# 4-H CANNING



NAME	 	 	
4-H CLUB			
111 01101			
COTINET			

### 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.

### Senior Teens 4-H Canning Record

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	Select only the ones		Helped With	canned alone
group below.	your family will eat. ASPARAGUS	Alone	With	& helped with.)
GROUP I	BEANS, GREEN SNAP			
GREEN AND YELLOW	and the state of t		-	
FRUITS AND	BROCCOLI CARROTS			
VEGETABLES				
25 qts. per person	CORN, YELLOW			1 11 21
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	CD CAND AN MOMAN			
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			1
	OTHERS			
	GROUP III TOTAL			
GROUP IV	APPLES			
FRUITS, FRUIT JUICES	BERRIES			
	CHERRIES			
25 qts. per person qts. needed for one or	FIGS	de la company		
more servings daily.	GRAPES			
	PEACHES, WHITE	-11		
	PEARS			
	PLUMS			
	OTHERS			
	GROUP IV TOTAL			
GROUP V	JELLIES, JAMS,		1 1 1 1	
ACCESSORY FOODS	PRESERVES			
	PICKLES, RELISH			
8-10 pts. per person	BRINED KRAUT,			
3 qts. per person 4 qts. per person	CUCUMBERS		-	
	GROUP V TOTAL			

Da	ate Project completed	
	month	day year
7	(name) (age)	(community 4-H club)
	(address)	(county)
-	(name of parents)	(years in club work)
Nu	umber in family living at home	
Ił	have carried a canning project	years
A.	SUMMARY OF CANNING ACTIVITIES	
An	nswer These Questions:	
1.	. Did you make a food conservation plan for yo	our family?
2.	Does your family have a garden?	Did you conduct a garden
3.	Did you use food canned in your canning proje	ect in preparing meals for your family?
4.	. Did you conduct a food preparation project?	
5.	i. Does your family have a pressure canner?	The State of the S
6.	i. List number of canned foods exhibited at lo	
7.	. List ribbons won: Blue Red	White
8.	3. Did you write news articles on canning?	How many?
9.	Did you make talks, present radio and TV How many?	programs on canning?
10.	). Did you present demonstrations on canning?	How many?
B.	Fill out food conservation plan and record of fo	oods canned (Page 3).
C.	Write a story of what you did and learned in y Tell of any interesting experiences or activities	
D.	. I have checked this record and found it to b	be satisfactory.
	Date Signed	4-H Canning Leader

### Senior Teens 4-H Canning Record

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

Multiply qts. required per person by number in my family to estimate amount	FOOD	QUARTS	CANNED	GROUP TOTALS (Include qts. canned alone & helped with.)	
to be conserved in each group below.	Select only the ones your family will eat.	Alone	Helped With		
GROUP I	ASPARAGUS				
GREEN AND YELLOW	BEANS, GREEN SNAP				
FRUITS AND	BROCCOLI			and the same	
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	and the second s				
qts. needed for one or					
more servings daily.	GROUP II TOTAL				
GROUP III	BEETS				
OTHER VEGETABLES	BEANS, WHITE				
25 qts. per person	CORN, WHITE				
qts. per person qts. needed for one or	ONIONS				
more servings daily.	PEAS, BLACK-EYED				
	OTHERS				
	GROUP III TOTAL		li de la composición del composición de la compo		
GROUP IV	APPLES				
FRUITS, FRUIT JUICES	BERRIES				
25 qts. per person	CHERRIES				
ats. needed for one or	FIGS			gird of the	
more servings daily.	GRAPES				
	PEACHES, WHITE			-	
	PEARS				
	PLUMS			_	
	OTHERS				
CROUDY	GROUP IV TOTAL	14.41			
GROUP V	JELLIES, JAMS, PRESERVES			THE R. P. LEWIS CO., LANSING	
ACCESSORY FOODS	PICKLES, RELISH				
8-10 pts. per person	BRINED KRAUT.			-	
3 qts. per person	CUCUMBERS			Charles and the	
4 qts. per person	GROUP V TOTAL				

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

Da	te Project completed	day	TOOP
	HONOI	uay	year
-	(name) (age)	(com	munity 4-H club)
	(address)		(county)
	(audiess)		(councy)
	(name of parents)		(years in club work)
Nu	mber in family living at home		
I h	ave carried a canning project years		
A.	SUMMARY OF CANNING ACTIVITIES		
An	swer These Questions:		
1.	Did you make a food conservation plan for your family	y?	
2.	Does your family have a garden?	Di	d you conduct a garden
	project?		
3.	Did you use food canned in your canning project in p	reparing n	neals 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 local	,	county
	district, state events.		
7.	List ribbons won: Blue Red	Whi	te
8.	Did you write news articles on canning?	How n	nany?
9.	Did you make talks, present radio and TV programs	s on canni	ng?
	How many?		
10.	Did you present demonstrations on canning?	— Но	w many?
В.	Fill out food conservation plan and record of foods cam	ned (Page	3).
C.	Write a story of what you did and learned in your cann Tell of any interesting experiences or activities in you	ing project r project.	and attach to this record
D.	I have checked this record and found it to be satisfa	ctory.	
	Date Signed		
	Date Digned	4-H Can	ning Leader

## Senior Teens 4-H Canning Record

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 Select only the ones your family will eat.	QUARTS (	CANNED	GROUP TOTALS (Include qts.
o be conserved in each group below.		Alone	Helped With	& helped with.
GROUP I	ASPARAGUS			2.37
GREEN AND YELLOW	BEANS, GREEN SNAP		المراجعة المراجعة	
FRUITS AND	BROCCOLI			
VEGETABLES	CARROTS			
E ata now nowgon	CORN, YELLOW			
qts. per person qts. needed for one or	OKRA			
nore servings daily.	PEACHES, YELLOW			
	PEAS, GARDEN			
EXAMPLE:	PUMPKIN			1
	SQUASH, YELLOW			
in family—Multiply 5 by	SWEET POTATOES			- 41
to make 125 qts. needed n Group I for one or more	OTHERS			
ervings daily.	GROUP I TOTAL			
GROUP II	TOMATOES			
	TOMATO JUICE			7 5 6
VITAMIN C RICH	2000000			
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			+
more servings daily.	OTHERS			<u> </u>
	GROUP III TOTAL			
CROUP IV	APPLES			
GROUP IV	A.C. C.			+
FRUITS, FRUIT JUICES	BERRIES			-
25 qts. per person	CHERRIES			-
_ qts. per person	FIGS			
more servings daily.	GRAPES			
	PEACHES, WHITE			-
	PEARS			
	PLUMS			7.
	OTHERS			
	GROUP IV TOTAL			
GROUP V ACCESSORY FOODS	JELLIES, JAMS, PRESERVES			75
ACCESSORI FOODS	PICKLES, RELISH			
8-10 pts. per person	BRINED KRAUT,			
3 qts. per person	CUCUMBERS			
4 qts. per person	GROUP V TOTAL			

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

Date Project	completed month		day	year
	(name)	(age)	(commu	nity 4-H club)
	(address)			(county)
	(name of parents)		(ye	ears in club work)
Number in fa	amily living at home			
I have carrie	ed a canning project _	years		
A. SUMMAI	RY OF CANNING ACT	TIVITIES		
Answer Thes	se Questions:			
1. Did you	make a food conservation	on plan for your fan	nily?	de de la companya de
2. Does you project?	or family have a garden	n?	Did	you conduct a garden
3. Did you	use food canned in your	canning project in	preparing mea	als for your family?
4. Did you	conduct a food prepara	tion project?		
5. Does you	ır family have a pressu	re canner?		
	nber of canned foods e			unty,
7. List ribb	oons won: Blue	Red	White	-
8. Did you	write news articles on	canning?	How man	y?
	make talks, present ra	adio and TV progra	ms on canning	?
10. Did you	present demonstrations	on canning?	How 1	many?
B. Fill out fo	ood conservation plan as	nd record of foods ca	anned (Page 3).	
	tory of what you did an ny interesting experience			d attach to this record.
D. I have cl	hecked this record and	found it to be satis	sfactory.	
Date	Si	gned		
			4-H Cannin	g Leader

### Senior Teens 4-H Canning Record

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 your family will eat.	Alone	Helped With	canned alone & 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			
in family—Multiply 5 by	SQUASH, YELLOW			
25 to make 125 qts. needed	SWEET POTATOES			
n 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 more servings daily.	GROUP II TOTAL			
GROUP III	BEETS			
The same and the same and the	BEANS, WHITE			
OTHER VEGETABLES	CORN, WHITE	-		Lan mal
25 qts. per person	ONIONS			
qts. needed for one or more servings daily.	PEAS, BLACK-EYED			
more servings dany.	OTHERS			
	GROUP III TOTAL	7777		
GROUP IV	APPLES			
FRUITS, FRUIT JUICES	BERRIES			
	CHERRIES			
25 qts. per person qts. needed for one or	FIGS			
nore servings daily.	GRAPES			
	PEACHES, WHITE			
	PEARS			
	PLUMS			
	OTHERS			
CROUD V	GROUP IV TOTAL			
GROUP V	JELLIES, JAMS, PRESERVES	January		The second secon
ACCESSORY FOODS	PICKLES, RELISH			
8-10 pts. per person	BRINED KRAUT.			
3 qts. per person	CUCUMBERS	14 14 17		-1
4 qts. per person	GROUP V TOTAL			

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

Date Project completedmont	th	day year
(name)	(age)	(community 4-H club)
(address)		(county)
(name of parents)		(years in club work)
Number in family living at home _		
I have carried a canning project _	years	
A. SUMMARY OF CANNING AC	CTIVITIES	
Answer These Questions:		
1. Did you make a food conservat	ion plan for your family	
2. Does your family have a garden project?	en?	Did you conduct a garden
3. Did you use food canned in you	er canning project in pro	eparing meals for your family?
4. Did you conduct a food prepar	ation project?	
5. Does your family have a press	ure canner?	
6. List number of canned foods district, state _		, county,
7. List ribbons won: Blue	Red	White
8. Did you write news articles of	n canning?	_ How many?
9. Did you make talks, present a	radio and TV programs	on canning?
10. Did you present demonstration	ns on canning?	How many?
B. Fill out food conservation plan	and record of foods canno	ed (Page 3).
C. Write a story of what you did a Tell of any interesting experies	and learned in your cannin nces or activities in your	g project and attach to this record. project.
D. I have checked this record and	d found it to be satisfac	tory.
Date 8	Signed	
		4-H Canning 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			1	
<ol> <li>Total number quarts canned alone</li> <li>Total number quarts helped can</li> <li>Yearly total (add Nos. 1 and 2)</li> <li>Estimated value (50¢/qt.)</li> </ol>				
	Live:		4	
Date project completed				
<ul> <li>(1) Total number quarts canned alone</li> <li>(2) Total number quarts helped can</li> <li>(3) Yearly total (add Nos. 1 and 2)</li> <li>(4) Estimated value (50¢/qt.)</li> </ul>				
(2) 22011111000 (004), 411)				
Date project completed				
<ol> <li>Total number quarts canned alone</li> <li>Total number quarts helped can</li> <li>Yearly total (add Nos. 1 and 2)</li> <li>Estimated value (50¢/qt.)</li> </ol>		+		
Date project completed				
<ol> <li>Total number quarts canned alone</li> <li>Total number quarts helped can</li> <li>Yearly total (add Nos. 1 and 2)</li> <li>Estimated value (50¢/qt.)</li> </ol>				
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



# Published by THE NORTH CAROLINA AGRICULTURAL EXTENSION SERVICE

North Carolina State of the University of North Carolina at Raleigh and the U. S. Department of Agriculture, Cooperating. State College Station, Raleigh, N. C., George Hyatt, Jr., Director. Distributed in furtherance of the Acts of Congress of May 8 and June 30, 1914.