

Easy Eats // Putting the “Fast” in Breakfast!



Start the day with healthy, filling and FAST nutrition!

The Breakfast Quest

If everyone knows that breakfast is the most important meal of the day, why do so many people skip it? The number one reason people don't eat breakfast is because they are too busy or don't have enough time.

While it's true that mornings can be crazy and hectic, there are also ways to sneak breakfast in without having to sacrifice your snooze button.

These breakfast ideas from Eat Well Utah are wonderful for everyone, but they are especially great for kids in grade school and high school. Helping kids start their day off right will help them stay energized and happy throughout the day. They will even perform better in school!

To learn more about the benefits of breakfast and how you can make a nutritious morning meal in SECONDS, [click here!](#)

To help you start your breakfast quest, here is a delicious recipe that is fast, easy and sure to get you off on the right foot.

Freezer Breakfast Burritos

Directions

Boil or cook potatoes in the microwave until tender. Once cool cut into 1" cubes. Heat 1 tsp. oil in a large skillet. Add in the sausage, pepper, and onion and cook until sausage is cooked through, about 5-7 minutes. Add the potato and cook and additional 2 minutes. Remove from heat. In a medium bowl whisk the eggs and milk together. Add the remaining oil to a skillet. Over medium heat add the egg mixture and cook, stirring to scramble, until just cooked through. Remove from heat. Top a tortilla with sausage mixture, eggs, and sprinkle with cheese. Roll up into a burrito and place on a parchment-lined baking sheet. Repeat with remaining tortillas. Place the burritos in the freezer. Once frozen remove them from the baking pan and place them in a freezer bag. Freeze for up to 3 months. To reheat, microwave for 2 minutes or until warmed through.

Ingredients:

2 large russet potatoes
2 tsp. canola oil
½ lb. turkey sausage
1 bell pepper
1 small onion
12 large eggs
½ cup milk
8 oz. shredded cheddar cheese
20 whole wheat flour tortillas

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[Click here](#) for 4 more delicious and easy breakfast recipes!

Top 10 // How to Fill an Empty Stomach on a Full Schedule



When your life is constantly on the go, don't let nutrition go!

Eating Healthy in a Hurry

It's a fact: life is crazy. Unfortunately, one of the first things to go when life gets hectic is a healthy diet. It's hard to find time to cook a delicious meal or prepare a variety of dishes when you barely have time to save your sanity!

When your life is in a whirlwind and you still want to watch what you eat, follow these top 10 tips from Eat Well Utah!

Here are a couple of tips:

#2. Keep a well-stocked pantry. A well stocked pantry with staple items like rice, pasta, canned fruits and vegetables, and herbs and spices can be thrown together for a quick, yet healthy meal when your day didn't quite go as planned. For a list of good foods to have on hand, [click here](#).

#6. Use a slow cooker. Many slow cooker recipes call for

little prep time and long, slow cooking times. Take a minute to throw the ingredients in the slow cooker, leave it, and you will have a great meal later.

For eight other great tips, [click here!](#)

Also, try one of these tasty, hasty dishes. They are perfect to make when your schedule is full but your stomach isn't.

Slow Cooker Chicken and Potatoes

Directions

Spray slow cooker with non-stick cooking spray. Place onions, carrots, and potatoes in the slow cooker. In a small bowl combine the broth, basil, and garlic. Pour over vegetables. In a medium bowl combine paprika and pepper; rub over chicken. Heat a medium skillet over high heat. Add oil to pan and swirl to coat. Add chicken to the pan and cook 3 minutes on each side or until browned. Place chicken on top of vegetables. Cover and cook on low for 3 ½ - 4 hours.

Ingredients:

1 medium onion, sliced
2 cups carrots, sliced
4-6 potatoes, sliced thin
1 cup low-sodium chicken broth
½ tsp. dried basil
1 tsp. minced garlic
1 tsp. paprika
½ tsp. ground black pepper
4 boneless, skinless chicken breasts
½ tbsp. olive oil

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Slow Cooker Shredded Chicken

Directions

Mix cumin, chili powder, and dressing in a bowl. Place frozen chicken in slow cooker and pour spice mixture over the chicken to cover. Cook on high for 5 hours or on low for 7 to 8 hours. Shred chicken in the slow cooker and mix it well.

Ingredients:

8 oz. Italian dressing
1 Tbsp. cumin
1 Tbsp. chili powder
3 lbs. frozen boneless, skinless chicken breasts.

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Green Chili Enchiladas

skillet meal 

Directions

Brown meat with onion and garlic; drain fat from meat. Mix in green chilies, seasonings, soup, and milk. Simmer mixture for 10 minutes. Cut tortillas in fourths. Layer tortillas and meat mixture in 9x13 baking dish, starting and ending with meat mixture. Top dish with cheese and bake at 350 degrees for 30 minutes.

Ingredients:

½ lb. lean ground beef
1 medium onion, chopped
1 clove garlic, minced
1 small can diced green chilies
½ tsp. cumin
¼ tsp. chili powder
½ tsp. salt
½ tsp. pepper
1 can cream of chicken soup
1 can black beans, drained and rinsed
1 ¼ cups skim or low-fat milk
8 corn tortillas
1 cup grated cheddar cheese

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Resource Roundup // Local Farmers Markets



It's not too late to enjoy fresh farm food and artisan goodies! To help you find a market near you, we have compiled a list of farmers markets around the whole state of Utah.

Farm Fresh Finds

Did you know it's National Farmers Market Week??

This national week calls for some local celebration. To join

the party, find the market nearest you and stop by and visit the next time it's up and running. It's never too late to enjoy fresh and delicious finds since most markets run through late fall!

9th West Farmers Market

Sundays, 10 am – 2 pm

Runs through October, International Peace Gardens, 1060 S. 900 West, Salt Lake City <http://9thwestfarmersmarket.org>.

Bountiful Farmers Market

Thursdays, 3 pm – dusk (or 8 pm)

Runs through October 29, 100 S. 100 East, Bountiful
www.bountifulmainstreet.com.

Cache Valley Farmers Market

Saturdays, 9 am – 1 pm

Runs through October 17, Logan Historic Courthouse, 199 N. Main, Logan
www.gardenersmarket.org.

Downtown Farmers Market

Sundays, 8 am – 2 pm

Runs through October 24, Pioneer Park, 350 S. 300 West, Salt Lake City www.slcfarmersmarket.org.

Downtown Harvest Market

Tuesday evenings, 4 pm – 9 pm

August 4 through October 20, Pioneer Park, 350 S. 300 West, Salt Lake City www.slcfarmersmarket.org.

Downtown Ogden Farmers Market

Saturdays 8 am – 1 pm

Runs through September 26, Ogden Historic 25th Street, Ogden
www.ogdenfarmersmarket.com.

Gardner Village Farmers Market

Saturdays, 9 am – 1 pm

Runs through October 31, 1100 W. 7800 South, West Jordan

www.wasatchfrontfarmersmarket.org.

Heber Valley Farmers Market

Thursdays, 4 pm – 9 pm

Runs through August 27, Main Street Park, 250 S. Main St., Heber City. Additional parking at the Heber City Police Station, 301 S. Main St.
www.ci.heber.ut.us/community/events/farmersmarket.

Kaysville – USU Botanical Center Farmers Market

Thursdays, 5 pm – 8 pm

Runs through September 24, Utah State University Botanical Center, 920 S. 50 West, Kaysville
www.usubotanicalcenter.org/htm/farmers-market.

LaVell Edwards Stadium Farmers Market

Thursdays, 3 pm – 7 pm

Runs through October 29, LaVell Edwards Stadium, Brigham Young University campus, Provo
http://dining.byu.edu/farmers_market.html.

Long Valley Farmers Market

Saturdays, 9 am – Noon

Runs through October 31, Kane County North Event Center, 475 N. State St., Orderville
www.facebook.com/pages/Long-Valley-Farmers-Market/1397811127154513.

Mapleton Farmers Market

Saturdays 8 am – 11 am

Runs through September 26, Mapleton City Center, 125 E. 400 North, Mapleton www.mapletonmarket.org.

Murray Farmers Market

Fridays and Saturdays, 9 am – 2 pm

Runs through October 31, Murray City Park, 200 E. 5200 South, Murray
www.murray.utah.gov.

Park City Farmers Market

Wednesdays, Noon – 6 pm

Runs through October 28, The Canyons, 4000 The Canyons Resort Drive, Park City

www.parkcityfarmersmarket.com.

Park Silly Sunday Market

Sundays, 10 am – 5 pm

Runs through September 20, 900 to 200 Main St., Park City

www.parksillysundaymarket.com.

Provo Farmers Market

Saturdays 9 am – 2 pm

Runs through October 31, Pioneer Park, 500 W. Center St., Provo

www.provofarmersmarket.org.

Rockhill Creamery Farmers Market

Saturdays, 10 am – 1 pm

Runs through October 17, Rockhill Farm, 563 S. State St., Richmond

www.rockhillcheese.com.

St. George Farmers Market

Saturdays, 8 am – 12 pm

Runs through Oct. 31, Courtyard at Ancestor Square, Main Street and St. George Blvd., St. George

www.farmersmarketdowntown.com.

South Jordan Farmers Market

Saturdays, 8 am – 2 pm

August 1 through October 31, South Jordan City Hall, 1600 W. Towne Center Drive, South Jordan

www.southjordanfarmersmarket.com.

Sugar House Farmers Market

Fridays, 4 pm – 8 pm

July 10 through October 16, 2232 S. Highland Drive, Salt Lake City

www.sugarhousefarmersmarket.com

Thanksgiving Point Farmers Market

Saturdays, 10 am – 2 p.m.

Runs through September 19, 3003 N. Thanksgiving Way, Lehi

www.wasatchfrontfarmersmarket.org.

Wasatch Front Farmers Market

Sundays, 9 am – 2 pm

June 7 through October 26, 6351 S. 900 East, Salt Lake City

www.wasatchfrontfarmersmarket.org.

Wayne County Farmers Market

Saturdays, 4 pm

Runs through October, Center and Main streets, Torrey

www.facebook.com/WayneCountyFarmersMarket.

Zion Canyon Farmers Market

Saturdays 9 am – 12 pm

Runs through Oct. 17, Bit & Spur Restaurant, 1212 Zion Park Blvd., Zion Canyon www.zionharvest.org/_includes/ZFM.htm.

Easy Eats // Create a Fruity Dessert



Have extra fruit on hand? Follow this guide to make a delicious dessert out of items that are already in your kitchen!

Here's a Fruity Idea!

Try making one of these yummy fruity desserts! They are perfect for a casual summer day or a fun neighborhood party. Whatever the occasion, everyone will love what you create!

Just follow these simple directions and you will have a delicious, refreshing and fruity dessert in no time.

For a fun twist, try making your dessert from fruit only purchased at a farmers market or fruit stand.

Enjoy!

CREATE A FRUITY DESSERT

Create a delicious fruity dessert from simple foods. Just choose an item from each category and follow the directions. Use your imagination! Each dish serves four adults.

1	Choose one or more fruits to make 4 cups				
	<ul style="list-style-type: none"> • Apple • Apricot • Banana • Blackberry • Blueberry • Cantaloupe • Cherry 	<ul style="list-style-type: none"> • Chokecherry • Clementine • Coconut • Cranberry • Dragon fruit • Elderberry • Grapefruit 	<ul style="list-style-type: none"> • Grapes • Guava • Honeydew • Huckleberry • Kiwi • Lemon • Lime 	<ul style="list-style-type: none"> • Mango • Nectarine • Orange • Papaya • Passion Fruit • Peach • Pear 	<ul style="list-style-type: none"> • Pineapple • Plum • Pomegranate • Raspberry • Rhubarb • Strawberry • Watermelon
2	Choose a preparation method				
	<p>• Fresh: Just wash, peel, and slice before enjoying the fruit.</p> <p>• Crumble: Preheat oven to 375° F. Cut fruit into uniform 1" cubes and layer on the bottom of a 9" baking dish. Combine the topping ingredients together in another bowl. Distribute the topping mixture evenly over the fruit. Bake for 35-40 minutes or until the fruit is bubbling and the topping is golden brown.</p> <p>• Parfait: Wash and cut fruit into bite sized pieces. Choose any variety of base ingredients and toppings; layer base, fruit, and toppings. Enjoy!</p> <p>• Base: yogurt (Greek), cottage cheese, oats, pudding</p> <p>• Toppings: crumble topping from above, granola, nuts, honey, crumbled graham crackers</p> <p>Crumble Topping</p> <ul style="list-style-type: none"> • 1/2 cup oats • 1/4 cup brown sugar • 1/4 cup whole-wheat flour • 2 tablespoons canola oil • 1 teaspoon cinnamon 				
<p>DIRECTIONS:</p> <p>Select fruit and preparation method. Follow instructions for desired method. The options and combinations are truly endless, so use your creativity in putting the fruity dessert together and the whole family is sure to enjoy your creation.</p>					

Click below for a printable version!
Create a Fruity Dessert

Save Your Summer Harvest! // Freezing Vegetables



Tips on how you can enjoy your garden veggies all year long!

Don't Forget About Your Freezer

Summer gardens have been planted, and it won't be long before it will be time to preserve the harvest. Canning and dehydrating are always options, but freezing is my favorite way to preserve vegetables.

I like freezing because it's fast. Freezing also preserves the fresh flavor and bright color of the vegetables. And, because vegetables are harvested at their peak and prepared and frozen quickly, they keep their nutrients.

You can prepare excellent frozen vegetables at home by following these tips.

1. Find a good set of instructions. I recommend the National Center for Home Food Preservation, <http://nchfp.uga.edu/>. They have lots of great information about freezing, canning, dehydrating, pickling and making jams and jellies. You can find general information or instructions for preserving a specific food.

2. Harvest the vegetables when they are tender and fresh. The quality will not improve with freezing. Start with the best.

3. Blanch vegetables to preserve their quality and extend the time they can be stored in the freezer. Using a blancher (a pan with an insert that holds the vegetables and allows you to lower the vegetables into the boiling water and lift them out) makes this job easier. Chill the vegetables in ice water for the same amount of time they were blanched.

4. Package the vegetables in air-tight boxes, plastic containers or bags designed for the freezer. Remove as much of the air as possible. Using containers specially designed for the freezer will help preserve the quality of the vegetables for a longer time.

5. Label and date the containers so you know what is in them and how long they have been stored.

6. Store frozen vegetables in an upright or chest freezer at 0° F or colder. The quality of the vegetables won't last as long if they are stored in the warmer temperatures of the refrigerator's freezer compartment.

Start preparing now so you will be ready when the peas, spinach, corn and summer squash are ready to harvest.

This article was written by Ann Henderson

References:

National Center for Home Food Preservation

Don't Get Sick This Grilling Season!



Summer is the time for outdoor picnics, barbecues and unfortunately, food poisoning. Avoid getting sick by following these suggestions!

Eating outdoors in warm weather can be a food safety challenge. Bacteria in food multiply faster at temperatures between 40°F and 140°F. Knowing these 7 basic food safety tips will keep you safe this summer.

1. Wash hands.

“Hand washing is THE single most effective way to prevent the spread of disease,” according to the Centers for Disease Control and Prevention. It’s really simple – make sure to wash your hands with soap and water for at least 20 seconds. To help kids learn this, try singing the ABC song with them while they wash. Cleaning up is especially important after using the bathroom and before cooking or eating. Oftentimes you find yourself outdoors with no bathroom in the summer. You can use a water jug, some soap and paper towels. Moist disposable

towelettes are also good for cleaning your hands.

2. Keep raw food separate from cooked food.

You take the raw meat on a plate to the grill, right? But remember that you do not want to use that same plate to put the cooked meat on. This is known as cross contamination and can cause food-borne illness. Keep utensils and surfaces clean.

3. Marinate food in the refrigerator, not out on the counter.

Marinating can make meat tender and tasty. But if you want to use some of the marinade as a sauce on the cooked food, reserve a separate portion. Don't reuse marinade that contained raw meat.

4. Cook food thoroughly.

A meat thermometer can really help in making sure meat is cooked to a safe temperature. Steaks should reach 145 degrees and then be allowed to rest for 3 minutes. Chicken should be cooked to at least 165°F. Hamburgers should be cooked to 160°F. If a thermometer is not available, make sure hamburgers are brown all the way through, not pink.

5. Refrigerate and freeze food right away.

It can be hard to remember while a party is going on, but food should not be left out of the cooler or off the grill for more than 2 hours. It's especially important to remember NOT to leave food out for more than one hour when the temperature is above 90°F.

6. Keep hot food hot.

Hot food should be kept at or above 140°F. Hot food should be wrapped well and placed in an insulated container – this will keep the heat in. If you have purchased something like fried chicken at a deli, try to eat it within two hours. Bacteria multiply rapidly after that and can make you sick. Don't forget to pack your meat thermometer. When re-heating food, be sure it reaches 165°F.

7. Keep cold food cold.

Cold food should be held at or below 40°F. Think about potato salad and similar foods. Keep them on ice in a cooler and don't set them out for long periods of time in the heat.

Those are the basic tips to remember. If you have ever suffered from food-borne illness, you know how miserable it is. Follow these simple steps to keep your food safe and enjoy your summer barbecues and camping trips.

This article was written by Darlene Christensen



Author Bio: Darlene Christensen is an Associate Extension Professor at Utah State University and serves as the family and consumer sciences/4H agent in Tooele County. She loves working with 4Hers and enjoys teaching adults.

References:

U.S. Food and Drug Administration, Barbecue Basics: Tips to Prevent Foodborne Illness.

Let's Jam! // Making Homemade Jams and Jellies



With berries and other fruits in season, right now is the best time to start jamming!

Making Jam is Berry Easy

If you have berries from your garden coming out of your ears, making fruit spreads is a wonderful way to use them up. It might seem intimidating, but with the right recipes and tips, making jams and jellies is fun and simple.

Jam or Jelly?

First things first, do you know the difference between jam and jelly?

Jam is made by boiling fruit and sugar to a thick consistency and has fruit bits.

Jelly is made by boiling sugar, the juice of fruit with gelatin or pectin, and doesn't have fruit bits.

There are also other delicious spreads made with fruit such as marmalade, fruit preserves, fruit compote and fruit butter!

Don't know where to get started? **Here is a fact sheet** from USU Extension with more than ***20 delicious recipes!***

For a great way to enjoy your delicious garden strawberries all year long, try this simple freezer jam recipe. Not only is it easy, but this jam will last in your freezer for up to one year. Now that's a good reason to get into a sticky situation!

Freezer Strawberry Jam

- 2 cups crushed fresh strawberries
- 4 cups sugar
- 1 (1.75 ounce) package dry pectin
- 3/4 cup water

Mix crushed strawberries with sugar, and let stand for 10 minutes. Meanwhile, stir the pectin into the water in a small saucepan. Bring to a boil over medium-high heat and boil for 1 minute. Stir the boiling water into the strawberries. Allow to stand for 3 minutes before pouring into jars or other storage containers.

Place tops on the containers and leave for 24 hours. Place into freezer, and store frozen until ready to use.

Recipe courtesy of Carolyn Washburn, Extension professor.

References

Freezer Jams

Easy Eats // Create a Smoothie



With this delicious smoothie guide, you'll have no problem blending in with summer!

Blend in with Summer

Summer has officially started and the heat has definitely been invited to the party. With temperatures in the triple digits, hot summer days call for going to the pool, running through the sprinklers and eating refreshing treats.

Instead of going straight for the popsicles, consider making a delicious smoothie! Smoothies are a great way to enjoy a sweet treat in the summer heat while still being healthy. Since you can control the ingredients, you can make smoothies as healthy as you like!

With this smoothie guide, the possibilities are endless. The best part? You can make a delicious smoothie out of ingredients you already have in your kitchen.

But don't worry, if you don't have any fruit on hand, now is a wonderful time to find berries and other fruit on sale at your local grocery store. To enjoy your sweet savings all summer long, buy fruit in bulk and throw it in the freezer!

CREATE A SMOOTHIE

Create a delicious and nutritious smoothie from simple foods. Just choose an item from each category and follow the directions. Use your imagination! Each smoothie serves 1 adult.

1	Choose produce (2-3 cups)
	<ul style="list-style-type: none"> • Fruit: fresh, frozen, or canned such as strawberry, raspberry, blackberry, blueberry, cranberry, banana, pineapple, peach, pear, plum, cherry, melon, apple, kiwi, mango, papaya, orange, lemon, lime. • Vegetable: fresh spinach, chard, kale, green pepper, avocado, carrot, cooked, frozen, or canned pumpkin, squash, sweet potato, peas.
2	Choose a liquid (½ to 1½ cups, depending on desired consistency)
	<ul style="list-style-type: none"> • Water: inexpensive, easy, and calorie free. • Milk: dairy, soy, almond, rice, hemp, coconut, etc. • Fruit Juice: use sparingly for added flavor, and combine with water or milk.
3	Choose extras (optional)
	• ¼ to ½ cup raw oats
	• 1-2 tablespoons peanut butter
	• 1-2 tablespoons ground flax seed
	• 1-2 tablespoons chia seed
	• ½ diced avocado
	• ½ cup yogurt
	• cinnamon, nutmeg, vanilla
• ice as needed	
DIRECTIONS:	

Select a food from each category, or use your own favorites. Combine all ingredients in blender or food processor in order listed. Blend until smooth. HINT: You will need minimal to no ice if using mostly frozen produce. You will need more ice if using fresh, canned, or cooked produce. Do not overload blender, and chop any large pieces of fruit or vegetables for the best texture.

Click below for a printable version!
Create a Smoothie

Be Sneaky

Remember, if you can eat it, you can blend it. This means you can sneak all sorts of healthy stuff into your smoothies! Try adding a handful of spinach or kale to your next creation for an extra health boost. Your kids will love the sweet treat and you will love that they are drinking their greens. Being a magician has never tasted so good!

Try Me!

The Popeye Smoothie

6-8 ounces yogurt, any flavor

1/2 cup skim milk

1/2 frozen banana

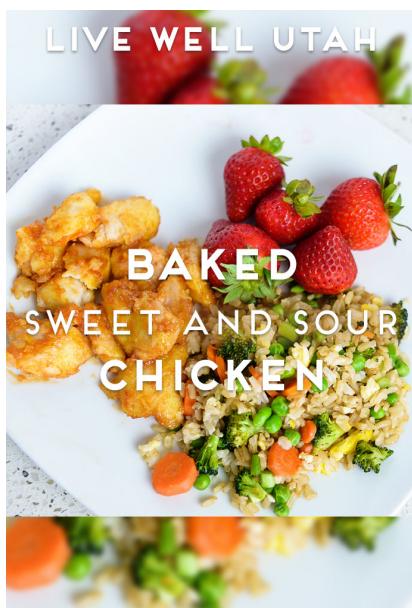
1/2 cup frozen fruit

1 cup packed spinach

Combine all ingredients in blender and blend until smooth.

Yield: 1 big delicious smoothie

Baked Sweet and Sour Chicken Recipe!



When you make your own Chinese food at home, you won't have to

rely on a fortune cookie to grant you with good health!

Don't Walk the Wok

Who doesn't love a good helping of Chinese food every once in a while? While going out for Chinese food is fast and delicious, it's not necessarily the healthiest choice. Many Chinese dishes are prepared in woks and fried with lots of oil. In addition, restaurants often add high amounts of sodium and MSG to their food to enhance the flavor.

If you love Chinese but still want to be healthy, have you ever thought about making your own Chinese dishes at home?! **This sweet and sour chicken recipe** from **eatwellutah.org** is too good not to try. Not only is the chicken baked instead of fried, all of the ingredients are simple and low in sodium.

This recipe is a great way to get your Chinese fix without sacrificing your health. It's a win-win for everyone!

Source

Eat Well Utah

Plan Today to Preserve Tomorrow



Before you know it, you'll be up to your ears in fresh garden pickin's. Make sure you're ready for the harvest so that you can enjoy every last bit of it!

Prepping For Your Preservation

With summer upon us, it's time to plan for a great season of home food preservation. The first step is to assess your canning equipment and supplies to ensure they are in proper working condition to assure safe, high-quality preserved foods.

Canning Jars and Lids

Assess the amount and condition of your canning jars to determine if additional bottles are needed. It is recommended

to only use Mason-type jars that are made specifically for home canning. Check the bottles for scratches, cracks, nicks or chips. Nicked or chipped bottle rims will not seal properly, and scratched bottles may cause cracking or breakage while processing, so it is best to dispose of those bottles. Bottles that are not made specifically for canning may break under high heat or pressure and may experience more seal failures. The same is true for very old Mason jars that have weakened over time.

Jars come in many sizes from half-pint to half-gallon, and it is important to use the jar size that is specified in a recipe. Half-gallon jars should only be used for canning very acidic juices such as apple juice or grape juice.

It is recommended to use two-piece flat metal lids and screwing bands for processing. The USDA Complete Guide to Home Canning states that gaskets in unused lids work well for at least five years from the manufacturing date. Do not use old, used, dented or deformed lids, but the screw bands are reusable as long as they are not bent, dented or rusted.

Boiling Water Canners

Boiling water canners, or water bath canners, are used for canning high-acid foods such as fruits, pickles, jams/jellies and acidified tomatoes. Most water bath canners are designed to hold seven quart jars or eight to nine pint jars. These canners are made of aluminum or porcelain-coated steel with a removable rack and a lid.

A water bath canner should be deep enough to allow at least an inch or two of boiling water to cover the bottles during processing. Flat bottom water bath canners are recommended for electric ranges and the canner should be no more than 4-inches wider in diameter than the electric element to ensure uniform processing of all the jars in the canner. Flat or ridged-bottom canners can be used on gas burners.

Pressure Canners

Low-acid foods, such as meat, poultry, fish, vegetables and dried beans, must be processed in a pressure canner. There are two types of pressure canners: dial-gauge and weighted-gauge. The dial gauge on pressure canners should be checked for accuracy every year. Inaccurate gauges that read high may cause under-processing resulting in unsafe food, and low readings cause over-processing.

Every pound of pressure is very important to the temperature needed inside the canner for properly processed food. Gauges may be checked at local Extension offices. Weighted-gauges do not need to be checked for accuracy. For most altitudes in Utah, weighted-gauges must be operated at a canner pressure of 15 PSI.

Useful Tools

Helpful tools for home canning include a jar lifter to aid in removing hot jars from the canner. A bubble remover frees air bubbles from inside the jar to aid in maintaining a proper headspace. Some bubble removers have a headspace measurer on one end. A lid lifter is a tool with a magnet on the end to lift lids from hot water.

A very important tool to have for food preservation is using research-tested recipes. The USDA Complete Guide to Home Canning has updated canning instructions. The National Center for Home Food Preservation (<http://nchfp.uga.edu/>) is another excellent source for current research-based recommendations for most methods of home food preservation. Most local Extension offices have current research-based information for safe home food preservation.

Proper planning now will help to ensure a successful canning season.

This article was written by Marie Anderson.

