

FOOD PRESERVATION REQUIREMENTS FOR NORTH CAROLINA 4-H CLUB GIRLS

By CORNELIA C. MORRIS

Extension Economist in Food Conservation and Marketing

The canning requirements for 4-H Club girls in North Carolina are presented in nine units of work which if time permits, can be completed in three years, but may be extended over four years.

The text books used are: North Carolina Extension Circular No. 114, Canning Fruits and Vegetables; North Carolina Extension Circular No. 113, Jelly, Jam, Preserves and Pickle; North Carolina Extension Circular No. 198, Planning the Home Garden in Eastern Carolina; and U. S. Department of Agriculture Bulletin No. 984, Drying Fruits and Vegetables.

REQUIREMENTS FOR HOME WORK

First Year—Twenty-five quarts of fruits, fruit juices and vegetables.

Second Year—Thirty quarts of fruit, fruit juices, vegetables and meat and ten containers of jelly and jam.

Third Year—Make a family food conservation budget.

Prepare the following products called for in the budget for one person:

Canned fruit	45 pints
Canned vegetables	57 Pints
Jelly, jam and preserves	6 pints
Pickle and relish	4 pints

Exhibit at fair or achievement day.

Keep complete records of all food preservation work.

UNIT OF WORK I

1. Discuss the canning project and the requirements for each member.
2. Compare different types of canners:
 - a. Hot water.
 - b. Steam pressure.
3. Check equipment needed by each club girl.
4. Select cans, jars, etc. Test jar rubbers.
5. Demonstrate the sterilization of jars and cans.
6. Compare a jar of perfectly sterilized food with one that has mold on it.

UNIT OF WORK II

1. Discuss selection and preparation of fruits and acid vegetables for canning with the hot water method.
2. Can tomatoes and tomato juice.
3. Can berries, apples or peaches.
4. Judge products canned, using score card in Circular No. 114.
5. Study record books and begin records.

UNIT OF WORK III

1. Compare methods of making fruit juices.
 - a. Cold pressed method.
 - (1) Retains original flavor.
 - (2) Economical (requires no sugar).

- (3) Temperatures for pasteurization.
- (4) Advantage of rebottling juices for market.
- b. Hot pressed method.
 - (1) Selection of fruits.
 - (2) Why method is good for certain fruits.
2. Extract juice from grapes and pasteurize in jars, using the cold pressed method.
3. Syphon off juice from jar that has been allowed to stand for several months.
4. Bottle and re-pasteurize.
5. Cook grapes, blackberries or other fruits and bottle juice, using hot pressed method.

UNIT OF WORK IV

1. Discuss the selection of fruits best suited to making jelly and jam.
 - a. Stage of ripeness.
 - b. Advantage of making jelly stock.
 - c. Temperature for jelly.
 - d. Proportion of sugar.
2. Cook fruit and make alcohol pectin test.
3. Can the juice for stock.
4. Make jelly and jam.

UNIT OF WORK V

1. Discuss the necessity of using steam under pressure for canning non-acid vegetables.
2. Can one or more non-acid vegetables, using steam pressure canner.

UNIT OF WORK VI

1. Discuss the necessity of using steam under pressure for proper sterilization of meats and fish.
2. Discuss the necessity of using fresh meats in good condition.
3. Can chicken, pork, beef or fish, using steam pressure canner.
4. Select exhibit packs of canned fruit, vegetables and meat and judge according to score card.

UNIT OF WORK VII

1. Discuss the preparation of food for drying.
2. Discuss methods:
 - a. Air.
 - b. Artificial heat.
 - c. Sun.
3. Dry peaches or apples.

UNIT OF WORK VIII

1. Discuss the selection of fruit for making preserves.
 - a. Proportion of sugar.
 - b. Packing.
 - c. Density of syrup.
2. Grade fruit and make preserves.
3. Show standard containers.

UNIT OF WORK IX

1. Discuss the necessity of brining cucumbers for pickle making.
2. Make brine. Grade cucumbers and put in brine.
3. Make pickle from cucumbers that have been brined for six weeks or longer.
4. Make relish.