

Questions About Food Preservation?

Check out these resources!

Pack it Hot or Maybe Pack it Raw!

Home canning has two methods to pack food into jars. For a majority of foods, the hot pack method is used to fill the jars with food and liquid. **Carrots and green beans are two vegetables that use either the hot pack or raw pack method to fill the jars.** Many fresh foods naturally contain air, from 10 to 30 percent. How much air is removed before jars are sealed can affect the quality of the food during storage.



The hot pack method preheats the food in the liquid to be used when filling the jars. The food and liquid are brought to a boil for two to five minutes. This allows the food tissue to release air, the food shrinks a little, helps keep the food from floating inside the jars, improves the vacuum seal on the jars and improves shelf life. More food can fit into the jars. The food color and flavor during storage is enhanced.

The raw pack method is used for certain foods. Prepared food is not preheated, but the liquid must be hot. Fill jars tightly with food, then pour hot liquid into the jars. Raw packed

foods tend to float more because air is still inside the food. The food may discolor during storage.

How do you know which method to use? Tested recipes from reliable recipe resources at www.rrc.ksu.edu will guide you as to which method to use. In some cases, both are options, in other cases, only one option is given. Source: National Center for Home Food Preservation

Freezing Corn: Why Blanching is Important

Blanching corn helps improve the texture and color during freezing. Blanching is a process in which vegetables are lowered into boiling water for a specific time. The vegetables are subsequently dropped into ice water to quickly cool, then dried and placed in freezer containers. Freezing slows down enzyme processes, but it doesn't stop them. Blanching is recommended to assure your corn will taste as fresh as possible after they have been frozen.

****Blanching stops enzyme activity.**

Enzymes in produce help it ripen, and continue to do their work even after the produce has been picked. By stopping the enzyme action, blanching prevents the produce from becoming overripe.

****Blanching helps retain color, flavor, texture and nutrients.**

****Blanching also helps remove dirt and small organisms from the produce.**

Look up the specific amount of time corn needs to be blanched and follow those guidelines. If corn is under-blanching, it can actually speed up the enzyme processes. If corn is over-blanching, the nutritional value, flavor, color and texture can be negatively affected. Learn more in Preserve it Fresh, Preserve it Safe: Preserving Sweet Corn: <https://bookstore.ksre.ksu.edu/pubs/MF1183.PDF>

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