

# FOOD PRESERVATION

Name: \_\_\_\_\_ Club: \_\_\_\_\_

Date	Leaders Initials
------	---------------------

## Guidelines for Project Proficiency Award

### BEGINNING CANNING

#### Learn:

1. Basic classification of foods - acid, low acid, etc. \_\_\_\_\_
2. Kinds of canners and when to use which. \_\_\_\_\_
3. About canning jars, lids, and other necessary equipment. \_\_\_\_\_
4. About seasonal availability of food - when food is plentiful and least expensive. \_\_\_\_\_
5. The recommended canning method, time, and temperature for fruits and tomatoes. \_\_\_\_\_

#### Do:

1. Help select fruit or tomatoes for canning. \_\_\_\_\_
2. Learn to use the water bath canner. \_\_\_\_\_
3. Assemble equipment, wash jars. \_\_\_\_\_
4. Learn how to wash and prepare fruit for canning (peeling, quartering, etc..). \_\_\_\_\_
5. Learn how to fill jars, remove air bubbles, etc. \_\_\_\_\_
6. Help can three fruits or two fruits and tomatoes. \_\_\_\_\_
7. Learn to check for a seal. \_\_\_\_\_
8. Learn how to label and store canned foods. \_\_\_\_\_
9. Judge product for taste, color, and for safe keeping qualities. \_\_\_\_\_

#### Explore:

1. The cost of a home canned product versus a like product commercially canned. \_\_\_\_\_
2. Ways to serve the canned foods to the family. List five. \_\_\_\_\_

### JAMS AND JELLIES

#### Learn:

1. Methods for making jams and jellies. \_\_\_\_\_
2. When the best fruits for jam and jelly are available. \_\_\_\_\_

#### Do:

1. Select and prepare fruit for jam. \_\_\_\_\_
2. Make a freezer jam with commercial pectin. \_\_\_\_\_
3. Select proper containers for freezer jam. \_\_\_\_\_
4. Label and store jam. \_\_\_\_\_
5. Judge jam for color, flavor, and texture. \_\_\_\_\_

#### Explore:

1. Ways to serve jam to the family. List five. \_\_\_\_\_
2. The cost of a jar of jam and compare this with an equal weight at the supermarket. \_\_\_\_\_
3. The keeping quality of jam. After several months, check for "freezer burn" or other changes. \_\_\_\_\_

### DRYING

#### Learn:

1. How drying preserves food. \_\_\_\_\_
2. Different ways to dry food. \_\_\_\_\_

#### Do:

1. Select fruit for making leather \_\_\_\_\_

(continue next page):

Leaders Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Name: \_\_\_\_\_ Club: \_\_\_\_\_

Date	Leaders Initials
------	---------------------

2. Make and dry one or two different kinds of fruit leather. Try a combination of fruits.
3. Select meat for jerky.
4. Follow directions for sun or oven drying jerky.
5. Select the proper packaging for leather and jerky.
6. Label and store dried product as recommended.
7. Judge leather and jerky for color, flavor, and texture.

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

**Explore:**

1. The values of sun drying versus oven or dehydrator drying.
2. The effect of lemon juice or ascorbic acid on the color and flavor of fruit leather. Make one roll of fruit leather (light colored fruit) with lemon juice and one without. Compare.
3. The values of dried food as snacks.

_____	_____
_____	_____
_____	_____

**FREEZING**

**Learn:**

1. How freezing preserves food.
2. Which containers are suitable for the freezing process.
3. How to select food for freezing.
4. How to seal containers for freezing. Why is the seal important?
5. How to prepare foods for freezing.

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

**Do:**

1. Quick freeze loose berries with dry sugar or without any sugar.
2. Freeze fruit in syrup containing crystalline ascorbic acid.
3. Judge frozen fruit for color, taste, and texture.
4. Make up a display of freezer containers.

_____	_____
_____	_____
_____	_____
_____	_____

**Explore:**

1. The differences in berries frozen at different temperatures. Which gives the best results?
2. The characteristics of freezer burn. How can this be avoided?

_____	_____
_____	_____

Leaders Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# FOOD PRESERVATION

Name: \_\_\_\_\_ Club: \_\_\_\_\_

Date	Leaders Initials
------	---------------------

## Guidelines for Project Proficiency Award

### INTERMEDIATE CANNING

- Learn:
1. How to acidify foods for canning by the water bath method. \_\_\_\_\_
  2. More about syrups to use in canning fruit and about canning fruit without sweetening. \_\_\_\_\_
  3. How to select reliable recipes for pickles and relishes. \_\_\_\_\_
  4. The variety of vegetables that are best for pickling. \_\_\_\_\_
  5. How to can fruit juice and tomato juice. \_\_\_\_\_
  6. To judge canned juices and relishes. \_\_\_\_\_

- Do:
1. Review what you learned about the classification of foods. \_\_\_\_\_
  2. Can a variety of fruits (three or four) using different strength syrups. \_\_\_\_\_
  3. Make quick pickled cucumbers. \_\_\_\_\_
  4. Make a pickled relish or salsa. \_\_\_\_\_
  5. Pickle a vegetable or mixture of vegetables. \_\_\_\_\_
  6. Prepare fruit or tomato juice and can it. \_\_\_\_\_

- Explore:
1. Canning fruit with fruit juice rather than syrup. \_\_\_\_\_
  2. Pickling fruit. \_\_\_\_\_
  3. Ways to teach the use of the water bath to a younger group. \_\_\_\_\_
  4. With your family, the annual need for canned fruit. \_\_\_\_\_
  5. The cost of home canned foods versus those available at the supermarket. \_\_\_\_\_
  6. Safety practices for pickling. \_\_\_\_\_
  7. Ways to use syrup left from canned fruit and ways to use leftover pickle brine. \_\_\_\_\_
  8. The effect of improperly storing canned fruits by placing one jar in a hot, damp location and another in a cool, dry, dark location. \_\_\_\_\_  
After several months, compare. \_\_\_\_\_

### FOODPRESERVATION

- Learn:
1. More methods for jam and jelly making. \_\_\_\_\_
  2. About straining juice for jelly. \_\_\_\_\_
  3. To judge jams and jellies. \_\_\_\_\_

- Do:
1. Make cooked jam with commercial pectin. \_\_\_\_\_
  2. Make cooked jelly with commercial pectin. \_\_\_\_\_

- Explore:
1. How to test fruit for acid and pectin content, and to determine which ones need added pectin or acid. \_\_\_\_\_
  2. Recipes for conserves, preserves, and marmalade. Try one. \_\_\_\_\_

### DRYING

- Learn:
1. To sulfur light colored fruits for drying. \_\_\_\_\_

Leaders Signature: \_\_\_\_\_ Date: \_\_\_\_\_

(continued next page)



# FOOD PRESERVATION

Name: \_\_\_\_\_ Club: \_\_\_\_\_

Date	Leaders Initials
------	---------------------

## Guidelines for Project Proficiency Award

### ADVANCED

#### CANNING

##### Learn:

1. How use the pressure canner. \_\_\_\_\_
2. Methods for canning vegetables. \_\_\_\_\_
3. To judge canned meats and vegetables for color, texture, pack, and seal. \_\_\_\_\_

##### Do:

1. Can two or three different vegetables. \_\_\_\_\_
2. Can meat, poultry, or fish. \_\_\_\_\_

##### Explore:

1. Methods to use in telling or showing others how to safely can vegetables and meats. \_\_\_\_\_
2. Needs for canned foods for one year for the family. Which of the foods can be preserved more cheaply at home. \_\_\_\_\_
3. The types of spoilage that occur in canned food. \_\_\_\_\_

#### JAM AND JELLIES

##### Learn:

1. Which fruits have enough pectin and acid for the long boil method. \_\_\_\_\_

##### Do:

1. Make 3 or 4 jams and jellies by the long boil method. \_\_\_\_\_
2. Compare taste, texture, and color to those make with commercial pectin or by freezer method. \_\_\_\_\_

##### Explore:

1. Jelling problems as they are related to acid, pectin, and sugar content. \_\_\_\_\_
2. One of the low sugar or artificial sweetener jams. Compare. \_\_\_\_\_

#### FERMENTATION AND BRINING

##### Learn:

1. About lactic acid fermentation of cucumbers and cabbage. \_\_\_\_\_
2. What causes spoilage problems in fermented foods. \_\_\_\_\_
3. The salt brining process for vegetables. \_\_\_\_\_

##### Do:

1. Make fermented dill pickles or green tomatoes. \_\_\_\_\_
2. Make sauerkraut. \_\_\_\_\_
3. Can the pickles and sauerkraut. \_\_\_\_\_
4. Make brined vegetables. \_\_\_\_\_

##### Explore:

1. The effect of temperature on fermentation. \_\_\_\_\_
2. Pickle recipes using freshened, brined pickles. \_\_\_\_\_
3. The effect of surface scum and mold on fermented pickles. \_\_\_\_\_

Leaders Signature: \_\_\_\_\_ Date: \_\_\_\_\_