# 4-H CANNING



NAME		
4-H CLUB		
4-fi CLUB		
COTTATMAT		

## SENIOR TEENS CANNING PROJECT

This project is planned to help the Senior Teen 4-H girl to:

- Acquire the knowledge and skills essential in canning fruits, vegetables, jelly, preserves, etc.
- Help in planning a home food supply for the family and work toward completion of the plan.
- Promote a well-balanced diet and reduce cash expenditures for food by having a home food supply.
- Recognize the importance of fruits and vegetables in the diet.
- · Use products raised on the farm.
- Develop leadership talents and to work toward achieving the broad objectives of character and effective citizenship.

#### Requirements

- Work with mother to make a food conservation plan for your family.
- Can alone 25 quarts of vegetables using the pressure canner.
- Can alone 25 quarts of fruits, tomatoes. juices, jelly, preserves, jams and pickles.
- · Help with home canning.
- · Storage-location and organization.
- Exhibit your six best jars of food at a 4-H Club meeting, county event, or county or state fair.
- Plan and give a demonstration at a general club meeting, subject matter meeting, or any other group.

- · Complete and turn in canning record.
- Keep all records for Longtime 4-H Record Book.

#### **Additional Activities**

- · Conduct a garden project.
- Conduct a food preparation project using some canned foods in preparing meals.
- Have your pressure canner checked each year for accuracy and safety.
- Help younger club members in canning projects.
- Write talks for radio and television programs, and write articles for newspapers.

#### Manuals and Reference Books

Ask for these N. C. Agricultural Extension bulletins from your local 4-H canning leader:

- ABC's of Canning Fruits and Vegetables, Ext. Circular 271
- Preserves, Jellies and Jams, Misc. Pamphlet 200
- · Pickles and Relishes, Misc. Pamphlet 182
- 4-H Food Preparation Manuals
- · Pre-teens 4-H Canning Manual
- Early-teens 4-H Canning Manual

NOTE: Use this record book four years. Use one Senior Teens Canning record sheet each year. Summarize each year's project on page 11, before submitting the canning record sheet to your canning leader.

Canned food reported in this record is to supplement garden fresh fruits and vegetables. Can more food than recommended if fresh fruits and vegetables are not available 6 months during the year.

Multiply qts. required per person by number in my family to estimate amount	FOOD	QUARTS CANNED		GROUP TOTALS (Include qts.
to be conserved in each group below.	Select only the ones	Alone	Helped With	& helped with.)
	ASPARAGUS	Alone	******	d noiped within
	BEANS, GREEN SNAP		1 7	
	BROCCOLI		210	
TIVOTIO MIND	CARROTS		-	
,	CORN, YELLOW			
	OKRA			
more servings daily.	PEACHES, YELLOW			
more servings daily.	PEAS, GARDEN			†
EXAMPLE:	PUMPKIN			
	SQUASH, YELLOW			
5 in family—Multiply 5 by	SWEET POTATOES			1
zo to make 125 dts. needed i	OTHERS			
in Group I for one of more	GROUP I TOTAL			
GROUP II	TOMATOES			
	TOMATO JUICE			
VITAMIN C RICH	TOMITTO G CTCL			
25 qts. per person				
qts. needed for one or more servings daily.	GROUP II TOTAL			
GROUP III	BEETS			
	BEANS, WHITE			
OTHER VEGETABLES	CORN, WHITE			†
25 qts. per person	ONIONS			
qts. needed for one or	PEAS, BLACK-EYED			
	OTHERS			
	GROUP III TOTAL			
GROUP IV	APPLES			
	BERRIES			
FRUITS, FRUIT JUICES	CHERRIES			
05 -4	FIGS			
qts. needed for one or	GRAPES			
more servings dally.	PEACHES, WHITE	-		1 1 1 1
	PEARS			
	PLUMS			1 25
	OTHERS			
	GROUP IV TOTAL			
GROUP V	JELLIES, JAMS,			
	PRESERVES		"	1,11
ACCESSORY FOODS	PICKLES, RELISH			
	BRINED KRAUT.			
3 qts. per person	CUCUMBERS			
4 qts. per person	GROUP V TOTAL			

4. Estimated value of total project (at 50¢/qt.) \$.

Date Project comp	leted		
	month	da	ay year
	name)	(age)	(community 4-H club)
	(address)		(county)
	(name of parents)		(years in club work)
Number in family	iving at home		
I have carried a c	anning project	years	
A. SUMMARY OF	CANNING ACTIVI	TIES	
Answer These Que	stions:		
1. Did you make	a food conservation pl	an for your family? _	
2. Does your fam project?			Did you conduct a garden
3. Did you use fo	od canned in your can	ning project in prepa	aring meals for your family?
4. Did you condu	ct a food preparation	project?	
5. Does your fam	ily have a pressure ca	nner?	_
	f canned foods exhib		, county,
7. List ribbons w	on: Blue	Red	White
8. Did you write	news articles on cam	ning?	How many?
9. Did you make How many? _	talks, present radio	and TV programs on	canning?
10. Did you presen	nt demonstrations on o	canning?	How many?
B. Fill out food co	nservation plan and re	cord of foods canned	(Page 3).
	f what you did and lea eresting experiences or		project and attach to this record. oject.
D. I have checked	this record and four	d it to be satisfactor	y.
Date	Signed		
Date	Signed		4. H Canning Leader

Canned food reported in this record is to supplement garden fresh fruits and vegetables. Can more food than recommended if fresh fruits and vegetables are not available 6 months during the year.

Multiply qts. required per person by number in my family to estimate amount	number in my			GROUP TOTAL
to be conserved in each	FOOD Select only the ones	QUARTS	Helped	(Include qts.
group below.	your family will eat.	Alone	With	& helped with.)
GROUP I	ASPARAGUS			
GREEN AND YELLOW	BEANS, GREEN SNAP			
FRUITS AND	BROCCOLI			
VEGETABLES	CARROTS			
25 qts. per person	CORN, YELLOW			
_ qts. per person _ qts. needed for one or	OKRA			
nore servings daily.	PEACHES, YELLOW			*
	PEAS, GARDEN			
EXAMPLE:	PUMPKIN			Ī
	SQUASH, YELLOW			
5 in family—Multiply 5 by 25 to make 125 qts. needed	SWEET POTATOES	7 - 7 1		
n Group I for one or more	OTHERS			5.0
servings daily.	GROUP I TOTAL			
GROUP II	TOMATOES			
VITAMIN C RICH	TOMATO JUICE			
25 qts. per person				
_ qts. needed for one or				
more servings daily.	GROUP II TOTAL			
GROUP III	BEETS			
OTHER VEGETABLES	BEANS, WHITE			
	CORN, WHITE			
25 qts. per person qts. needed for one or	ONIONS			
more servings daily.	PEAS, BLACK-EYED			
more servings daily.	OTHERS			
	GROUP III TOTAL			
GROUP IV	APPLES			
FRUITS, FRUIT JUICES	BERRIES		1100	
	CHERRIES			
25 qts. per person	FIGS			
_ qts. needed for one or nore servings daily.	GRAPES			
note but tings daily.	PEACHES, WHITE		."	
	PEARS			
	PLUMS	7.77		
	OTHERS			
	GROUP IV TOTAL			
GROUP V	JELLIES, JAMS,			
ACCESSORY FOODS	PRESERVES			
10	PICKLES, RELISH			12 mg 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1
3-10 pts. per person 3 qts. per person	BRINED KRAUT,			
qts. per person	CUCUMBERS			
- Jeer Perpou	GROUP V TOTAL			

4. Estimated value of total project (at 50¢/qt.) \$

Da	te Project completed			
		nonth	day	year
-	(name)	(age)	(community	4-H club)
-	(address)			(county)
-	(name of parent	s)	(years	in club work)
Νι	umber in family living at home	-		
I	have carried a canning projec	t years	s	
A.	SUMMARY OF CANNING	ACTIVITIES		
Aı	nswer These Questions:			
1	. Did you make a food conserv	vation plan for your fa	mily?	
2	Does your family have a gaproject?	rden?	Did you	conduct a garden
3	. Did you use food canned in y	your canning project i	n preparing meals	for your family?
4	. Did you conduct a food prep	paration project?		
5	. Does your family have a pre	essure canner?		
6	. List number of canned food district, stat			у
7	. List ribbons won: Blue	Red	White	
8	. Did you write news articles	on canning?	How many?	
9	Did you make talks, presen How many?	t radio and TV progr	eams on canning?	
10	. Did you present demonstrati	ions on canning?	How man	ny?
В.	Fill out food conservation pla	n and record of foods	canned (Page 3).	
C.	Write a story of what you did Tell of any interesting exper			ttach to this record.
D.	I have checked this record a	and found it to be sat	isfactory.	
	Date	Signed		

Canned food reported in this record is to supplement garden fresh fruits and vegetables. Can more food than recommended if fresh fruits and vegetables are not available 6 months during the year.

Multiply qts. required per person by number in my family to estimate amount	FOOD	QUARTS	CANNED	GROUP TOTALS
to be conserved in each group below.	Select only the ones your family will eat.	Alone	Helped With	& helped with.)
GROUP I	ASPARAGUS			
GREEN AND YELLOW	BEANS, GREEN SNAP			
FRUITS AND	BROCCOLI			
VEGETABLES	CARROTS			
25 qts. per person	CORN, YELLOW			
_ qts. needed for one or	OKRA			
more servings daily.	PEACHES, YELLOW			
	PEAS, GARDEN			
EXAMPLE:	PUMPKIN			
5 in family—Multiply 5 by	SQUASH, YELLOW			
25 to make 125 qts. needed	SWEET POTATOES			
in Group I for one or more	OTHERS			
servings daily.	GROUP I TOTAL			
GROUP II	TOMATOES			
VITAMIN C RICH	TOMATO JUICE			
25 qts. per person				
qts. needed for one or	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1			
more servings daily.	GROUP II TOTAL			
GROUP III	BEETS			
OTHER VEGETABLES	BEANS, WHITE			
25 qts. per person	CORN, WHITE			
qts. needed for one or	ONIONS			
more servings daily.	PEAS, BLACK-EYED			
	OTHERS	-		
CROUD IV	GROUP III TOTAL			
GROUP IV	APPLES BERRIES			
FRUITS, FRUIT JUICES	CHERRIES			
25 qts. per person	FIGS			
qts. needed for one or	GRAPES			
more servings daily.	PEACHES, WHITE			
	PEACHES, WHITE PEARS			
	PLUMS			
	OTHERS			
	GROUP IV TOTAL	-		
GROUP V	JELLIES, JAMS,			
ACCESSORY FOODS	PRESERVES			Lara Gra
	PICKLES, RELISH			Mark Terror
8-10 pts. per person	BRINED KRAUT,		-211.211	
3 qts. per person 4 qts. per person	CUCUMBERS			1447
4 des. ber berson	GROUP V TOTAL			

- 2. Total quarts helped can
- 3. Grand total of all quarts canned
- 4. Estimated value of total project (at 50¢/qt.) \$\_

Date Project		in the second	
	month		day year
	(name)	(age)	(community 4-H club)
	(address)		(county)
	(name of parents)		(years in club work)
Number in far	mily living at home		
I have carried	l a canning project	years .	
A. SUMMAR	Y OF CANNING ACT	IVITIES	
Answer These	Questions:		
1. Did you n	nake a food conservation	n plan for your fam	ily?
- 1	family have a garden	?	Did you conduct a garden
3. Did you u	se food canned in your	canning project in	preparing meals for your family?
4. Did you c	onduct a food preparati	on project?	
5. Does your	family have a pressure	e canner?	
	ber of canned foods ex		, county,
7. List ribbo	ons won: Blue	Red	White
8. Did you v	write news articles on o	canning?	How many?
9. Did you r How man		lio and TV program	ms on canning?
10. Did you p	resent demonstrations	on canning?	How many?
B. Fill out foo	od conservation plan and	l record of foods ca	nned (Page 3).
	ory of what you did and y interesting experience		ning project and attach to this record. project.
D. I have che	ecked this record and f	ound it to be satis	factory.
Date	Sign	ned	
			4-H Canning Leader

Canned food reported in this record is to supplement garden fresh fruits and vegetables. Can more food than recommended if fresh fruits and vegetables are not available 6 months during the year.

Multiply qts. required per person by number in my family to estimate amount	FOOD	QUARTS	CANNED	GROUP TOTAL
to be conserved in each group below.	Select only the ones	Alone	Helped With	canned alone & helped with.)
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FRUITS AND	BROCCOLI			
VEGETABLES	CARROTS			
5 qts. per person	CORN, YELLOW			
_ qts. needed for one or	OKRA			
nore servings daily.	PEACHES, YELLOW			
	PEAS, GARDEN			
EXAMPLE:	PUMPKIN			
in family Multiply 5 by	SQUASH, YELLOW			
in family—Multiply 5 by 5 to make 125 qts. needed	SWEET POTATOES			
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servings daily.	GROUP I TOTAL			
GROUP II	TOMATOES			
VITAMIN C RICH	TOMATO JUICE			
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more servings daily.	GROUP II TOTAL			
GROUP III	BEETS			
OTHER VEGETABLES	BEANS, WHITE			
of sta non-names	CORN, WHITE			
25 qts. per person qts. needed for one or	ONIONS			
nore servings daily.	PEAS, BLACK-EYED			
	OTHERS			
	GROUP III TOTAL			
GROUP IV	APPLES			
FRUITS, FRUIT JUICES	BERRIES			
25 qts. per person	CHERRIES			
_ qts. per person _ qts. needed for one or	FIGS			
nore servings daily.	GRAPES			
	PEACHES, WHITE			
	PEARS			
	PLUMS			
	OTHERS			
	GROUP IV TOTAL		T. T.	
GROUP V	JELLIES, JAMS,			
ACCESSORY FOODS	PRESERVES			
3-10 pts. per person	PICKLES, RELISH			
g qts. per person	BRINED KRAUT, CUCUMBERS			
qts. per person	GROUP V TOTAL			
	GROOT VIOIAL			

4. Estimated value of total project (at 50¢/qt.) \$\_

Da	te Project completedmonth	day	year
-	(name) (age)	(commu	nity 4-H club)
-	(address)		(county)
-	(name of parents)	(у	ears in club work)
Nu	mber in family living at home		
Ιh	ave carried a canning project	years	
A.	SUMMARY OF CANNING ACTIVITIES		
An	swer These Questions:		
1.	Did you make a food conservation plan for you	ur family?	
2.	Does your family have a garden?project?	Did	you conduct a garden
3.	Did you use food canned in your canning proje	ect in preparing me	als for your family?
4.	Did you conduct a food preparation project?		
5.	Does your family have a pressure canner?		
6.	List number of canned foods exhibited at lo		ounty,
7.	List ribbons won; Blue Red	White	
8.	Did you write news articles on canning?	How ma	ny?
9.	Did you make talks, present radio and TV How many?	orograms on canning	?
10.	Did you present demonstrations on canning?	How	many?
В.	Fill out food conservation plan and record of fo	oods canned (Page 3)	
C.	Write a story of what you did and learned in you Tell of any interesting experiences or activities		d attach to this record.
D.	I have checked this record and found it to b	e satisfactory.	
	Date Signed		
		4-H Canni	ng Leader

# Canning-Year By Year Summary

(Fill out this summary when your canning project is completed. Do this BEFORE you submit record to your canning leader. Be sure to copy this information from your record.)

	Alone	Helped Can	Yearly total	Value
Date project completed				
(4) Estimated value (50¢/qt.)  Date project completed				
(1) Total number quarts canned alone (2) Total number quarts helped can (3) Yearly total (add Nos. 1 and 2) (4) Estimated value (50¢/qt.)				
GRAND TOTAL				



#### I PLEDGE:

My Head to Clearer Thinking:

My Heart to Greater Loyalty:

My Hands to Larger Service: and

My Health to Better Living for

My Club, My Community, and My Country

The Club Motto:

"To Make the Best Better"

The 4-H Club Colors
Green and White



March 1963