

# N EXTENSION

## How Savvy are YOU with Home Canning?



Is it safe to can green beans in a boiling water canner?

- Yes
- No

Can you tell by looking if a food contains botulinum toxin?

- Yes
- No
- You can tell if you are an experienced canner

Which of the following should be added to acidify tomatoes during the canning process?

*Yes or No to each answer*

- Freshly squeezed lemon juice
- Vinegar, 5% acidity
- Commercially bottled lemon juice
- Citric acid

Is it safe to can fruits without sugar?

- Yes
- No
- It depends on the fruit

Can a food be canned at the same pressure (pressure canner) or same time (boiling water bath) at all elevations?

- Yes
- No
- It depends on the food

Which of the following ingredients may be safely adjusted in amount when canning salsa?

*Yes or No to each ingredient*

- Tomatoes
- Peppers
- Vinegar
- Cumin
- Onions

Is it safe to add rice, barley or other grains, noodles or other pasta, flour, cream, milk, or thickening agents when canning soups?

- Yes
- No

Is it safe to scrape off surface mold from jellies and jams and eat the remaining jelly/jam?

- Yes
- No

If my grandmother canned a recipe using open kettle canning, can I safely can the food that way?

- Yes
- No

My electric pressure cooker (ie: Instant Pot) has canning instructions - so it is safe to can in this appliance?

- Yes
- No

Can you leave out salt when canning vegetables?

- Yes
- No



# How Savvy are YOU with Home Canning?

## Answers

**Is it safe to can green beans in a boiling water canner?**

**No**

*Green beans are low in acid and need pressure canned to know they are safe.*

**Can you tell by looking if a food contains botulinum toxin?**

**No**

*Botulism normally can't be seen, smelled or tasted.*

**Which of the following should be added to acidify tomatoes during the canning process? Yes or no to each answer**

NO - Freshly squeezed lemon juice

YES - Vinegar, 5% acidity

YES - Commercially bottled lemon juice

YES - Citric acid

*Tomatoes acid level can vary depending on soil, growing conditions, and variety. They need a small boost of acid to be safe.*

**Is it safe to can fruits without sugar?**

**Yes**

*Sugar will help the fruit look better longer, but is not needed for safety.*

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**Can a food be canned at the same pressure (pressure canner) or same time (boiling water bath) at all elevations?**

**No**

*Water boils at different temperatures at different elevations. So canning times and pressure will vary depending on your elevation.*

**Which of the following ingredients may be safely adjusted in amount when canning salsa?**

Yes or no to each ingredient

NO - Tomatoes

NO - Peppers

NO - Vinegar

YES - Cumin

NO - Onions

*Only spices can be added when canning salsa.*

**Can you leave out salt when canning vegetables?**

**Yes**

*Salt is used as a flavoring, not a preservative in canning veggies.*

**Is it safe to scrape off surface mold from jellies and jams and eat the remaining jelly/jam?**

**No**

*Mold can be further into jellies and jams than the eye can see, best to toss.*

**If my grandmother canned a recipe using open kettle canning, can I safely can the food that way?**

**No**

*Would you trust a heart surgeon who was using techniques from 50 years ago? Be safe when canning, use current tested methods.*

**My electric pressure cooker (ie: Instant Pot) has canning instructions - so it is safe to can in this appliance?**

**No**

*These appliances haven't been tested to know they can safely can.*

**Is it safe to add rice, barley or other grains, noodles or other pasta, flour, cream, milk, or thickening agents when canning soups?**

**No**

*Canning times are based on acidity and thickness of the product. When you add thickeners it takes longer for the middle of the jar to get hot. So add thickeners after you open the jar to use.*



**Reliable Resources:**  
National Home Food Preservation  
<https://nchfp.uga.edu>  
**N** EXTENSION Nebraska Extension  
[www.food.unl.edu](http://www.food.unl.edu)

For more information about home food preservation visit:

<https://food.unl.edu/food-preservation>