



ca e. e. f. he a. be .h, .h  
ch. c ac.

e. ece d e c fa a e a d .ha  
a ged edge. e. de. de f. ha d ha a. bbe-  
e ea gc . d. e. he. ece a. h eaded  
e. a ce ba d. ha. e. he. f. he a  
. h d. he d . ace. F. he a fac. e'  
d ec. he . g. h c . e. ce. he ea g  
c . d f each b a da ed e e .

Ja e . f c e ca e ca ed. d c . ed  
. h e . ece d a be ed. e e e  
h gh-acdf d. H e e. he e a. a e ade f. h  
ga f . e h gh. eed. ac g ach e a d  
. h a de . e e e . e a . e h e  
. e . eca ga d fee g. e e gh be . -  
be c . cache, h ch ca ca e a . bea,  
e. eca y . he. e . eca e.

Me a ca a d d a be ed f h e ca g  
-acd ea a d . h . d e . a e ed l  
. da d l . d eca . h ach g d .  
A a a a ca ha ea e a e . g. ha a -  
. a ef . -acdf d. A ca ea e . ece a y  
f . h . ce . U e U . e . y f A a a C . ea . e  
E e . Se . ce . b ca . ca g ca f .  
f . a . ca . g. he e . d c .

U. e . he . f . he h e ca g a e a a . e,  
a a f . e, a da. h . a. c. fe . a. af .  
. g a . K . e, c . gb ad, ea . g .  
a d c . a e a . he . a e eed ed f . a g  
. he f d . . ce .

**Beginning to Can**

Read. h . gh. ece . e ea ch- e . ed. ec. e bef . e  
beg . g. ca . Dec de ad a ce ha e . e .  
e . eed. A e be a e . e . a d cheo f .  
y ce a e a d . g de bef . e . a . g . ca .  
e . he . a d ea ch g f a eed ed e d . -

**Center the lid,** ga e. d , . he cea ed.  
f. he a. Add. he e. a. ce ba d , e. he a.  
d . y fee. he gh. e . a ce. e e. -  
y ha da d. gh. e . he. ce ba d 1. 1  
che . e. e ba d h d be . gh. e gh  
. h d. he d . ace, b . ee gh. a  
. he a . e . f. he a d . g . ce . g .  
bec e a. gh. ac . ea.

**Process immediately** a e. a. a e c . ed. -  
e. he. b f c . ga  
g . he f d. P ce . f d f . he e ( ) 0.7 La g (e -US)/MCID US. e5 (h)2271561DC BT12 0( )16(g)9 (( )16

## Adjustments for Altitude

The boiling time for each recipe is based on an altitude of 0 feet. For each 1,000 feet above sea level, add 2 minutes to the cooking time. If the recipe is for a high altitude area, add 4 minutes for each 1,000 feet.

When a recipe is based on an altitude of 2,000 feet or more, the boiling time is based on 1,000 feet for each 2,000 feet of altitude. Check the recipe for the correct altitude adjustment.

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## Steps to Successful Canning

1. Know the recipe and the boiling time for each recipe.
2. Check the recipe for the altitude adjustment. If the recipe is based on an altitude of 0 feet, add 2 minutes for each 1,000 feet; add 4 minutes for each 2,000 feet.
3. Set the boiling water to a rolling boil. Wash the jars and lids.
4. Fill the jars with the recipe ingredients.
5. Pack the jars; seal the jars with the lid.