

Enroll in ZSuite Under this Project Name: FOOD-FOOD PRESERVATION-Boiling Water Canning Approved for 2024-25 Project Year

Project Description: Everyone loves home-made jellies and jams. Learn how to preserve your own jellies, jams, fruits, tomatoes, pickles, and other high-acid foods in a boiling water bath canner. Experiment with pectin for thickening, sugar alternatives, and low-sugar recipes.

REQUIRED YOUTH CURRICULUM

Food Preservation Boiling Water Canning Manual (PNW #652), 2013

ZSuite 4-H Involvement Report

ZSuite 4-H Project Record Book

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

none

SUPPLEMENTAL RESOURCES

<u>Canning Fruits</u> (PNW #199) - <u>Guardado de frutas en conserva</u> (PNW 199S)

Canning Tomatoes and Tomato Products (PNW #300) - Elaboración de conservas de tomates y

productos de tomates (PNW 300S)

Pickling Vegetables (PNW #355)

Salsa Recipes for Canning (PNW #395) - Recetas de Salsa para Guardar en Conserva (PNW 395S)

USDA Complete Guide to Home Canning (Ag. Bull. #539)

So Easy to Preserve (University of Georgia Extension)

National Center for Home Food Preservation (www.nchfp.uga.edu/#gsc.tab=0)

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Boiling Water Canning

PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
Complete at least four (4) activities each year you are enrolled in the project. Record each a	activity you
complete, your challenges and observations in the manual.	
Answer at least two of the questions in the Reflections on Boiling Water Canning section or	n page 39 of the
manual.	
Participate in at least one Citizenship/Leadership activity.	
Complete the 4-H Project Record Book for this project in your ZSuite Member Account	
Fill out your 4-H Involvement Report in your ZSuite Member Account	
Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a	a topic related
to this project. Recommended guidelines for length of oral presentations are:	
Junior: 5-8 minutes	
Intermediate: 8-10 minutes	

• Senior: 10-12 minutes

ADDITIONAL LOCAL REQUIREMENTS

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Your completed Food Preservation Boiling Water Canning Manual
	ONE of the following exhibit options:
	 A poster (14" x 22") illustrating something you learned in this project this year.
	 A labeled photo journal showing how to freeze a food item from start to finish.
	• Display (12" x 12" x 12") and label some of the equipment used to complete this project.
	 A home-canned tomato product with a correctly completed label.
	 A home-canned fruit product with a correctly completed label.
	 A home-canned jam or jelly with a correctly completed label.
	 A home-canned acidified pickled product with a correctly completed label.
	 Recipes and a menu plan using foods preserved in this project.

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