lid to bring for testing. All others can stay attached to the lid. The canner model is located on the bottom of the canner or the lid.