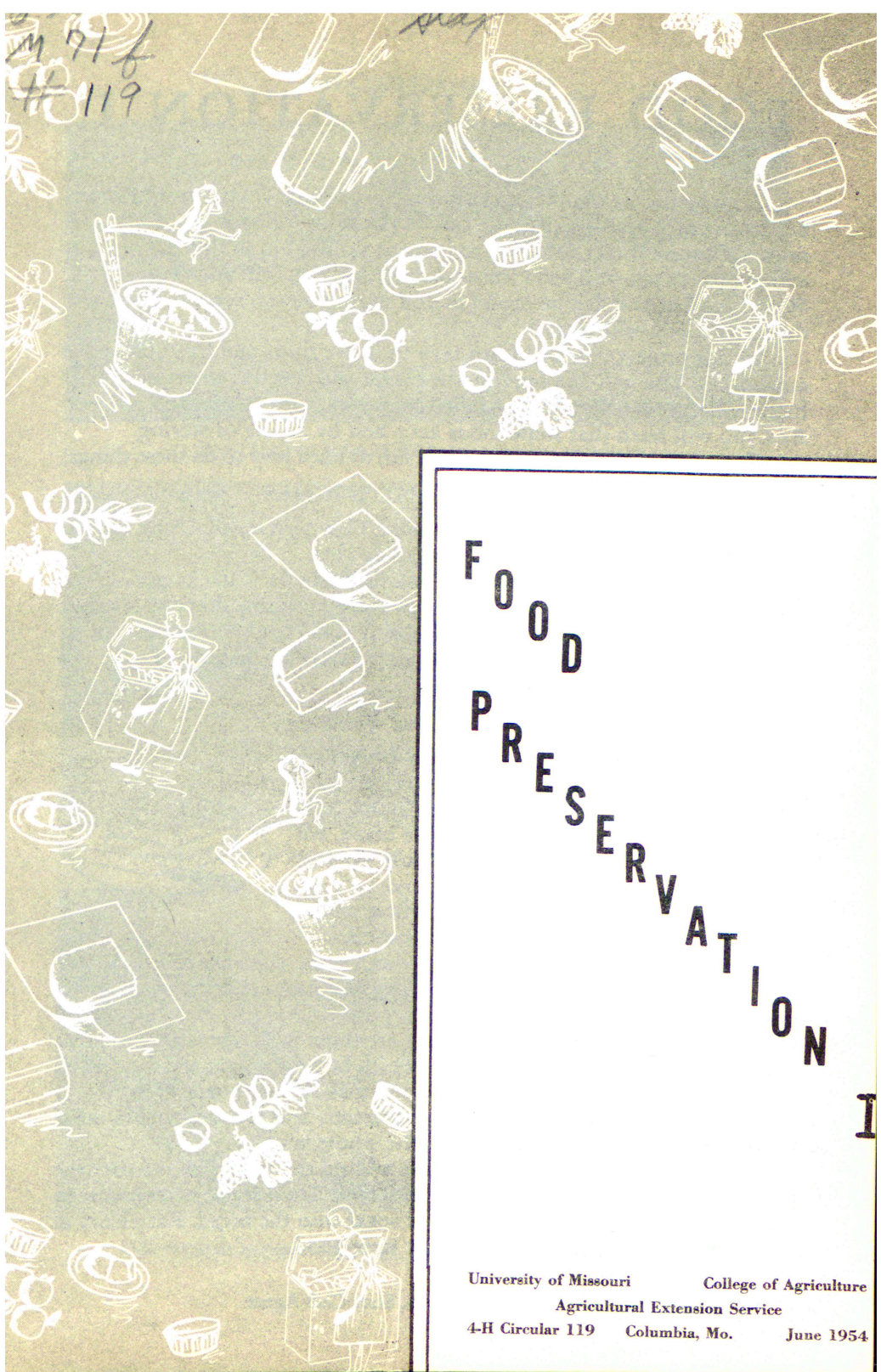


M 916
119



FOOD PRESERVATION

University of Missouri College of Agriculture
Agricultural Extension Service
4-H Circular 119 Columbia, Mo. June 1954

FOOD PRESERVATION I

FLORA L. CARL AND JOSEPHINE FLORY*

A gleaming jar of orange marmalade, a package of tasty frozen strawberries, a tangy relish—all these can be yours for following a few simple rules. Of course it takes practice to become skillful but in this food preservation project you will soon learn many things that will add to your skill. Won't mother and dad be proud of you when you can serve one of these things that you will make?

In this project you will learn how to freeze fruits and fruit juices and sandwiches. You will find freezing the easiest and best way to preserve most foods. Then you will can some jams, conserves, marmalades and relishes. And you will learn that some foods keep best by drying or storing.

Doesn't this sound interesting? It's fun to learn how to do these things!

FREEZING SANDWICHES

Do you want to be an up-to-date cook? Then plan ahead. Using a home food freezer is one of the easiest ways to do that.

If you take your lunch to school, you probably don't like to get out the bread and all the fixings for sandwiches every morning, do you? If your mother is the "lunchfixer," she, too, probably could use her time some other way. So, let's learn how to make and freeze sandwiches ahead of time and everybody will be happier.

Preparation and Freezing

Most sandwiches, when properly packaged, freeze well. They may be closed or open-faced, two, three or four deckers—the "Dagwood" kind. You can use any variety and any thickness of bread. For your sandwiches, try using quick breads; such as nut, prune, banana and others. Then too, you can use a variety of yeast breads; such as, whole wheat, rye, raisin, pumpernickel, orange and others.



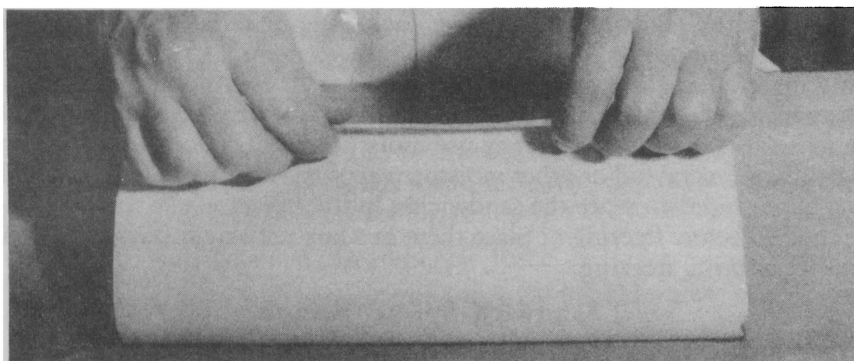
Fillings suitable for freezing are beef, pork, chicken, turkey, fish or other meat, cheese and cheese spreads, egg *yolk* mixture and chopped nuts or butter.

Fillings not suitable for freezing are those with raw vegetables that lose crispness, hard cooked egg whites which become tough, and fruit jellies and honey which soak into the bread and make a soggy sandwich.

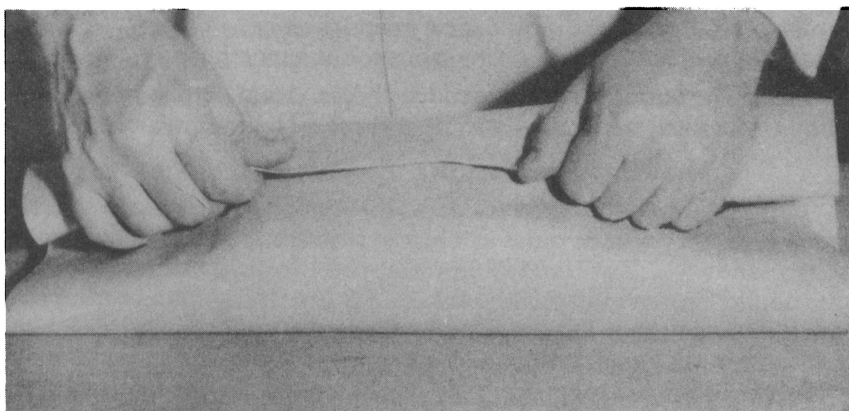
Bread and fillings may be frozen separately and the sandwiches made just before serving, or you may freeze the whole sandwich.

Spread butter on the bread before adding the filling. Make sure the butter is all over and to the edge of the bread. Do not use mayonnaise as a spread as it separates on freezing and soaks into the bread. Put plenty of filling in the sandwich so it will really taste good.

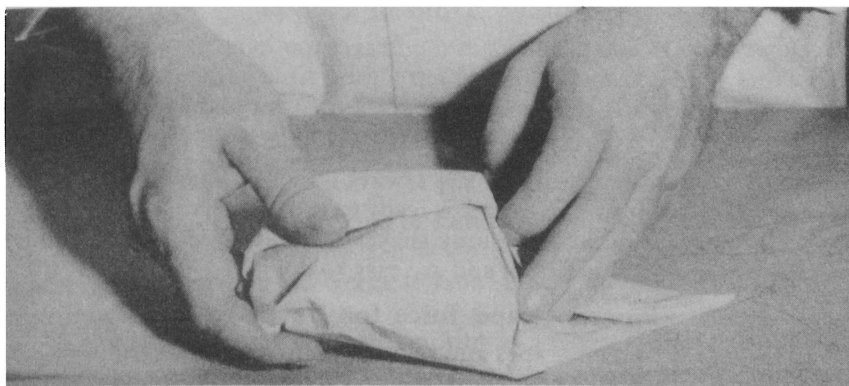
*In collaboration with Ruth C. Upchurch, State Club Agent.



Bring the two sides of the paper together at the top.



Fold edges of paper over to make a lock fold, and draw tight.



Fold the ends to push out the air. Turn them under to make tight fold.

Wrap the sandwiches in freezer packaging material. Include in each package the amount needed at one time. In wrapping, try to fit the wrapping material as close to the sandwich as possible without mashing the sandwich. If you can wrap it air-tight, the more like a fresh sandwich it will be when it is thawed. You may use moisture-proof cellophane, pliofilm, plastic bags, metal foil or other moisture vapor resistant packaging material.

Label and then place the sandwiches in the freezer where they will not be crushed before freezing or place them in a box with rigid sides to prevent crushing during freezing.

Sandwich Spread Recipe

NIPPY CHEESE SPREAD

2 tablespoons butter	1 teaspoon dry mustard
¼ pound soft cheddar cheese	½ teaspoon salt
2 tablespoons thin cream	Few grains cayenne
½ cup chopped nuts	3 tablespoons lemon juice

Cream the butter, add the shredded cheese, cream, lemon juice and seasonings. Mix until smooth. Add nuts and spread on buttered bread.

Thawing and Serving Frozen Sandwiches

Thaw sandwiches in their sealed wrappings. If you remove the packaging material, they will be quite wet before they are thawed, and who wants a soggy sandwich? Two sandwiches wrapped together will thaw in about three hours. Frozen sandwiches packed in the morning for a lunch will be thawed by lunchtime. Their coolness will help keep the fruit, relishes and other food in the lunch crisp and cool.

Serve sandwiches soon after they are thawed to prevent spoilage. If you want to have toasted sandwiches, start toasting them just before they are completely thawed.

Storage Time in Freezer

Don't leave frozen products in the freezer too long. Sandwiches as well as all other foods, lose goodness if left a long time before using. Plan to use frozen foods while they are still "excellent," not just "good."

FROZEN FRUIT JUICES

A tall glass of iced fruit drink is always good. Or maybe you prefer it hot. Anyway, juice from the freezer is ready to use and serve in several ways. Some of these are fruit punches, milk shakes, sherbets, puddings and whips. Fruit juices are delicious frozen and are easy to do.

Frozen Grape Juice for Beverages

1. Choose fully ripe grapes and remove them from the stem.
2. Wash, crush and heat them to 165° to 170°F* (a good simmer).

Stir until the color comes out from the skins.

*Fahrenheit, a scale for measuring temperature.

3. Strain and remove crystals.
4. Let it stand over night.
5. Pour off carefully to leave crystals separate from the juice.
6. Stir in 1 tablespoon of sugar for each pint of juice.
7. Pour into freezer locker containers leaving 1 inch head space for quart with wide top opening and 1 ½ inches for narrow top openings.
8. Seal and freeze. If crystals form in frozen juice (as it often does in grape juice) they may be removed by straining after it thaws.

Strawberry Juice

1. Choose fully ripe berries, sort and wash in cold water.
2. Drain and remove hulls.
3. Crush berries.
4. Strain through a jelly bag.
5. Sweeten, using ⅓ to ¾ cup sugar to 1 quart of juice.
6. Pour into containers leaving 1 inch head space for quarts with wide top openings and 1 ½ inches for narrow top openings.
7. Seal and freeze.

Tomato Juice

1. Wash, sort, and trim fully ripe tomatoes.
2. Cut in eighths and simmer at 170°-180°F for 5 to 10 minutes.
3. Press through a strainer.
4. Add 1 teaspoon of salt to each quart of juice.
5. Pour into containers, leaving 1 inch head space for quarts with wide top openings and 1 ½ inches for narrow tops.
6. Seal and freeze.

Serving Frozen Fruit Juice

Let the frozen fruit juice thaw partially before opening the container. During the thawing, thoroughly mix the juice before you use it. Add water to taste and serve while some of the ice crystals still remain.

FREEZING FRUIT

We all like fresh fruit, and it's good for us too! Fruit preserved by freezing is more nearly like fresh fruit than when preserved any other way. Frozen fruit not only tastes "fresh" but also it's almost as good.

In freezing fruit, here are some things to remember:

1. Fruit should be fully ripe but not beginning to get soft. It is much better to let fruit ripen on the tree or vine. A good rule is to pick it when it is just right for eating and freeze it soon. Don't use any that is green, too ripe or bruised.
2. Wash all fruits, a small amount at a time. Do all washing *before* you stem, hull, cut or peel the fruit.
3. Prepare fruits for freezing the same way you do for serving. Large fruit should be cut in pieces.

4. Most fruits have better texture and flavor if packed in sugar or a sugar sirup. Gooseberries, cranberries and rhubarb do not need sugar.

SIRUPS FOR USE IN FREEZING FRUITS

Type of Sirup	Sugar Cups	Water Cups	Yield of Sirup Cups
30%	2	4	5
35%	2½	4	5½
40%	3	4	5½
50%	4¾	4	6½
60%	7	4	7¾
65%	8¾	4	8¾

A 40% sirup is recommended for most fruits. The amount of sirup needed will vary with the fruit and how it is cut and packed. In general, you'll need ½ to ¾ cup of sirup for each pint of fruit. To make the sirup, simply mix the sugar and water, and heat until the sugar is dissolved, then cool. Or make it the day before and keep it in the refrigerator.

In packaging, be sure the sirup covers the fruit. If the fruit is out of the sirup, it will darken and lose flavor. A piece of crumpled freezer locker paper put on top of the fruit will hold it down while you close and seal the container.

To Keep Fruit From Darkening

Light colored fruits, as peaches and apricots, darken and some others lose their brightnees if exposed to air. Ascorbic acid helps preserve color and flavor of fruit and adds to its food value. You can buy it in powder form or as tablets. Of course this adds to the cost. Often commercial preparations to prevent darkening contain a mixture of ascorbic and citric acid. The citric acid may change the flavor of some fruits. Anti-darkening preparations often are available at locker plants or other places where freezer locker supplies are handled. Or you can use lemon juice if the flavor suits the other fruit. Put the anti-darkening material right into the sirup or sift it with the sugar just before you add it to the fruit. Follow the directions that come with it.

Apples, pears and some other fruits usually are steamed or put in a hot sirup a few minutes before packaging to prevent darkening.

How To Put Fruit in Packages

Allow head space for all frozen fruit. If the fruit is frozen with a liquid such as sirup or fruit juice, here's how much space to leave:

For containers with wide openings: For containers with narrow openings:

Quarts—1 inch
Pints—½ inch

Quarts—1½ inch
Pints—¾ inch

For fruit with a dry pack (packed with sugar or with neither sugar nor liquid), all containers, $\frac{1}{2}$ inch.

After filling, wipe edges clean, then seal. Check to see if it is water tight. Then label with name of product, amount of sugar, date. Place packages in freezer at once.

Blackberries, Dewberries

The sirup pack is preferred for berries to be served uncooked. The sugar pack or the unsweetened pack is satisfactory for berries to be used for cooked products such as pie or jam.

Select firm, plump, fully ripe berries with glossy skins. Green berries may cause off-flavor.

Sort and remove any leaves and stems. Wash and drain.

Sirup Pack.—Pack berries into containers and cover with cold 40 or 50% sirup depending on the sweetness of the fruit. Leave head space. Seal and freeze.

Sugar Pack.—To 1 quart ($1\frac{1}{3}$ pounds) berries, add $\frac{3}{4}$ cup sugar. Lift berries until most of the sugar is dissolved. Fill containers, leaving head space. Seal and freeze. One crate of berries will yield 32-36 pints.

Cherries, Sour

Sirup pack is best for cherries to be served uncooked. Sugar pack is best for cherries to use in pies or other cooked products.

Select bright red, tree-ripened cherries. Stem, sort and wash thoroughly. Drain, pit, and sirup- or sugar-pack.

Sirup Pack.—Pack cherries into containers and cover with cold 60 or 65% sirup, depending on tartness of the cherries. Leave head space. Seal and freeze.

Sugar Pack.—To 1 quart ($1\frac{1}{3}$ pounds) cherries add $\frac{3}{4}$ cup sugar. Mix until sugar is dissolved. Pack into containers, leaving head space. Seal and freeze. One bushel of cherries will yield 36-44 pints.

Peaches

Most peaches cut in halves and slices have better quality when packed in sirup than with sugar.

Select firm, ripe peaches with no green background color in the skins.

Sort, wash, scald, peel, and pit.

Sirup Pack.—Use a 40% sirup. For a better quality product, add $\frac{1}{2}$ teaspoon ascorbic acid for each quart of sirup.

Slice peaches directly into cold sirup in container, starting with $\frac{1}{2}$ cup sirup to a pint container. Press fruit down and add sirup to cover, leaving head space. Seal and freeze.

Sugar Pack.—To each quart ($1\frac{1}{3}$ pounds) of prepared fruit, add $\frac{3}{4}$ cup sugar and mix well. To retard darkening, sprinkle ascorbic acid dissolved in water over the peaches before adding sugar. Use $\frac{1}{4}$ teaspoon ascorbic acid in $\frac{1}{4}$ cup cold water to each quart of fruit.

Pack into containers, leaving head space. Seal and freeze. One bushel of peaches will yield 32-48 pints.

Rhubarb

Choose firm, tender, well-colored stalks with good flavor and few fibers. Wash, trim, and cut into $\frac{1}{2}$ or 1-inch pieces or in lengths to fit the package. Heating rhubarb in boiling water for 1 minute and cooling promptly in cold water help retain color and flavor.

Pack, either raw or preheated, tightly into containers without sugar, or cover with cold 40% sirup. Leave head space. Seal and freeze.

Strawberries

Choose firm, fully ripe, red berries preferably with a slightly tart flavor. Large berries are better sliced or crushed. Sort berries, wash them in cold water, drain well, and remove hulls of all except a few perfect ones. Slice, all except the few perfect ones, into a shallow bowl. Sift sugar over berries. For each quart ($1\frac{1}{2}$ pounds) sliced berries, use $\frac{1}{2}$ to $\frac{3}{4}$ cup of sugar.

Adding ascorbic acid ($\frac{1}{4}$ teaspoons to 1 cup sugar) will help keep the color bright, flavor fresh and add food value. Lift the berries and the sugar until each piece is coated with sugar. Pack into containers, having the juice fill in all the spaces and over berries. Leave head space. Put in a few perfect berries for garnishes when serving. Seal and freeze.

Sirup Pack.—Put berries into containers and cover with cold 50% sirup, leaving head space. Seal and freeze. One crate of strawberries will yield 38 pints.

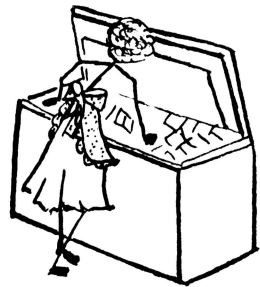
Thawing and Using Frozen Fruit

Fruits eaten raw are usually served just before they are completely thawed. A few ice crystals help retain the best texture, but the flavor is improved by complete thawing. A refrigerator is the best place to thaw a frozen food. For speedier thawing, take the frozen food from the refrigerator and place the unopened package in front of an electric fan. Or put the sealed package in running lukewarm water (90° - 100° F).

In a refrigerator, it takes from 6 to 8 hours to thaw a one-pound package of fruit; at room temperature, 2 to 3 hours; and in warm running water $\frac{1}{2}$ to 1 hour. It is well to turn the package several times during thawing so it will thaw evenly. Thaw only enough for one meal.

Open the package of frozen fruit just before it is to be used. The fruit begins to lose color, flavor and some food values as soon as it comes in contact with the air. If some thawed light-colored fruit is left over, heat to near boiling to help retain the color. Then cool, and store in the refrigerator.

Use frozen fruit in the same way you would use fresh or canned fruit



in baked products and cooked fruit desserts. Use any favorite recipe. But remember, frozen fruit is already sweetened. Thaw the fruit in the sealed package until ready to spread for the baked product.

DRYING VEGETABLES AND FRUITS

Drying was the first method used to preserve food. It is still a good way for it adds variety to the foods you eat. In drying, enough moisture is removed from the food so that it cannot spoil. Corn, mature shelled beans and peas, parsley, dill and other herbs are the vegetables usually dried in Missouri; apples, peaches and pears are the fruits.

For sun drying, place the food on a frame so the air will flow under, as well as over it. Provide some protection against insects, dust, rain, and dew.

When the sun is very hot, there is little bother from flies and other insects but at such times the food needs to be stirred frequently to prevent overheating.

Foods may be dried in the oven. Keep the heat low (140°-150°F) and constant. Stir the material often so it will dry evenly. The oven door is left open to allow escape of moisture and to keep the temperature low.

A simple drier may be placed in a stove or over other sources of heat. This drier can be made by suspending racks tied together with string over an oil stove, furnace, register or range.

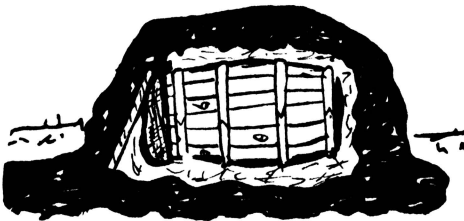
You can get directions for drying some fruits and vegetables from your county home agent.

STORING FRESH FRUITS AND VEGETABLES*

Some fresh fruits and vegetables can be stored without canning or freezing. It takes less work and expense, too, so let's consider this method of saving foods.

For success in storing vegetables and fruits: (1) have a good sound product just right for storing, free from insect, disease or mechanical injury; (2) provide proper curing; and, (3) maintain the right temperature, favorable moisture conditions and proper ventilation.

Vegetables and fruits may be stored in an outside cellar, basement, a partly heated room or an outside pit or trench. Barrels and boxes may be used for storing fruits, cabbage and root vegetables. Simply set the barrel or box in the ground, fill with the food and cover with alternate layers of straw and dirt, or place them on top of the



Barrel Storage

*For more material on storage, ask your county agent for Extension Circular 572, "Storing the Family Food Supply."

ground in a well drained area and cover with alternate layers of dirt and straw to insulate against freezing. Some ventilation is always necessary, especially at the beginning of the storage period.

Various vegetables require different storage conditions.

1. Root vegetables and cabbage need a cool, moist place, such as, a good cellar, pit or trench. Small quantities of root vegetables may be kept in a stone jar loosely covered with sand or boards.

2. Onions require a cool, dry place. Some parts of a basement or attic are desirable.

Sweet potatoes, squash, and pumpkin need a warm dry place like a chimney corner or a warm, dry place in the basement.

JAMS, MARMALADES, AND CONSERVES

Everybody likes some kind of sweet with most meals. Jams, marmalades and conserves, along with tangy, spiced relishes and pickles add glamour and zest to everyday meals.

Jams are made from crushed fruits cooked with sugar until the mixture is heavy or thick and the fruit pulp evenly mixed through the juice, which jells when cold. Berries and soft fleshed fruits like peaches and plums make good jams.

Marmalades are very like jams but are usually made from two or more fruits and they have small pieces or thin slices of fruit in them. Oranges, grapefruits and lemons are the favorite fruits for marmalades but often apples, cranberries, pineapples, pears, and berries are used.

A conserve is usually a mixture of fruits to which nuts were added. The cooked mixture looks like jam. Any fruit suitable for jam may be used in conserves. The fruit may be whole, cut or pulped. The nuts most commonly used are pecans, almonds, and English walnuts. Hickory nuts, hazel nuts, and black walnuts can be used. Be sure the nuts are fresh as even slightly rancid nuts will spoil the conserve.

How To Make Jams, Marmalades, and Conserves

1. Assemble equipment, jars, and lids.

2. Select and prepare the fruit.

For good flavor and color have $\frac{3}{4}$ of the fruit fully ripe and for good texture, and $\frac{1}{4}$ underripe. Fruit may be crushed, ground, sliced or chopped.

3. Measure ingredients. Use standard measuring equipment. Scales are better than cups as you get more uniform results by using weight rather than volume.

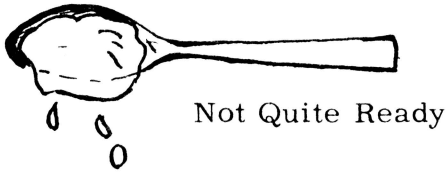
4. Prepare jars and paraffin. The size jars you use depends on the size



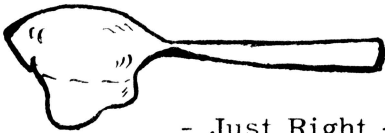
Crushing Berries

of your family and the amount of the sweet you expect to use at one time. Half pint jars are usually preferred although pint jars and jelly glasses are often desirable.

Wash the jars in hot, soapy water, rinse and place them upside down in a pan of clear water with the rubbers and lids, bring to a boil and keep them boiling until you fill them with the boiling hot product. For each cup of fruit, you will need enough jars to hold a cup of the finished spread. Melt paraffin for covering the spread in a clean tin can or small sauce pan placed in a pan of boiling water. Do not heat it directly over a flame as it might catch on fire.



Not Quite Ready



- Just Right -
The Jelly Stage

5. Cook the fruit and sugar. Follow directions given for each product. To tell when the product is done, use the sheeting test. That is, lift some of the hot mixture in a cold spoon and allow it to fall from the side of the spoon. If the juice forms two drops which run together or "sheet" from the spoon, the product is done. If there is any foam, remove it.

6. Pour into hot containers, wipe top of containers and seal. If you use paraffin, immediately pour a thin layer, one-eighth inch deep over the product. After it is cold, carefully wipe the jars drying inside and top edges and pour in more paraffin to about one-fourth inch thick. While this paraffin is still liquid, slant each jar and turn it around so the paraffin makes a good seal with the sides of the glass. It will not make a good seal if the glass is wet or sticky.

7. Shine, label and store. State name of product and date on the label and store in a cool, dry place.

Blackberry and Other Berry Jam

1. Wash berries carefully, drain, and remove the caps and stems.
2. To each pound of the prepared fruit allow an equal weight of sugar.
3. Crush the berries and bring slowly to boiling, stirring constantly.
4. Add the sugar and boil until the fruit mixture has thickened to jelly-like consistency. Stir throughout the cooking.
5. Pour into hot sterilized jars, and seal.
6. Shine, label and store jam.

For less seedy blackberry and blackraspberry jam, take $\frac{1}{3}$ of berries, boil for a few minutes, then put through a fine sieve to remove the seeds. Add to other two-thirds, then weigh and add the sugar.

Plum Jam

1. Select plums of a tart variety. Wash the fruit and drain.
2. To each pound of fruit allow $\frac{3}{4}$ pound of sugar and 1 cup water.

3. Boil the plums in the water for 10 to 15 minutes, or until the skins are tender.
4. Add the sugar and stir while boiling until the jelly stage is reached.
5. Pour into hot sterilized jars and seal.
6. Shine, label and store.

Golden Marmalade

Yield: 6 cups

Use a shallow 4-quart pan

1½ cups sliced orange

6 cups water

1½ cups sliced lemon

3½ cups sugar

1. Slice the orange and lemon very thin; add the water to the fruit slices and soak overnight.
2. Boil the fruit mixture 10 minutes then let stand overnight.
3. Cover the fruit mixture and boil for 20 minutes or until you have about 5 cups of mixture.
4. Add the sugar to the cooked mixture, stir, and bring to a boil.
5. Cook rapidly until a sheeting test is obtained, about 10 minutes.
6. Pour into the hot jars and seal.
7. Shine, label, and store.

Apricot-Pineapple Marmalade

1 pound dried apricots

½ lemon, sliced thin

2 cups crushed pineapple

2 cups sugar

1. Wash apricots and put through a food chopper.
2. Add pineapple, lemon, sugar, and bring to a boil.
3. Boil, stirring frequently until thick and clear.
4. Pour into sterilized jars, and seal.
5. Shine, label and store.

Grape Conserve

1. Use slip-skin grapes such as the Concord. Wash and drain the grapes and then remove them from the stems.
2. Weigh, and to 4 pounds of the prepared grapes, weigh out 2 pounds of sugar, 1 cup of seedless raisins, 1 orange, 1 cup of nut meats, and ½ teaspoon of salt.
3. Slip the skins from the grapes and keep them separate from the pulp. Peel the orange and discard the seeds. Chop the orange pulp and peel fine. Chop the nuts.
4. Boil the grape pulp, stirring constantly for about 10 minutes or until the seeds show.
5. Press through a sieve to remove the seeds.
6. To the grape pulp add the sugar, the raisins, the orange, and the salt.
7. Boil rapidly, stirring to prevent scorching, until the mixture begins to thicken.

8. Add the grape skins and boil for ten minutes longer or until somewhat thick.
9. Stir in the chopped nuts, pour at once into hot sterilized glass jars, and seal.
10. Shine, label and store.

Rhubarb Conserve

1 pound rhubarb (1 pint cut)	1 lemon
2 cups sugar	½ teaspoon salt
1 orange	½ cup chopped nuts

1. Cut rhubarb in thin slices without peeling.
2. Grate rind from orange and lemon. Juice the lemon and cut orange in small pieces.
3. Put rhubarb, rind, fruit, juice, sugar, and salt on low heat. Stir until sugar is dissolved.
4. Boil rapidly until thick, about 20 minutes.
5. Stir in nuts and pour into hot sterilized jars, and seal.
6. Shine, label and store.

Score Card for Jams

Smoothness	25
Flavor	35
Consistency and texture	30
Color	10
	<u>100</u>

Score Card for Marmalades

Flavor	35
Consistency and texture	40
Clearness	15
Color	10
	<u>100</u>

RELISHES

Do you like relishes? I'll bet you do, if they're good. What is a good relish? Well, here's a description:



The *color* should be clear, bright, and free from any darkening or discoloration due to too many spices or over cooking. The *flavor* should be distinct, characteristic of the kind and free from too much sweetness, acid, spiciness or over cooking.

The *consistency* (whether it is thick or thin, smooth or lumpy) of different relishes varies. Catsup should be smooth, thick enough to prevent separation and yet not so thick that it will not pour.

Chili sauce should be of about the same thickness as catsup but it is not smooth as it is made up of cooked, chopped ingredients.

Chutney is a mixture of chopped fruit, nuts, and vegetables cooked until thick. The other chopped pickled relishes are crisp, firm, fairly uniform pieces of vegetables with a very small amount of liquid.

Dixie Relish

1 pint chopped sweet red peppers	1 cup sugar
1 pint chopped sweet green peppers	4 tablespoons salt
2 tablespoons mustard seed	1 quart vinegar
1 tablespoon celery seed	1 pint chopped white onions

1. Cut the peppers into quarters, discard the seeds and coarse white sections.
2. Soak overnight in a brine made of 1 cup salt to 1 gallon of water.
3. Freshen for an hour or two, then drain and chop.
4. Heat the spices with the sugar, salt, and vinegar to the boiling point, then pour over the mixed vegetables.
5. Pack the relish in hot sterilized jars, partially seal, and process for 15 minutes at simmering temperatures (185°F).
6. Seal, cool, shine, label and store.

Corn Relish

1 dozen ears of corn	1 quart vinegar
1 small cabbage	1 cup sugar
8 sweet peppers—green	2 tablespoons ground mustard
8 sweet peppers—red	1 tablespoon celery seed
	1 tablespoon salt

1. Cook corn 8 minutes, cool, cut from cob.
2. Clean and chop pepper and cabbage.
3. Add sugar, vinegar and spices and cook all ingredients until tender, about 20 minutes.
4. Pour into hot jars and seal.
5. Cool, shine, label, and store.

Green Tomato Relish

6 quarts green tomatoes (washed and sliced thick)	2 cups sugar
½ cup salt	Vinegar to cover
6 small onions, sliced	2 tablespoons mixed pickling spice.

1. Sprinkle salt over sliced tomatoes, and let stand overnight.
2. Drain off juice, and put tomatoes in kettle with other ingredients, with spices tied in cheesecloth bag.
3. Cover with the vinegar and bring to a boil and simmer until the tomatoes are just tender.
4. Remove bag of spices and pack into hot sterilized jars and seal.
5. Cool, shine, label and store.

4-H RECORD

Food Preservation I

(To be used with 4-H Club Circular 119)

Name _____ Age _____

Address _____ County _____

Name of 4-H Club _____

Name of Club Leader _____

Project Leader _____

Jr. Project Chairman _____

Club Meeting attended during year _____ Project meetings held _____

Number attended _____ Number of jars canned or frozen in completed project _____

Number of Food Preservation demonstrations given at:

Club meetings _____, Project meetings _____, County meetings _____

District meetings _____, State meeting _____.

Number of times participated in Judging work in:

Project meeting _____, County _____, District _____, State _____

Interstate _____.

Number of exhibits made in:

Community _____, County _____, District _____, State _____ Interstate _____.

Participated in:

County Achievement _____, District Round-up _____, State Contest

Program _____, National Contests _____, County Fair or Show _____,

District Fair _____, State Fair _____, Interstate Show _____, Marketing

Days _____, County Camp _____, District Camp _____, State Camp _____,

National Camp _____, National Club Congress _____, News stories

published _____, Radio programs participated in _____.

Served on _____ Standing Committee.

4-H Activity selected by club for this year _____

Brief statement of club achievements in club activity, health and recreation

Year

WORK DONE

Complete at least 3 of the 4 requirements,

1. Freeze at least:
 - a. 1 fruit
 - b. 1 fruit juice
 - c. 3 kinds of sandwiches
2. Store at least:
 - a. 3 kinds of vegetables or fruits
3. Make at least 3 different kinds of jams, conserves, or marmalades
4. Make at least 3 different kinds of relish

Check when Completed	Total Am't. Done

Record of Other Work Done This Year in Food Preservation Project

Story